

NAUGATUCK VALLEY HEALTH DISTRICT

December 2025

Happy Holidays



Aging in Place in the Valley: Challenges, Barriers and Opportunities

On November 19, 2025, the Valley Community Foundation (VCF) hosted a Community Learning Session on Aging in Place in the Valley: Challenges, Barriers and Opportunities at the Seymour Community Center. The well attended event was moderated by Sandra Arbur of VCF and included opening remarks by VCF's President and CEO, Sharon Closius and Representative Kara Rochelle.

The evening included data sharing and highlighting both successes and gaps in programming for the older adults. NVHD's Director of Health, Jessica Kristy, and Health Educator, Lisa Trupp joined Mary McNelis, Director of Community Services, Town of Seymour, and David Morgan, President and CEO of TEAM, Inc. as panelists.

The event was live streamed and posted on the Valley Community Foundation's Facebook. Additionally, the Valley Independent Sentinel summarized the event in an article available on their website:

<https://valley.newhavenindependent.org/2025/11/20/valley-seniors-talk-aging-in-place/>

NVHD's portion of the night covered senior and older adult data from the latest community health needs assessment, The 2025 Valley Community Index, education on how social drivers impact community/population health, NVHD's in office and homebound clinical services, and the evidence-based programming that NVHD offers for seniors free of charge.

Some of the programs that were highlighted are also supported by local data and align with the Valley's Community Health Improvement Plan. NVHD offers suicide prevention programming called **Question, Persuade, Refer (QPR) Gatekeeper Training**, fall prevention training called **A Matter of Balance**, three types of 6-week Self-Management Programs focused on **Chronic Disease, Chronic Pain, and Diabetes**, and **Narcan and Opioids Training**. For questions about NVHD's programs, please contact Lisa Trupp at 203-881-3255 x 108.

Thank you to VCF, Seymour Community Center, TEAM, and all the attendees who engaged in this community discussion!



Observances in December

HIV Awareness Month

International Sharps Injury Prevention Awareness Month

Universal Human Rights Awareness Month

National Car Donation Month

National Human Rights Month

Safe Toys and Gifts Month

Seasonal Affective Disorder Awareness Month

National Handwashing Week: December 1-7

National Influenza Vaccination Week: December 1-7

National Influenza Vaccination Week: December 8-15

World HIV Aids Awareness Day: December 1

Giving Tuesday: December 2

International Day of Persons with Disabilities: December 3

Human Rights Day: December 10

NVHD 2025 holiday schedule: December 24: noon closure; December 25: closed; December 31: noon closure; January 1: closed

EMPLOYEE SPOTLIGHT



Welcome

NVHD welcomes Emilija Griceviciute, MPH, as the new Public Health Emergency Preparedness and Medical Reserve Corps Coordinator! Emilija earned her Master of Public Health degree from the University of Bridgeport, has previously interned with NVHD, and recently completed a prestigious international summer program in Lithuania!



Congratulations!

Congratulations to NVHD's Public Health Specialist, Vanessa Lopez, MPH, CCHW, on her recent engagement to her now fiancé David!



Every year on the Monday before Thanksgiving, APHA, Research! America and leading public health organizations take time to recognize public health professionals who work tirelessly to protect the health of all people and all communities.

Our ability to live healthier, longer lives rests on our commitment to supporting public health initiatives and the individuals who carry them out. The sheer number and complexity of public health challenges confronting our local community, nation, and the global community have only reinforced the tremendous value of the public health workforce.

For current job postings, please visit <https://www.nvhd.org/category/job-postings/>
For internship opportunities, please email your resume to Director Kristy at jkristy@nvhd.org

Environmental Health Services

November 7, 2025 was officially recognized by Governor Lamont as **Environmental Health Professionals Day**. The request to the Governor's office to have a day of recognition for Environmental Health Professionals in Connecticut was submitted by Connecticut Environmental Health Association (CEHA).

