

NAUGATUCK VALLEY HEALTH DISTRICT

June 2026



Griffin Baby Fair

NVHD's Immunization Action Plan Coordinator, Elizabeth Mester, attended the 2026 Annual Baby Fair at the Griffin Hospital Childbirth Center on Saturday, May 30, 2026. Sponsored by Safe Kids Greater Naugatuck Valley, this event allows expectant parents, new parents and their families to get a good feel for the area's maternity and childcare resources.

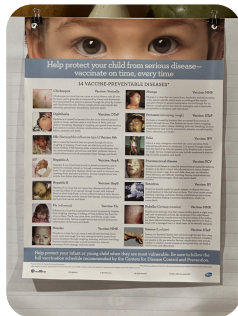
Elizabeth provided immunization information and giveaways for babies, young children, and pregnant persons to over 50 people! Immunization information for all ages is always available by NVHD.

Shelton Color Run

Emilija Griceviciute, Emergency Preparedness and Response Coordinator, and Vanessa Lopez, Public Health Specialist had a great time engaging with families at the Elizabeth Shelton School Color Run on Sunday, May 3, 2026!

This colorful fundraiser included a walk/run, music, games, food, and fun for all ages!

NVHD was able to provide families with lunchboxes, frisbees, chalk, and kid-friendly public health education materials.



- Alzheimer's Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Employee Wellness Month
- National Migraine & Headache Awareness Month
- National Safety Month
- National Scleroderma Awareness Month
- Pride Month
- PTSD Awareness Month
- Scoliosis Awareness Month
- Scleroderma Awareness Month
- Hurricane Season: June 1 - November 30

Observances in June

- National Cancer Survivor's Day: June 2
- Gun Violence Awareness Day: June 3
- National Naloxone Awareness Day: June 6
- Family Health and Fitness Day: June 8
- World Blood Donor Day: June 14
- World Elder Abuse Day: June 15
- Autistic Pride Day: June 18
- Juneteenth: June 19
- World Sickle Cell Day: June 19
- International Day Against Drug Abuse & Illicit Trafficking: June 26
- National HIV Testing Day: June 27
- National PTSD Awareness Day: June 27
- National Sunglasses Day: June 27
- National CPR and AED Awareness Week: June 1 - 7
- Men's Health Week: June 15 - 21

EMPLOYEE SPOTLIGHT

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday, the founder of modern nursing. The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896 - that's 130 years!

Public health nursing combines clinical expertise with compassion, education, prevention, and community outreach to improve and protect population health.

From immunization clinics and disease investigation and surveillance to maternal and child health services, health education, addressing social determinants/drivers of health, providing evidence-based chronic disease programs, emergency preparedness, environmental health collaboration, and connecting residents to critical resources, public health nurses play a vital role in building healthier and safer communities.



We are so lucky to have Kristie D'Averso, Registered Nurse, at NVHD!

THANK YOU FOR ALL YOU DO, NURSE KRISTIE!

**We'd also like to acknowledge all the nurses out there -
you're truly remarkable and appreciated!**



If you are a nurse looking to volunteer with local health departments/districts in Connecticut, consider joining the Medical Reserve Corps (MRC) by signing up at [CTResponds.CT.gov](https://CTResponds.org)



The Power of Nurses™

Celebrate National Nurses Week
May 6 - 12, 2026





Public Health
Prevent. Promote. Protect.

WORKFORCE DEVELOPMENT

Lead Inspector Risk Assessor Refresher Training

Eight of NVHD's staff, including members from the Environmental Health and Community Health Divisions, completed required annual Lead Inspector / Risk Assessor Enforcement Refresher Training. This training is in accordance with the training course standards established pursuant to CT General Statutes 20-477 and 20-479 as well as the standards adopted pursuant to CGS 20-478.

Want to learn more about lead inspections that NVHD staff perform? Watch our short YouTube video featuring Assistant Director of Environmental Health Services, Melanie Dokla, RS at <https://bit.ly/NVHD-Lead>.



The fact is, you can protect your child from lead poisoning. It takes removing or managing lead hazards, such as lead paint dust, and by using proper lead dust cleaning techniques on a regular basis. Lead poisoning is 100% preventable. And how you clean your home can make all the difference. Please read this flyer to find out more.



FACT #1

The use of lead paint in homes was banned in 1978. Homes built before 1978 may contain lead paint. Older homes, built before 1950, are very likely to contain lead paint.



FACT #2

Lead dust is produced from lead paint. As the paint gets older, it may be damaged by moisture or friction if it's disturbed.



FACT #3

Lead dust is very fine; it cannot be seen.

FACT #4

Lead dust is the most common source of lead poisoning for everyone, especially children and pets. Children between the ages of one and two are at the greatest risk for being poisoned.

FACT #5

Lead poisoning usually occurs when children put lead dust in their mouths after touching it. Lead dust can be found on many surfaces such as windowsills, floors and even toys. When children put these surfaces in their mouths, they are putting lead dust in their mouths as well.

FACT #6

Children may also eat chips of lead paint. The paint chips come from household lead paint, as on old windows or porches, or from paint chips in bare soil in the yard.

FACT #7

Your local health department will try to find where the lead paint and lead hazards are found in your home. With this information they can determine whether the lead hazards in your home should be removed or managed.

PREVENT LEAD POISONING BEFORE YOU CANT

To find out more, contact the Connecticut Department of Public Health Lead and Healthy Homes Program at 860-509-7299. Or, you can call your local health department.

WARNING: Pregnant women must not clean up lead dust because it can harm the developing fetus. You must use an industrial HEPA vacuum ONLY. Do not use an ordinary vacuum. Before you begin, remove children and pets from the rooms being cleaned. Wear old clothes and plastic gloves. Consult the Connecticut Department of Public Health or your local health department for more information on how to clean lead dust safely.



CTSAB Annual Suicide Conference

NVHD staff attended the Connecticut Suicide Prevention Conference on May 7, 2026, in Hartford. The theme of this year's conference hosted by the Connecticut Suicide Advisory Board was "Inspiring Hope: Coming Together for Suicide Prevention" and featured a number of uplifting and moving speakers.

Lisa Trupp, Health Educator, and Austin Telford, Overdose Prevention Navigator Co-Chair the Naugatuck Valley Mental and Behavioral Health Committee as part of our Community Health Improvement Plan, are members of various regional, statewide, and national mental health related coalitions, and are available to provide training right here to our community members and community organizations on suicide prevention, postvention, and Mental Health First Aid. If you are interested in joining the CHIP Committee, please email ltrupp@nvhd.org.

Emilija Griceviciute, Public Health Emergency Preparedness and MRC Coordinator, also attended the event. Including mental health in our preparedness planning, response, and recovery from emergency or disastrous situations as well as everyday life is incredibly important.



It's not too early to start planning your child's back-to-school immunization appointment this summer. Not sure what vaccines are required for Connecticut schools or need help accessing an immunization record? Call our Public Health Nurse Kristie at 203-881-3255 x 107!



IMMUNIZATION REQUIREMENTS FOR ENROLLED STUDENTS IN CONNECTICUT SCHOOLS ‡



Preschool		
Hepatitis B	3 doses	last dose must be on or after 24 weeks of age
DTaP	4 doses	by 18 months for programs that begin at 18 months
Polio	3 doses	by 18 months for programs that begin at 18 months
MMR	1 dose	must be on or after the 1st birthday
Varicella	1 dose	must be on or after the 1st birthday
Hepatitis A	2 doses	must be separated by 6 calendar months with 1st dose on or after the first birthday
HiB	1 dose	may have more but at least one must be on or after the 1st birthday ¹
Pneumococcal	1 dose	may have more but at least one must be on or after the 1st birthday ¹
Influenza	1 or 2 doses	1 dose administered yearly between August 1st and December 31st; 2 doses 28 days apart for those receiving flu for the first time. ¹
Kindergarten		
Hepatitis B	3 doses	last dose must be on or after 24 weeks of age
DTaP	4 doses	last dose must be given on or after 4th birthday
Polio	3 doses	last dose must be given on or after 4th birthday
MMR	2 doses	separated by at least 28 days, 1st dose on or after 1st birthday separated by at least 3 months, 1st dose on or after 1st birthday or verification of disease ^{2,3}
Varicella	2 doses	must be separated by 6 calendar months with 1st dose on or after the first birthday
Hepatitis A	2 doses	may have more but at least one must be on or after the 1st birthday ¹
HiB	1 dose	may have more but at least one must be on or after the 1st birthday ¹
Pneumococcal	1 dose	may have more but at least one must be on or after the 1st birthday ¹
Grades 1-6		
Hepatitis B	3 doses	last dose must be on or after 24 weeks of age
DTaP/Td	4 doses	last dose must be given on or after 4th birthday; students who start the series at 7 or older only need 3 doses. ⁴
Polio	3 doses	last dose must be given on or after 4th birthday
MMR	2 doses	separated by at least 28 days, 1st dose on or after 1st birthday separated by at least 3 months, 1st dose on or after 1st birthday or verification of disease ^{2,3}
Varicella	2 doses	must be separated by 6 calendar months with 1st dose on or after the first birthday
Hepatitis A	2 doses	must be separated by 6 calendar months with 1st dose on or after the first birthday ⁵
Grade 7-12		
Hepatitis B	3 doses	last dose must be on or after 24 weeks of age
Tdap/Td	1 dose	for students who have completed their primary DTaP series (see DTaP/Td requirements in Grade 1-6 section). Students who start the series at 7 or older only need 3 doses of tetanus-diphtheria containing vaccine, one of which must be Tdap
Polio	3 doses	last dose must be given on or after 4th birthday
MMR	2 doses	separated by at least 28 days, 1st dose on or after 1st birthday separated by at least 3 months, 1st dose on or after 1st birthday or verification of disease ^{2,3}
Varicella	2 doses	must be separated by 6 calendar months with 1st dose on or after the first birthday ⁵
Hepatitis A	2 doses	must be separated by 6 calendar months with 1st dose on or after the first birthday ⁵
Meningococcal	1 dose	students should receive conjugate vaccine

How to Access Your Immunization Record Through CT WiZ



CT WiZ Public Portal is a free service by the Connecticut Department of Public Health Immunization Program. This is an official record of immunizations received in Connecticut that can be saved or printed. This record can be used as proof of immunizations for daycare, school, camp, work, travel, etc.



Quickly access your record electronically using the secure online CT WiZ Public Portal by visiting:

[CT.gov/vaccinerecord](https://ct.gov/vaccinerecord)

Visit the CT WiZ Public Portal link above or scan the QR Code:

- Select "Me" or "Dependent" for the record you are requesting.
- Enter your or your minor (age 0 through 17 years) child's name, date of birth, and gender.
- Phone number or email address used when vaccinated.

Note. When using the CT WiZ Public Portal to access your (or your minor child's) immunization record, information entered must be an exact match with the CT Immunization Information System.

Your Privacy, Our Priority

Security and protection of patient records is very important. The CT WiZ Public Portal uses "two-factor authentication". When you enter your information and a match is found in CT WiZ, you will be **texted or emailed a code to enter and confirm your identity before you can access the record.**



Need Help?

Complete the secure online form ctwisubmissions.dph.ct.gov. If you need assistance by phone, call our Connecticut Immunization Program at 860-509-7929, open Monday-Friday 8:30am-4:30pm.



Footnotes:

- ‡ This document reflects current Connecticut school immunization requirements and will be revised only if state requirements change.
1. Not required for students age 5 and older.
2. A minimum interval of 28 days can be applied if the vaccine has already been administered.
3. Verification of varicella disease: must be confirmed in writing by a MD, PA, or APRN.
4. DTaP is not administered to children age 7 or older; Tdap may be administered to children 7 and older unless contraindicated.
5. Hepatitis A requirement indicated for students born 1/1/07 or later.