Our Environmental Health Staff, including our part-time sanitarians and other support staff not pictured, work very hard every day to achieve NVHD's mission of providing equitable public health services while protecting the environmental and physical well-being for all six municipalities we serve through the promotion of health access, health education, regulation, community engagement, and partnerships.

The goal of the Environmental Health Division is to prevent illness, disability, or death from the interactions between people and the environment. **Our sanitarians perform health inspections, investigate and resolve complaints about health hazards, and educate the public.** NVHD is responsible in partnership with state and federal agencies, for enforcement of the State Public Health Code, relevant State Statutes and Regulations, and Local Health Ordinances. NVHD staff also respond to public health emergencies on a 24-hour basis.



By His Excellency Ned Lamont, Governor: an

Official Statement

WHEREAS, Connecticut's environmental health professionals play a core function in the improvement of public health through preventive measures and management of the environment; and

WHEREAS, environmental health professionals understand the connection between public health and the management of the environment; and

WHEREAS, the practice of environmental health is critical to the creation and maintenance of healthy communities throughout Connecticut, through services such as food safety, the protection of water quality, communicable disease control, vector management, emergency management and disaster preparedness; and

WHEREAS, environmental health professionals apply science and evidence-based expertise to mitigate known or potential problems, and this practiced application of knowledge gained through many years of diligent study often results in the avoidance of significant health hazards; and

WHEREAS, environmental health professionals respond to natural disasters and human-made emergencies and work with other professionals specializing in public health, emergency management, public safety and health care to assist Connecticut communities in crisis; and

WHEREAS, the absence of disease and injury, which is often taken for granted, indicates the success of Environmental Health Professionals; and

WHEREAS, the environmental health professionals in addition to their regular job duties worked tirelessly helping their communities through the vaccination stage and into recovery and community resilience to defeat the COVID-19 pandemic; and

WHEREAS, the environmental health workforce in Connecticut is recognized as vital to protecting the health and safety of the public; and

WHEREAS, in 2024 Connecticut Environmental Health Association was recognized for 70 years of Promoting Environmental Health in Connecticut; now

THEREFORE, I, Ned Lamont, Governor of the State of Connecticut, do hereby officially proclaim the day of Friday, November 7, 2025, to be

ENVIRONMENTAL HEALTH PROFESSIONALS DAY

in the State of Connecticut.


GOVERNOR



Join us in giving a shout out to NVHD's environmental health services team!



Pictured left to right:

Environmental Health Administrative Assistant, Judi Waleski, Housing Code Enforcement Officer/Registered Sanitarian, Amy Durand, Assistant Director of Environmental Health Services and Registered Sanitarian, Melanie Dokla, Housing Code Enforcement Officer/ Registered Sanitarian, Amanda Ruchin, Head Sanitarian, John Mucha, and Sanitarian, Michael Delossantos.

YOUR MAP TO A FOOD-SAFE HOLIDAY

Follow some simple food safety advice to keep you and your guests feeling festive this winter.

PROPER PREPPING

Just as you have a procedure for storing your holiday gifts when you get home, you should have a system for storing your food.



Make sure your fridge is set at or below **40 °F**.
Chill perishable groceries within two hours of shopping.

Store raw meats in a container or dish to prevent juices from leaking and set below ready-to-eat foods.

Wash your hands for **20 SECONDS** with warm water and soap!

Be sure to separate raw meat from ready-to-eat foods and dishes.

Don't forget: You need two thermometers. One for the fridge to ensure food is stored at 40 °F. One for food, particularly meat, to ensure it's cooked to the right temperature.

WELCOME TO Roastville

Always use a food thermometer to check that different holiday meats have been cooked to the right internal temperature.

Meat	Internal Temperature (°F)
GROUND BEEF	160 °F
VEAL*	145 °F
DUCK	165 °F
TURKEY	165 °F
GOOSE	165 °F
PORK*	145 °F
LAMB*	145 °F
STEAK*	145 °F

*Don't forget resting time! Beef, veal, lamb, and pork should rest for **3 MINUTES** before carving or consuming.