Additional Series Information:

- All documented doses should meet the age and interval criteria recommended by the American Academy of Pediatrics (AAP) and American Academy of Family Physicians (AAFP).
 - o AAP: <https://downloads.aap.org/AAP/PDF/AAP-Immunization-Schedule.pdf>
 - o AAFP: <https://www.aafp.org/family-physician/patient-care/prevention-wellness/immunizations-vaccines/immunization-schedules/birth-through-age-18-immunization-schedule.html>
- Laboratory confirmation of immunity (a positive titer) is only acceptable for hepatitis A, hepatitis B, measles, mumps, rubella, and varicella.
- Two live vaccines that are not administered the same day must be separated by a minimum of 28 days. If they are not separated by at least 28 days, the second dose is not valid.
- New entrants are any students who are new to the school district, including: all preschoolers, all students coming in from Connecticut private, parochial and charter schools located in the same or another community, all students entering kindergarten including those repeating kindergarten, and those moving from any public or private preschool program, even in the same school district. The one exception is students returning from private approved special education placements—they are not considered new entrants.

Contact the Immunization Program for questions regarding children's immunizations.

Email: DPH.Immunizations@ct.gov
Phone: (860) 509-7929

For the full legal requirements for school entry visit [Laws and Regulations](https://portal.ct.gov/dph/individuals-and-families/immunizations/laws-and-regulations) page - <https://portal.ct.gov/dph/individuals-and-families/immunizations/laws-and-regulations>

Commonly Administered Vaccines:

Vaccine:	Brand Name:	Vaccine:	Brand Name:
DTaP/IPV/HiB	Pentacel	MMRV	ProQuad
DTaP/IPV/Hep B	Pediarix	PCV 7	Prennar
DTaP/IPV/Hep B/HiB	Vaxelis	PCV 13	Prennar 13
DTaP/IPV	Kinrix, Quadacel	PCV 15	Vaxneuvance
HiB/Hep B	Comvax	PCV 20	Prennar 20
DTaP/HiB	Trihibit	Influenza	Fluzone, FluMist, Flucelvax, FluLaval, Fluarix, Afluria



Vaccines available by appointment!

Call Nurse Kristie at 203-881-3255 x 107

NVHD offers low-cost immunizations for children and adults

Find out if your child is eligible for free vaccines!

Immunizations available include:

MMR, Varicella, Meningococcal, Tdap, Polio, Hepatitis A, Hepatitis B, Td, HPV, and Influenza

PUBLIC SWIMMING WATER PROGRAM

Did You Know?

During the summer, samples are collected weekly from two public swimming areas in the Valley and are analyzed at the Department of Public Health (DPH) Lab for the presence of certain indicator bacteria.

Beach and/or bathing water (public swimming water) quality is measured by the presence of enterococcal organisms, which are a group of organisms that may indicate the presence of potentially harmful bacteria.

The State of Connecticut has guidelines for bathing water quality, which are used to determine if a bathing area needs to be resampled or posted with an advisory.

A concentration of enterococcal organisms exceeding 104 colonies per 100 ml of marine water and 235 colonies per 100 ml of freshwater is considered unsatisfactory for bathing/swimming.

Indian Well State Park in Shelton is sampled weekly by the Connecticut Department of Energy and Environmental Protection (CT DEEP) from Memorial Day to Labor Day. View the current status online at: <https://ctparks.com/water-quality-report>

The Recreation Camp in Derby is sampled weekly by the Naugatuck Valley Health District.

Weekly status updates for both swimming areas are posted to the homepage of the NVHD website, www.nvhd.org.



Visit NVHD's YouTube channel (<https://www.youtube.com/@naugatuckvalleyhd/shorts>) to learn more about pool inspections from Registered Sanitarian, John Mucha, MPH!



<https://bit.ly/NVHD-pools>

Did you know that no person shall operate, maintain, or permit the operation of any public pool in the Naugatuck Valley Health District without having a permit from NVHD? Under the authority of NVHD's Public Pool Code and Connecticut General Statute 19-13-B33b, our Environmental Health Services Division issues annual permits and inspect all public pools and spas in the district for safety violations and sanitation measures that help control the spread of water-borne disease.

For tips on how to keep children safer around pools and spas, visit www.poolsafely.gov/parents/safety-tips/ or www.cdc.gov/healthy-swimming.





Food and Agriculture
Organization of the
United Nations



World Health
Organization



World Food Safety Day

7 June 2026

From burden to solutions safe food everywhere



#WorldFoodSafetyDay

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CD8760EN

HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year

128,000

Estimated annual hospitalizations from foodborne illnesses

Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

Basic Tips

CLEAN

CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring most tools to use. Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them.

SEPARATE

SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods like raw vegetables.

COOK

USE A FOOD THERMOMETER. **Burgers: 160°F** Just because your burger is brown, not pink, doesn't mean it's safe to eat.

CHILL

CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking. Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once cooked keep them chilled in ice to keep them cool.

FDA U.S. FOOD & DRUG ADMINISTRATION



Food Safe Shopping & Storage

March 2018

Following these tips when buying and storing food can help prevent foodborne illness

DO

Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags

DON'T

Choose meat, poultry, or seafood in damaged or leaking packaging

DO

Place meat, poultry, seafood, and eggs in plastic bags at checkout

DON'T

Buy eggs with cracked shells or damaged cartons

DO

Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs

DON'T

Remove eggs from carton or keep them in the refrigerator door

DO

Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F

DON'T

Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

DO

Set refrigerator temperature to 40 °F or below and freezer at 0 °F or below (as indicated by an appliance thermometer)

DON'T

Overfill the refrigerator or freezer

DO

Defrost food in the refrigerator, in cold water, or in the microwave – and cook immediately

DON'T

Thaw meat, poultry, or seafood on the counter

ADDITIONAL SOURCE
CDC



For more summer food safety tips, go to
FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Air Quality & Climate Change

June 5, 2026 is **World Environment Day** and the theme is #NowForClimate. The planet doesn't argue. It doesn't negotiate. It sends signals—rising seas, raging wildfires, heatwaves, melting glaciers. Here are some key messages from <https://www.worldenvironmentday.global>:

The moment we're in

- Climate impacts are increasing – but so are the solutions
- Acting now delivers safer, healthier, and more prosperous societies
- Did you know? Acting on climate could prevent millions of deaths and trillions in economic losses by 2050.