HITTING THE ROAD

If you're bringing a dish to a get-together with coworkers, family or friends this holiday season, make sure you are transporting food safely.



KEEP COLD FOOD COLD

When transporting cold dishes, place items in a cooler with ice or gel packs to keep food at or below

40 °F

KEEP HOT FOOD HOT

Keep hot foods at or above

140 °F

by wrapping dishes in insulation bags or towels and newspaper.

DANGER ZONE



Perishable food kept in the Danger Zone (between 40 - 140 °F) for longer than 2 hours should be thrown out.



EXCEPTIONS

to Danger Zone include ready-to-eat items like



For more food safety tips, go to
FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Avoid The Flu!



**Protect yourself and your family
by getting vaccinated.**
All are welcome at our clinic!

**Wednesday
December 17, 2025
4-6pm**

Naugatuck Valley Health District

98 Bank St

Seymour, CT 06483

Parking and entrance is in the rear of the building

Vaccines Offered:

- Regular Flu Vaccine
- Child Flu Vaccine
- High-Dose Flu Vaccine (for 65+)



Cost:

FREE with insurance!

Bring your insurance card

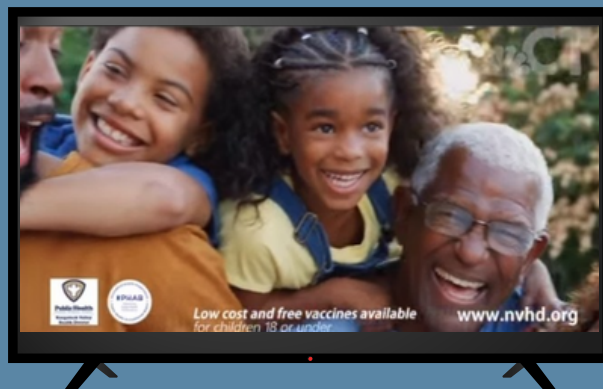
- No Insurance?
 - Child Flu Dose: FREE
 - Regular Flu: \$40
 - High-Dose Flu: \$80

Insurances Accepted:

Aetna, Anthem BC/BS, Cigna, ConnectiCare, Husky, Medicare Part B & United Healthcare

Catch our flu vaccine
commercial!

¡Vea nuestro comercial de
la vacuna contra la gripe!



For more information or to schedule an
appointment during business hours,
call the Naugatuck Valley Health District:



(203) 881-3255 x 107

WHAT TO DO WITH USED SHARPS IN YOUR HOME



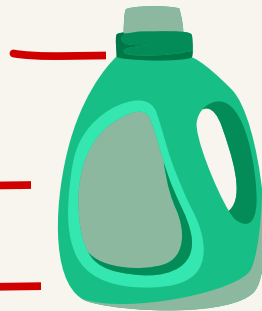
Guidelines to Follow

Use an empty household container with these features:

Tight fitting lid that cannot be punctured

Stays upright

Made of heavy-duty plastic



Does NOT leak

When the container is $\frac{3}{4}$ full, put the lid on, seal it with duct tape, and label "DO NOT RECYCLE"

Put the plastic container in the household trash –
do not recycle!

DO NOT USE

These containers can easily break or puncture easily:

- Milk container
- Glass container
- Soda can
- Water bottle

Additional DO NOTS

DO NOT:

- Throw loose needles in the trash
- Flush needles down the toilet

Do you have questions?
Call Nurse Kristie
at
203.881.3255, ext. 107



CDC's Recommendations for Preventing Spread of Respiratory Viruses When You're Sick

Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause.



You can go back to your normal activities **when, for at least 24 hours, both are true:**

- Your symptoms are getting better overall, **and**
- You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities, **take added precautions over the next 5 days**, such as taking steps for cleaner air, practicing good hygiene, wearing a well-fitted mask, physical distancing, or testing for times when you will be around other people.

Symptoms may include but are not limited to:

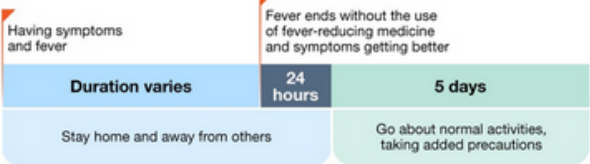


- chest discomfort
- chills
- cough
- decrease in appetite
- diarrhea
- fatigue (tiredness)
- fever or feeling feverish
- headache
- muscle or body aches
- new loss of taste or smell
- runny or stuffy nose
- sneezing
- sore throat
- vomiting
- weakness
- wheezing

Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. According to the CDC, how long someone can spread the virus depends on different factors, including how sick they are (severity), underlying medical conditions (such as having a weakened immune system), and how long their illness lasts (duration). This is not the same for everyone.

Here are some example scenarios from the CDC:

Example 1. Person with fever and symptoms



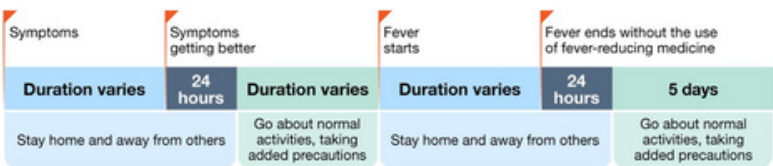
Example 2. Person with fever but no other symptoms



Example 3. Person with fever and other symptoms, fever ends but other symptoms take longer to improve.



Example 4. Person gets better then gets a fever



<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

NVHD Events

Chronic Pain Self-Management

Naugatuck Valley Health District is hosting a six-week Live Well with Chronic Pain program at the Ansonia Senior Center.

The sessions are scheduled for Tuesdays, January 13th through February 17th, 2026 from 1:30 to 4:00pm.

For more information or to register for the program, please see the attached flyer.

QPR Suicide Prevention Training

Naugatuck Valley Health Educator, Lisa Trupp and Overdose Prevention Coordinator, Austin Telford will be offering a free, virtual, QPR Suicide Prevention Gatekeeper Training for the community, Thursday, January 29th, 2026 at 6:00pm.

QPR is a nationally recognized, evidence-based suicide prevention program designed to help individuals recognize the signs of a mental health crisis.

Please see the attached flyer to register.

Take
Control



"It's Your Life...Live it Well"

CHRONIC PAIN WORKSHOP

Feel
Better

FREE CHRONIC PAIN SELF-MANAGEMENT at Ansonia Senior Center

Learn about chronic pain including:

- What is pain?
- The mind/body connection
- Fatigue management
- Pacing and planning
- Medications and pain management
- Healthy eating and exercise for pain
- How to set small and achievable goals

These are just some of the topics covered in the free, weekly 2.5 hour, on-site sessions over 6 weeks.

Class size is limited, so register early!

Energize

Tuesdays

January 13th through February 17th, 2026

1:30pm to 4:00pm

To register, please call Ansonia Senior Center
203-736-5933 - Main

Live

Enjoy



Sponsored by CT Public Health with funding from the
CDC Preventive Health and Health Services (PHHS) Block Grant Program



Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**

Naugatuck Valley Health District



Save a Life with... **Question Persuade Refer** *A Suicide Prevention Program*

Become a certified
QPR Gatekeeper

QPR is a nationally
recognized, evidence-based
suicide prevention
program.

QPR is like CPR for mental
health emergencies,
providing hope and
assistance until help is
available.

Questions? Contact Lisa Trupp at
ltrupp@nvhd.org or 203-881-3255 x 108

Virtual Community Training Session
Thursday, January 29th, 2026, 6:00pm

As a QPR Gatekeeper you will learn to:

- Recognize the warning signs of suicide.
- Know how to offer hope.
- Know how to get help and save a life.