Solutions are here and scaling fast

- Reducing food loss and waste boosts food security and saves money.
- Sustainable buildings lower energy use and support resilient growth.
- Reducing methane quickly slows warming and improves air quality.
- Forests store carbon and reduce climate risks while protecting biodiversity.
- Clean energy and electric mobility are rapidly expanding.
- Did you know? Solar and wind now outpace coal in some markets, signaling a major shift.

Nature is a frontline climate solution and delivers multiple wins

- Healthy ecosystems absorb carbon, regulate water, and protect communities.
- Forests, oceans, wetlands and soils are critical carbon sinks.
- Ecosystem restoration creates jobs and strengthens economies.
- Nature improves health, air quality and urban resilience.
- Did you know? Protecting forests alone helps avoid tens of billions of dollars in disaster losses every year.

National Sunglasses Day on June 27th is an annual reminder to make UV eye protection part of your everyday wellness routine, the same way you would with SPF.



As little as **100 SECONDS** of direct sun exposure can result in **PERMANENT RETINAL DAMAGE.**

SEE WHAT MATTERS






NATIONAL SUNGLASSES DAY
THE VISION COUNCIL

Source: National Institutes of Health

According to the Smithsonian Environmental Research Center, "Ultraviolet (UV) radiation from the sun both affects and is affected by global climate change, and anything that that affects sunlight, affects UV. Decreased stratospheric ozone allows more harmful UVB (a higher-frequency, more damaging type of UV) to reach the Earth's surface and cause DNA damage in plants and animals."

5 Essential Steps for Summer UV Eye Protection

Shield Your Eyes from Harmful UV Rays

-  **1. Wear UV-Protected Sunglasses**
 - Look for '100% UV protection' or 'UV 400' labels
 - Blocks harmful UVA and UVB rays up to 400 nanometers
-  **2. Choose Wraparound or Large Frames**
 - Minimize UV exposure from the sides
 - Provides comprehensive coverage from all angles
-  **3. Pair with a Wide-Brimmed Hat**
 - At least 3 inches wide for extra coverage
 - Shields eyes from overhead sunlight
-  **4. Protect Children's Eyes Early**
 - Kids are more vulnerable to UV damage
 - Use impact-resistant polycarbonate or Trivex lenses
-  **5. Use UV-Blocking Contacts or Goggles**
 - Added protection for outdoor activities
 - Essential for water sports and high-altitude activities

KEY UV FACTS



UV rays are strongest between 10:00 AM - 4:00 PM



Up to 89% of UV rays reach your eyes even on cloudy days

<https://www.eyecenterncco.com/blog/ultimate-guide-to-summer-uv-eye-protection/>

LET'S TALK ABOUT IT

Hantavirus and Andes virus

The risk of a pandemic caused by this outbreak and the overall risk to the American public and travelers is extremely low.

WHAT ARE HANTAVIRUSES?

Hantaviruses are not new.

Hantaviruses are a family of more than 20 viruses mainly spread by infected rodents and can cause serious illnesses and death in people worldwide. It can cause two serious human diseases:



Hantavirus Pulmonary Syndrome (HPS) in North and South America



Hemorrhagic Fever with Renal Syndrome (HFRS) in Europe and Asia

WHAT IS ANDES VIRUS?

Andes virus is a form of hantavirus.

The Andes virus is the only type of hantavirus that is known to spread person-to-person. This spread is usually limited to people who have close contact with the ill person.

It is primarily found in South America in:

- Argentina
- Chile



The virus is primarily carried by wild rodents, especially *Oligoryzomys longicaudatus*, also known as the long-tailed colilargo or long-tailed pygmy rice rat, and less commonly, by other infected people.



HOW HANTAVIRUSES SPREAD

RODENT-TO-HUMAN TRANSMISSION

The rodents that carry Andes virus have not been found in the United States.



Breathing in contaminated dust from rodent urine, saliva, or feces



Touching contaminated materials then touching the mouth, nose, or eyes



Rodent bites (rare)



PERSON-TO-PERSON TRANSMISSION



Through close contact with a person who is sick with Andes virus



Among close household contacts



Through exposure to respiratory secretions

SIGNS AND SYMPTOMS HPS DUE TO ANDES VIRUS

Typically, people are only infectious while they have symptoms.

38% of people who develop respiratory symptoms die from the disease

4 - 42 DAYS AFTER EXPOSURE EARLY SYMPTOMS



4 - 10 DAYS AFTER INITIAL PHASE OF ILLNESS LATE SYMPTOMS



Fever



Fatigue



Muscle Aches

especially in the large muscle groups like the thighs, hips, back, and sometimes shoulders

About half of all HPS patients will also experience



Headache



Chills



Nausea, Vomiting

Diarrhea, or Abdominal Pain



Cough



Shortness of Breath



Tightness in the Chest

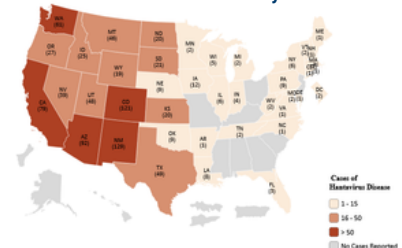


Fluid Buildup in the Lungs

There is no specific antiviral treatment or vaccine for Andes virus currently available. Symptoms may develop rapidly. Early medical care is critical with care centered on managing symptoms.

- Hantavirus disease surveillance in the United States began in 1993 during an outbreak of severe respiratory illness in the Four Corners region – the area where Arizona, Colorado, New Mexico, and Utah meet. Sin Nombre hantavirus is endemic to the United States and is spread by infected deer mice and is not spread person to person.
- Both Andes virus and Sin Nombre virus (hantavirus strains) can cause Hantavirus Pulmonary Syndrome (HPS). HPS became a nationally notifiable disease in 1995. In 2014, the Council of State & Territorial Epidemiologists expanded national reporting of laboratory-confirmed hantavirus infections to include both HPS and non-pulmonary hantavirus infections.

Map of U.S. Cumulative Cases of Hantavirus by State 1993 - 2023



Public Health Emergency Preparedness and Response



Do you have an emergency supply kit? After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Visit <https://www.ready.gov/kit> for a list of basic disaster supplies that you should keep in an airtight easy-to-carry container in case disaster strikes.

BE PREPARED FOR A THUNDERSTORM, LIGHTNING OR HAIL

Lightning is a leading cause of injury and death from weather-related hazards.

HOW TO STAY SAFE WHEN A THUNDERSTORM THREATENS

Prepare NOW

- Know your area's risk of thunderstorms. They can occur year-round and at any hour.
- 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.
- Identify sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.
- Secure outside furniture.

Survive DURING

- When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- When you receive a thunderstorm warning or hear thunder, go inside immediately.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Turn Around Don't Drown®. Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Be Safe AFTER

- Pay attention to authorities and weather forecasts to know whether it is safe to go outside and to get information regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.

Take an Active Role in Your Safety

Go to [Ready.gov/thunderstorms-lightning](https://www.ready.gov/thunderstorms-lightning). Download the **FEMA app** to get more information about preparing for **thunderstorm, lightning or hail**.

Thunderstorms are dangerous storms that include lightning.

Include powerful winds

Create lightning and hail

Cause flash flooding and tornadoes

IF YOU ARE UNDER A THUNDERSTORM WARNING, FIND SAFE SHELTER RIGHT AWAY

When thunder roars, go indoors.

Pay attention to alerts and warnings.

Move from outdoors into a building or car.

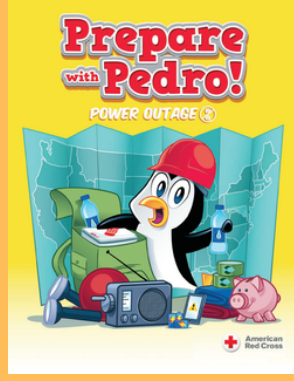
Unplug appliances.

Do not use landline phones.

Youth Preparedness Topic of the Month: Power Outage

When an emergency strikes, does your child know what to do? Learn with Pedro! Prepare with Pedro is a preparedness education program for grades K-3 that teaches students how to be prepared and take action for different types of emergencies.

This month, we are highlighting the free digital download Prepare with Pedro! Power Outage Storybook, available in English and Spanish.



https://www.redcross.org/content/dam/redcross/get-help/youth/pwp/en/EN_RedCross_PrepWithPedro_PowerOutage_Story.pdf

https://www.redcross.org/content/dam/redcross/get-help/youth/pwp/es/ES_RedCross_PrepWithPedro_PowerOutage_Story.pdf

Click the links or scan the QR codes to access, especially with summer break, camps, sports and outdoor activities picking up as the temperature rises!



WHAT IS THE MEDICAL RESERVE CORPS (MRC)?

The MRC is a national network of volunteers that began in 2002. MRC units are community based and function as a way to locally organize and utilize volunteers who want to donate their time and expertise to prepare for and respond to emergencies, while promoting safety among their communities. All active members are protected from liability while working or training with the NVMRC.

WHO CAN JOIN THE NVMRC?

Anyone 18+! We are seeking volunteers with medical and non-medical backgrounds. No experience required! We will provide you with all the tools and resources that may be required!

MEDICAL AND NON-MEDICAL VOLUNTEERS TRAIN AND ACTIVATE TO SUPPORT:

- Vaccination & Mass Dispensing Clinics
- Community Event Support
- Until Help Arrives/ Stop the Bleed
- CPR / First Aid/ Bloodborne Pathogens
- Overdose Prevention & Narcan Training
- Psychological First Aid
- Suicide Prevention Training
- Mental Health First Aid
- ...and more!



SCAN HERE

To sign up scan the QR Code or visit:
CTresponds.ct.gov

WHAT IS EXPECTED OF OUR MEMBERS?

Participation in trainings, drills/exercises, and response to real-life experiences.

- Trainings in-person and online
- Response during emergency events
- Involvement in community events
- Other MRC related activities



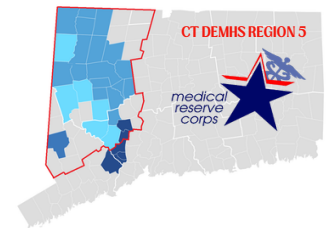
Want to know more?

Contact: Emilija Griceviciute
Email: egriceviciute@nvhd.org
Phone: 203-881-3255 ext. 122

Statewide Strategic Planning

Naugatuck Valley MRC Unit Leader, Emilija Griceviciute, and Senior Public Health Specialist, Ali Mulvihill, recently participated in the Capitol Region MRC Leadership Workshop, the second phase of a statewide Medical Reserve Corps (MRC) project funded by the Connecticut Healthcare Coalition (CT HCC).

The project focuses on conducting a statewide MRC assessment and strengthening coordination, training, and overall MRC capabilities across Connecticut. The first phase of the project and its activities were completed in April by region, with NVHD hosting the session for Region 5 (Naugatuck Valley MRC, Torrington Area MRC, Housatonic Valley MRC, and Danbury MRC). The workshop brought together MRC unit coordinators from across the state to review assessment findings and discuss recruitment, retention, funding, and the development of standardized training and mission sets. The session also provided a valuable opportunity to connect with other MRC unit coordinators and learn about activities across different units. Stay tuned for the final outcome report and how we will apply updates here locally in the Valley!



Free Self-Paced Online Classes Offered by FEMA!



NVMRC Volunteers are required to complete these 3 free online trainings. Whether you plan to volunteer or not, they are useful emergency preparedness and response trainings tailored for the general public.

IS-100.C: Introduction to the Incident Command System, ICS 100: Introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS). Take the course here: <https://bit.ly/FEMA-IS-100C>.

IS-700.B: An Introduction to the National Incident Management System: Provides an overview of the National Incident Management System (NIMS). The National Incident Management System defines the comprehensive approach guiding the whole community - all levels of government, nongovernmental organizations (NGO), and the private sector - to work together seamlessly to prevent, protect against, mitigate, respond to, and recover from the effects of incidents. The course provides learners with a basic understanding of NIMS concepts, principles, and components. Take the course here: <https://bit.ly/FEMA-IS-700b>.