**Those who complete the training will receive a one-year
QPR Gatekeeper certification*

Click to Register

<http://bit.ly/4ottNQ7>



SCAN HERE



**Join a Community Health Improvement Plan subcommittee
to help make our implementation plan goals and objectives a success!**

Increase Access to Care

www.surveymonkey.com/r/CHIP_access2care



SCAN HERE

Enhance Mental and Behavioral Health

www.surveymonkey.com/r/CHIP_mentalbehavioral



SCAN HERE

Reduce the Burden of Chronic Disease

www.surveymonkey.com/r/CHIP_chronicdisease



SCAN HERE

Increase Awareness and Access to Healthy Food and Nutrition

www.surveymonkey.com/r/CHIP_foodnutrition



SCAN HERE

No experience is needed!

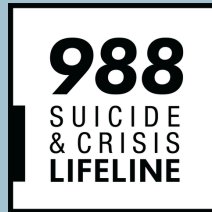
To maximize resources, reduce redundant work, and to set meaningful goals and realistic work plan objectives over the next three years, we need help from the whole community! Whether you live, work, or play in the Valley, your voice matters. With ongoing open recruitment, we encourage you to participate from the beginning stages of finalizing our work plan through the implementation phase!

The committees are led by members of the Valley CHIP Steering Committee and representatives of Naugatuck Valley Health District, Griffin Health, and the Yale-Griffin Prevention Research Center. We will provide you the data and background information you need!

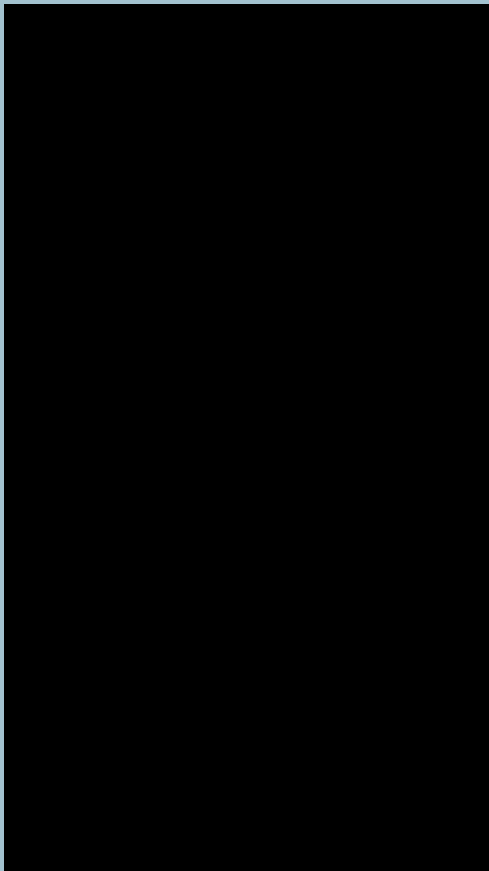


The Naugatuck Valley Health District understands that mental health is an important part of the health of an individual as a whole.

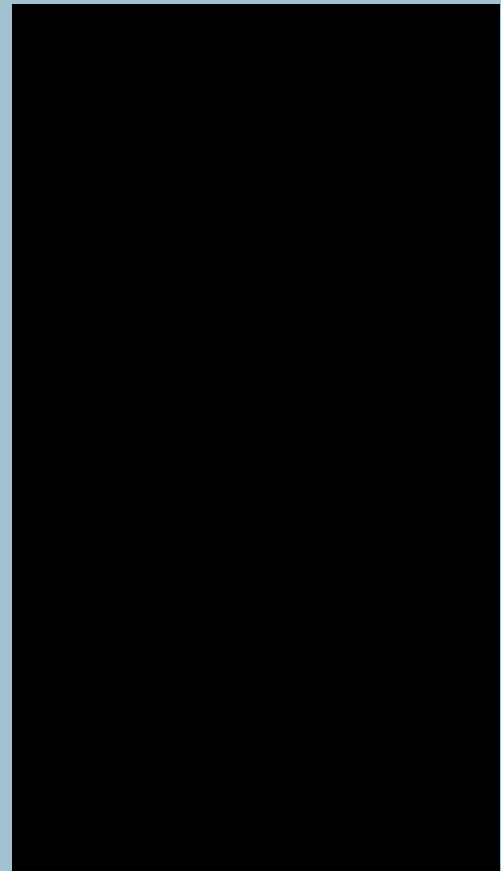
If in crisis, please
text or call



In honor of Veterans Day, NVHD would like to share some videos from the United Way of Connecticut that speak to the mental health needs of our veterans.