IS-200.C: Basic Incident Command System for Initial Response, ICS-200: Reviews the Incident Command System (ICS), provides the context for ICS within initial response, and supports higher level ICS training. This course provides training on, and resources for, personnel who are likely to assume a supervisory position within ICS. Take the course here: <https://bit.ly/FEMA-IS-200C>.



You're invited! Join one of our committees!

Here are some examples of what is included in our proposed work plan

Improve Access to Care and Other Social Needs

- Expand access to primary & specialty care
- Explore Mobile Integrated Healthcare with local EMS providers and other community based organizations
- Reduce transportation barriers
- Strengthen referral pathways between healthcare and social service providers via the Valley Council for Health & Human Services Community Care Hub & UniteUs participation

Interested in learning more? Contact Co-Chair Myra Odenwaelder at MOdenwaelder@Griffinhealth.org

Enhance Mental and Behavioral Health

- Increase awareness and access to mental and behavioral health programs
- Develop a Regional Suicide Postvention Plan
- Improve mental and behavioral health referrals and tracking
- Improve local mental and behavioral health data sharing

Interested in learning more? Contact Co-Chair Lisa Trupp at ltrupp@nvhd.org

Improve Awareness, Access to, and Uptake of Healthy Food and Nutrition Programming and Services

- Promote coordination and system-level support for food and nutrition equity
- Ensure that nutrition assistance eligible households in the Valley are aware of and participating in state and community-driven nutrition programs to reduce food insecurity
- Utilize Griffin Hospital's Center for Healthy Living and Teaching Kitchen to increase community nutrition education programs, events, and offerings
- Reduce food waste in public cafeterias and promote sustainable food habits
- Conduct a feasibility study of establishing a food co-op or hub designed to increase access to healthy and affordable foods for all Valley residents while supporting the local agricultural community

Interested in learning more? Contact Co-Chair Jessica Kristy at jkristy@nvhd.org

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!

If you need immediate assistance, please call or text

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



Mental Health Awareness Month Activities



CONNECT Suicide Postvention Training

NVHD, BHcare's Alliance for Prevention and Wellness, and the Western Connecticut Coalition partnered to offer the NAMI CONNECT suicide postvention training on May 18th and 19th. This training helps communities to understand the nuances of response in the aftermath of a suicide or untimely death and encourages the creation of a community wide postvention plan. 14 participants from a variety of towns and organizations attended this vital training.



<https://theconnectprogram.org>



Virtual QPR Suicide Prevention Training

On Friday, May 8th, NVHD's Health Educator, Lisa Trupp, led a virtual Question, Persuade, Refer (QPR) program for the Valley community. QPR is an evidence-based suicide prevention program, providing lay people in the community with the tools to recognize an individual who may be in a mental health crisis and struggling with suicidal ideation. 22 community members attended the evening session, becoming the latest QPR Gatekeepers to be certified in the Naugatuck Valley.



<https://qprinstitute.com>

CALM Conversations Suicide Prevention Training

On Thursday, May 14th, NVHD staff participated in a CALM Conversations training taught by BHcare's Alliance for Prevention and Wellness.

Counseling on Access to Lethal Means (CALM) is a powerful addition to existing strategies to reduce the risk of suicide death in at-risk people while respecting their rights and autonomy.

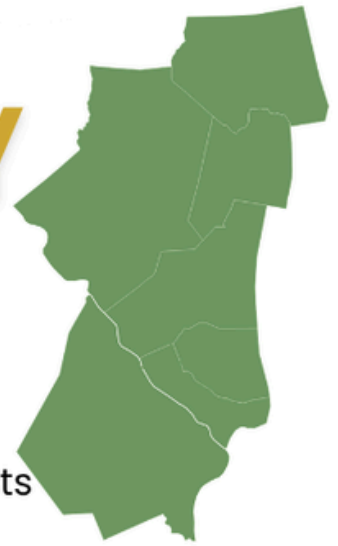
CALM Conversations focuses prevention on reducing access to lethal means of suicide, especially firearms, through discussions on proper storage and limiting access within the home.

This training greatly compliments the QPR and Mental Health First Aid training programs.



<https://www.calmamerica.org>

NAUGATUCK VALLEY FOOD RESOURCE MAP



Food Banks and Pantries

Farms and Farmers Markets

24/7 Little Free Pantries

Teaching Kitchen

Valley Community Gardens

Miscellaneous

SCAN ME



bit.ly/ValleyFoodResourceMap



NAUGATUCK VALLEY FOOD COALITION

Who should join?

Don't see your discipline represented? Let us know!

- Food Banks and Pantries
- Social Service Providers
- Schools & PTO
- Youth Organizations
- Case Managers
- Public Health
- Healthcare
- Community-based Organizations
- Municipal Leadership
- Council of Governments
- Legislature
- Farms & Agriculture
- Faith-Based Organizations
- Libraries
- Chamber of Commerce
- Community Members

Interested individuals should contact Jess Kristy at jkristy@nvhd.org for more information

Did you know
Connecticut Foodshare
can help you apply for
SNAP benefits?



Connecticut Foodshare's
SNAP Outreach Team can help
you **apply** for or **renew** SNAP
benefits over the phone

Schedule assistance in
English or Spanish

ctfoodshare.org/SNAP

or

Call 860-856-HELP (4357)



HELP SHAPE THE FUTURE OF FOOD ACCESS IN CONNECTICUT

Take our 2-4 minute Community Voice Survey

SCAN TO TAKE THE SURVEY!

Take just 2-4 minutes!

WHO SHOULD RESPOND?
Anyone who lives in Connecticut! Individuals, families, and organizations are all welcome.

WHY YOUR VOICE MATTERS
Your input helps guide the decisions about food access, support programs, and community priorities.

QUICK & EASY
It takes just 2-4 minutes to make a difference.

YOUR INPUT WILL HELP:

- SHAPE STATEWIDE FOOD SECURITY RECOMMENDATIONS
- HIGHLIGHT COMMUNITY NEEDS AND PRIORITIES
- INFORM PUBLIC REPORTS (OPTIONAL TO BE QUOTED)

HAVE YOUR VOICE HEARD. TAKE THE SURVEY TODAY!

Commission on Women, Children, Seniors, Equity & Opportunity

This is your opportunity to use your voice to help shape food policy in Connecticut!

The Commission on Women, Children, Seniors, Equity and Opportunity (CWCSEO) produces an annual report on food insecurity and related recommendations every year.

Take 2-4 minutes to fill out the survey using the link below or scanning the QR code.

Help create a Connecticut where no one is hungry!

English: <https://bit.ly/4udUvPU>

Español: <https://bit.ly/4cYlg3U>

Naloxone Awareness Day: June 6

In 2023, Victoria's Voice secured a federal resolution designating June 6 as National Naloxone Awareness Day—a fitting tribute to mark the day of Victoria's passing eight years earlier. This national day of recognition serves to spread awareness of opioid reversal medications like naloxone, remove stigma and save lives from overdose.

If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

Good Samaritan Law in Connecticut protects people who call 911 seeking emergency medical services for an overdose from arrest* for possession of drugs/paraphernalia. The law also provides protection from civil liability and criminal prosecution for administering naloxone (Narcan) in response to an overdose.

*Good Samaritan Law does not protect someone from other charges and does not stop the police from serving a search or arrest warrant if that was already in process.



Unresponsive to voice or touch



Pinpoint-sized pupils



Blue or purple fingernails and lips



Recognizing an Opioid Overdose



Slow heartbeat or low blood pressure



Pale, clammy skin



Slow, irregular, or stopped breathing

Signs of an opioid overdose may include the above, but not all these signs may be present during an overdose.

Need Narcan?

Contact Overdose Prevention Navigator Austin Telford for FREE Narcan and other harm reduction supplies at 203-881-3255 x 128 or by email atelford@nvhd.org



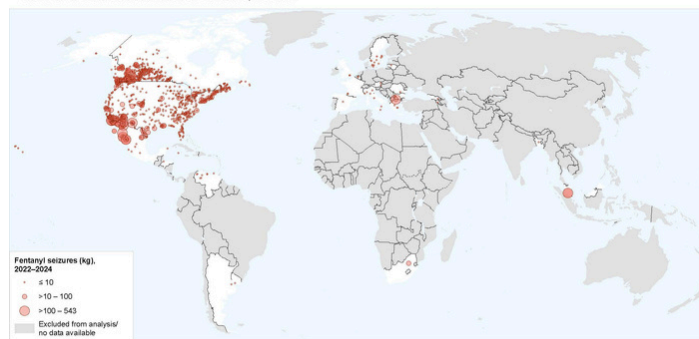
International Day against Drug Abuse and Illicit Trafficking: June 26

Since December 7, 1987, the United Nations General Assembly has observed June 26 as the International Day against Drug Abuse and Illicit Trafficking to express its determination to strengthen action and cooperation to achieve the goal of an international society free of drug abuse.

Supported each year by individuals, communities, and various organizations all over the world, this global observance aims to raise awareness of the major problem that illicit drugs represent to society.

Every year, the United Nations Office on Drugs and Crime issues the World Drug Report, full of key statistics and factual data obtained through official sources, a science-based approach, and research. The 2025 report is available here: <https://www.unodc.org/unodc/en/data-and-analysis/world-drug-report-2025.html>.

SIGNIFICANT INDIVIDUAL SEIZURES OF FENTANYL, 2022-2024



The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations. The final boundary between the Republic of Sudan and the Republic of South Sudan has not yet been determined. Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties. A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).


Source: UNODC Drugs Monitoring Platform



JUNE is Men's Health Month

Health starts with conversation.

Education.
Prevention.
Connection.



MHN
Men's Health Network
menshealthnetwork.org

Prevention starts it. Partnership sustains it.

Men die an average 6 years earlier— often from preventable causes. Closing the Lifespan Gender Gap starts with education, connection, & shared advocacy. When men and their care partners have access to the right information & support, preventive care happens earlier & outcomes improve. Men's Health Month is a reminder that better lifespans are built together.

Care doesn't happen alone. Men's health is shaped by relationships — partners, families, caregivers, friends, & communities at every stage of life. When men are supported via connection, education, & shared advocacy, they seek care, stay engaged, & live healthier, longer lives.

For more information, visit <https://menshealthmonth.org/>



Men's Health Month



Stronger connections.
Better conversations.
Healthier outcomes.

Caring About Health, Together.



MHN
Men's Health Network
menshealthnetwork.org

Public Health
Prevent. Promote. Protect.
Naugatuck Valley
Health District

www.MensHealthMonth.org

Health Facts & What to Know

Men in the U.S. have an average life expectancy up to **six years less** across national average & experience higher mortality rates across **all Top 10 causes of death**. **Greater awareness of risk factors & warning signs**, along with early detection & consistent healthcare engagement, **can help improve long-term outcomes**.

Top 6 Causes of Death & Signs to Look For

1. Heart Disease

- Leading cause of death among men
- Higher mortality rates

- Risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, & inactivity

Possible warning signs: Chest discomfort, short of breath, fatigue, irregular heartbeat.

2. Cancers

- Men experience higher cancer mortality
- Black men face higher prostate mortality

- Prostate, lung, colorectal, liver, & pancreatic cancers are big factors

Possible warning signs: Changes in bowel or urinary habits, persistent cough, any unexplained weight loss, blood in urine or stool.

3. Unintentional Injuries

- Includes motor vehicle accidents, workplace injuries, overdoses, & falls
- Men account for a higher proportion of fatal injuries

4. Stroke

- Men have earlier stroke risk

Warning Signs (FAST):

- ◆ Face drooping ◆ Arm weakness ◆ Speech difficulty ◆
- Time to call emergency services

5. Diabetes

- Increases risk of heart disease, kidney disease, & nerve damage
- Frequently linked to metabolic risk factors

Possible warning signs: Abnormal thirst, frequent urination, slow-healing wounds.