English



Spanish



**To visit the United Way of CT, click the logo above or visit
<https://www.ctunitedway.org>**



Language Matters

End Stigma CT is an educational public awareness campaign by New Haven County public health agencies aimed at breaking down the barriers and misconceptions surrounding opioid addiction and to encourage more residents to access life-saving treatment and services.

It is funded by a Centers for Disease Control Overdose through Collaborative Actions in Localities (OD2A-LOCAL) grant. Participating public health agencies include **Naugatuck Valley Health District**, East Shore Health District, Waterbury Health Department, and the New Haven Health Department.

Language we choose matters deeply in reducing stigma and creating pathways to healing. End Stigma CT reminds us that every person deserves to be seen as whole, complex, and worthy of compassion—regardless of their struggles with substances. Here are some mindful recommendations when it comes to language:

Say This

- ✓ Person with substance use disorder or person who uses drugs
- ✓ Person in recovery
- ✓ Substance use for illicit drugs and substance misuse for prescription medications
- ✓ Substance use disorder, opioid use disorder, addiction
- ✓ Medication for Opioid Use Disorder (MOUD) or opioid agonist therapy
- ✓ Testing negative for drugs or testing positive for drugs

Not That

- ✗ Addict, Junkie, User, Substance Abuser
- ✗ Recovering addict, former addict
- ✗ Substance abuse
- ✗ Drug habit
- ✗ Opioid substitution or replacement therapy
- ✗ Clean or Dirty (test results)

For more information, visit
www.EndStigmaCT.com

**NALOXONE SAVES LIVES.**
ADD IT TO YOUR FIRST AID KIT.
LiveLOUD.org

**LA NALOXONA SALVA VIDAS.**
PÓNLA EN TU BOTIQUÍN.
LiveLOUD.org

For Narcan training or other harm reduction supplies like fentanyl test strips, please contact Austin Telford, Overdose Prevention Navigator, at 203-881-3255 x 128.

December is Safe Toys and Gifts Month



Safe Toys and Gifts Month | December
#CelebrateEveryDay

Faulty design isn't the sole cause of toy-related deaths and injuries. Usage and chance also play significant roles in these incidents. Consider these helpful tips when toy shopping:

Inspect toys before purchasing

Look for sharp points, edges, and parts that can fly off. Also, check for durability should a child attempt to break, crush or pull toys apart.

Safety considerations

Do not give toys with ropes, cords, or heating elements — and avoid crayons and markers unless they are labeled “nontoxic.” NEVER give small toys with removable magnets or “button” batteries. These can cause serious injury or even death if ingested.

Make sure the toy is age and skill-appropriate

Not every toy is meant for every child. Keep in mind the child's age and development level (most toys offer an age range for guidance). If shopping for infants and children with special needs, look for toys that appeal to the senses (sound, light, movement, texture, etc.).

Label check!

Toys should have a label for ATSM (American Society for Testing and Materials) that proves it's up to standard. ATSM testing is more important than many people realize.

TEAM TOYS 4 KIDS



Help us bring the magic of the holiday season to
2,000+ kids in our community!

TEAM Toys 4 Kids serves children in need, from newborns to age 12.

Be a #MagicMaker

NVHD is proud to be a Toys 4 Kids 2025 Donation Site!