6. Chronic Liver Disease & Cirrhosis

- Associated with alcohol use, hepatitis, & metabolic conditions
- Men experience higher mortality rates

Possible warning signs: Random swelling, jaundice



'Wear Blue' Days

'**Wear Blue**' Days continue to raise awareness & funds to support men's health initiatives while reinforcing that care for men's mental & physical health is a shared responsibility.

Wearing blue is a visible reminder that **men's health matters** – not just to men, but to families, workplaces, & communities. Funds raised support MHN's year-round education, outreach, & advocacy efforts.

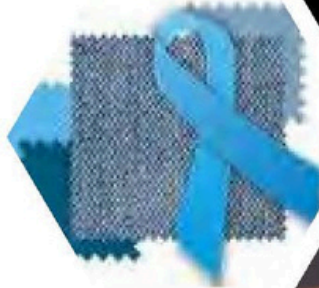


Wear Blue Fridays:

- Friday, **June 05**, 2026
- Friday, **June 12**, 2026
- Friday, **June 19**, 2026
- Friday, **June 26**, 2026

Why Wear Blue?

Husbands. Fathers. Brothers.
Uncles. Partners. Friends.
Co-Workers. Sons.



Share This...

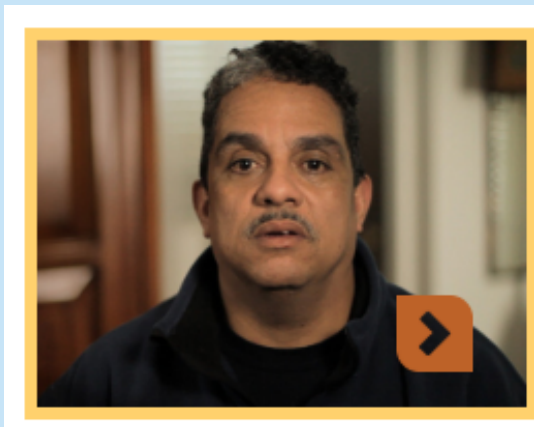
Learn more & download FREE resources, scan the QR:



What Is PTSD?

Posttraumatic stress disorder (PTSD) is a mental health problem. PTSD can only develop after you go through or see a life-threatening event. It's normal to have stress reactions to these types of events, and most people start to feel better after a few weeks. If symptoms last longer than a month and are causing problems in your life, it could be PTSD. Learn about PTSD symptoms and treatments to help you recover.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event (also called "trauma"). At first, it may be hard to do daily activities you are used to doing. Going to work or school, even spending time with people you care about, can feel difficult right after a traumatic event. But most people start to feel better after a few weeks. For some people, PTSD symptoms may start later, or they may come and go over time. If it's been longer than a month and thoughts and feelings from the trauma are upsetting you or causing problems in your life, you may have PTSD.

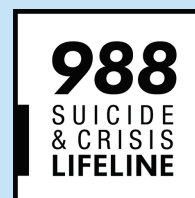


How I Knew I Had PTSD
Click video to view

Click on the logo below or use the QR Code to learn more about PTSD Basics



If you or anyone you know is in crisis





**QUESTION.
PERSUADE.
REFER.**



Mental Health Matters

Virtual Suicide Prevention Training

**IN CRISIS?
CALL/TEXT 988
CHAT 988LifeLine.org**

WHAT IS QPR

The QPR Institutes mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training

Just like the QPR Institute, we believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

WHAT IS A QPR GATEKEEPER

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, but include:

- Parents
- Friends
- Neighbors
- Teachers
- Ministers
- Doctors
- Nurses
- First Responders
- YOU!

AS A CERTIFIED GATEKEEPER YOU WILL LEARN TO

1. Recognize the warning signs of suicide
2. Increase awareness of stigma and understand suicide as a public health issue
3. Know how to offer hope
4. Know how to access local and national referral resources
5. Know how to get help and **save a life**

<https://qprinstitute.com>

TRAINING INFORMATION

FRIDAY, July 10, 2026

12:00PM – 1:00PM

VIRTUAL VIA ZOOM

REGISTRATION

<https://bit.ly/4tNTddu>



Participants must attend the entire training to receive a one-year QPR Gatekeeper Certification

INSTRUCTOR CONTACT

Lisa Trupp, CCHW
Naugatuck Valley Health District
Email: ltrupp@nvhd.org
Phone: 203-881-3255 x 108



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

Sources

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

REGISTER TODAY!

Delivery Format:

Blended, Virtual Two Day Program
Requires 2 hours, self-paced prework

Date and Time:

Wednesday, August 12th and Thursday, August 13th
9:00am to 12:00pm, EST

Location: ZOOM Meeting

Where to Register:

<https://bit.ly/4uiAcAw>

For questions, contact
Lisa Trupp, CCHW
203-881-3255, ext 108
ltrupp@nvhd.org

or scan



The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



Public Health
Prevent. Promote. Protect.
Naugatuck Valley Health District



MATERNAL HEALTH: YOUR VOICE MATTERS



Join Our Listening Sessions to Share Your Experience



HELP SHAPE THE FUTURE OF MATERNAL CARE IN OUR COMMUNITY

Every pregnancy and birth experience matters, and your voice can help shape better care for our community. Griffin Hospital in partnership with Yale-Griffin Prevention Research Center, is working with local residents and healthcare partners to improve maternal health in Connecticut.



WE WANT TO HEAR FROM YOU

Your experiences during and after pregnancy can help us:



Improve care for families



Identify gaps in the healthcare system



Create safer, more supportive birth experiences

JOIN A LISTENING SESSION

For your convenience, sessions will be held virtually (join by phone or computer).



WHO CAN PARTICIPATE?

Naugutack Valley residents who are:

- Currently pregnant or
- Have given birth within the past 2 years



PARTICIPANTS RECEIVE

**A \$50
GIFT CARD**



**FOR MORE INFORMATION,
AND TO SIGN UP FOR THE SESSION:**



Call: Summaya Multany at 203-732-1325



Email: summaya.multany@yalegriffinprc.org

Yale SCHOOL OF PUBLIC HEALTH
GRIFFIN HEALTH

PRC
Prevention Research Center

IRB Number: 2026-001

Scan the QR code to sign-up