If you are able and would like to donate a toy to a local child in need this holiday season, consider purchasing a suggested gift item. There are donation collection sites all around the Valley, including Naugatuck Valley Health District (98 Bank Street, Seymour, CT 06483). For monetary donations, please visit <https://teaminc.org/toys4kids/>.

TEAM Toys 4 Kids makes magic happen for nearly 2,000 children, ages newborn to 12 years old, right here in our community each year.

Suggested Gift Items:

Stacking blocks

Magnetic tiles

Legos (for all ages!)

Pretend play (dress up, kitchen sets)

Barbie dolls

Cars & trucks

Baby dolls

Remote control cars

Action figures

Basketballs

Soccer balls

Snow tubes

Anything with a popular cartoon character!



Most needed category

0-18 months

Infant & toddler learning toys

Maraca/ rattles

Most needed category

7-9 year old girls

“Miniverse” kits

Slime kits

Selfie ring lights

Squishmallows

Jewelry-making kits

Arts & Crafts

Makeup

Caboodles

Most needed category

Sensory Toys

for children with special needs

Thank you for helping us Make Magic Happen!



FOOD RESOURCES IN THE VALLEY

ANSONIA

Christ Episcopal Church

Kathleen Samela Memorial Food Pantry

56 South Cliff Street
203-734-2715
samelafoodbank@sbcglobal.net
Tues, Wed, & Thur 9am-1pm
Doors Close at 12:30pm

Effective 01/01/2025 we will be operating by appointment, with the exception of Emergencies (3 emergencies per year, per family).

To be eligible you must have a photo ID. We are servicing anyone who walks through the door, however out of area clients will be referred to neighboring food banks.

Salvation Army

26 Lester Street
203-736-0707
Cheryl.McCollum@usa.salvationarmy.org
Mon & Fri 9am-12pm

Proof of income below 150% of federal poverty level needed

DERBY

St. Vincent De Paul

237 Roosevelt Drive
203-734-7577
stvincentshoppe@sbcglobal.net
Mon to Fri 9:30am-12:30pm

Serving residents of Ansonia, Derby, Seymour, Shelton, & Oxford.

To be eligible you must have proof of income and expenses.

SEYMOUR/OXFORD

Seymour Oxford Food Bank

20 Pine Street, Seymour
203-888-7826
SOFBInc.1@gmail.com
Mon to Thur 9am- 11am
Appointment Needed

SHELTON

Spooner House

30 Todd Road
203-225-0453 ext 100
eholcomb@actspooner.org
Mon to Thur 9am-2pm

To be eligible, must be resident of Ansonia, Beacon Falls, Derby, Naugatuck, Oxford, Seymour or Shelton & provide proof of income & expenses.

LITTLE FREE PANTRIES

24/7 ACCESS

Take what you need, Give what you can

Blessing Pantry

91 Church Street, Seymour

Little Free Pantry on Skokorat

58 Skokorat Street, Seymour

Neighbor-to-Neighbor Pantry

130 Bee Mountain Road, Oxford



If you would like information about additional services, including food resources, please contact info2@teaminc.org

VALLEY UNITED WAY

FOOD RESOURCE GUIDE

Need food support in the Valley?

 **Christ Episcopal Church**
Kathleen Samela Memorial Food Bank
56 South Cliff Street, Ansonia, CT 06401
 203-734-2715

 **Salvation Army**
26 Lester Street, Ansonia, CT 06401
 203-736-0707

 **St. Vincent De Paul**
237 Roosevelt Drive, Derby, CT 06418
 203-734-7577

 **Seymour Oxford Food Bank**
20 Pine Street, Seymour, CT 06478
 203-888-7826

 **Spooner House**
30 Todd Road, Shelton, CT 06484
 203-225-0453

More food resources:

 <https://mobilefoodpantry.ctfoodshare.org/>

Want to make a difference?

Support local hunger relief efforts by donating to
Harvest House:

 <https://valleyunitedway.org/harvest-house/>



BE PREPARED FOR A WINTER STORM



FEMA

FEMA V-1014/June 2018

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.



Stay indoors and dress warmly.



Pay attention to emergency information and alerts.



Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.



HOW TO STAY SAFE WHEN A WINTER STORM THREATENS

Prepare NOW

Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn to identify the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.

Survive DURING

Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

Recognize + RESPOND

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.



FEMA
FEMA V-1014

Take an Active Role in Your Safety

Go to Ready.gov/winter-weather. Download the **FEMA app** to get more information about preparing for a **winter storm**.

AIDS IS NOT OVER



- Over 40 million people are living with HIV globally
- 10 million people are waiting for HIV treatment
- 1.3 million people acquired HIV in 2024

World Aids Day December 1st

Click here for more information or
visit <https://www.unaids.org/en>



31.6 million people
living with HIV
received treatment
in 2024.



Now...

This December.....

STAND UP FOR HUMAN RIGHTS

#STANDUP4HUMANRIGHTS

**REBUILD
BETTER, FAIRER,
GREENER.**



**ALL
EQUAL**

**ALL
HUMAN**



Read ahead to learn about the 30 basic human rights.



UNIVERSAL DECLARATION OF HUMAN RIGHTS

#STANDUP4HUMANRIGHTS

ADOPTED BY
THE UNITED NATIONS GENERAL ASSEMBLY,
IN RESOLUTION 217 A (III)
OF 10 DECEMBER 1948



UNITED NATIONS
HUMAN RIGHTS
OFFICE OF THE HIGH COMMISSIONER

Preamble

Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world,

Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people,

Whereas it is essential, if man is not to be compelled to have recourse, as a last resort, to rebellion against tyranny and oppression, that human rights should be protected by the rule of law,

Whereas it is essential to promote the development of friendly relations between nations,

Whereas the peoples of the United Nations have in the Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom,

Whereas Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms,

Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge,

Now, Therefore THE GENERAL ASSEMBLY proclaims THIS UNIVERSAL DECLARATION OF HUMAN RIGHTS as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and

observance, both among the peoples of Member States themselves and among the peoples of territories under their jurisdiction.

Article 1.

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2.

Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Article 3.

Everyone has the right to life, liberty and security of person.

Article 4.

No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5.

No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6.

Everyone has the right to recognition everywhere as a person before the law.

Article 7.

All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

Article 8.

Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.

Article 9.

No one shall be subjected to arbitrary arrest, detention or exile.

Article 10.

Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Article 11.

(1) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence.

(2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed.

Article 12.

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

Article 13.

(1) Everyone has the right to freedom of movement and residence within the borders of each state.

(2) Everyone has the right to leave any country, including his own, and to return to his country.

Article 14.

(1) Everyone has the right to seek and to enjoy in other countries asylum from persecution.

(2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations.

Article 15.

- (1) Everyone has the right to a nationality.
- (2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality.

Article 16.

- (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
- (2) Marriage shall be entered into only with the free and full consent of the intending spouses.
- (3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.

Article 17.

- (1) Everyone has the right to own property alone as well as in association with others.
- (2) No one shall be arbitrarily deprived of his property.

Article 18.

Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

Article 19.

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Article 20.

- (1) Everyone has the right to freedom of peaceful assembly and association.
- (2) No one may be compelled to belong to an association.

Article 21.

- (1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
- (2) Everyone has the right of equal access to public service in his country.
- (3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22.

Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23.

- (1) Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment.
- (2) Everyone, without any discrimination, has the right to equal pay for equal work.
- (3) Everyone who works has the right to just and favourable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.
- (4) Everyone has the right to form and to join trade unions for the protection of his interests.

Article 24.

Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25.

- (1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
- (2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Article 26.

- (1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.
- (2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace.

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- (3) Parents have a prior right to choose the kind of education that shall be given to their children.

Article 27.

- (1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
- (2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28.

Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Article 29.

- (1) Everyone has duties to the community in which alone the free and full development of his personality is possible.
- (2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.
- (3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30.

Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.