



**Naugatuck Valley
Health District
Proudly
Serves The
Communities of:**

*Ansonia, Beacon Falls,
Derby, Naugatuck,
Shelton and Seymour.*

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Contact Us At:

NVHD
98 Bank Street
Seymour, CT
Phone: (203) 881-3255
Www.nvhd.org

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Social Media?**

@naugvalleyHD
#naugvalleyHD



Naugatuck Valley Health District Monthly Newsletter

August 2018

August is National Immunization Awareness Month!

Vaccinating according to the recommended immunization schedule provides your child with safe and effective protection against preventable diseases.

- ◆ Between the time your child is born and when they go off to college, they'll get vaccines to protect against a number of diseases.
- ◆ Some children at your child care center may be too young to get certain vaccines, and are therefore vulnerable to diseases.
- ◆ By vaccinating your child according to the recommended schedule, you'll be protecting their classmates as well.
- ◆ You will also be helping to protect people in your community who cannot receive vaccines for medical reasons (e.g., people with weakened immune systems, such as some people with cancer and people who have received transplants).

***"Vaccines keep your child
protected against serious diseases."***

Vaccines are recommended for children of all ages.

- ◆ The need for vaccination does not end in childhood. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, travel locations, medical conditions, and previous vaccination history.
- ◆ The protection from some childhood vaccines wear off with time, and children are more likely to get certain diseases like meningococcal disease and cancer-causing HPV infections as they get older. Staying up to date on recommended vaccinations.
- ◆ Teens and young adults should also make sure they are up to date on all the vaccines recommended during childhood and adolescence. Additionally, states may require children who are entering college to be vaccinated against certain diseases.



Check your child's vaccine records to make sure they are up to date on all the vaccines they need to stay healthy.

- ◆ Most schools require children to be up to date on vaccinations before enrolling or starting school in order to protect the health of all students. If you are unsure of your state's school immunization requirements, check with your child's doctor, school, child care provider, college health center, or local health department.
- ◆ If you need official copies of immunization records for your child, or if you need to update your personal records, there are several places you can look, including your child's doctor, public health clinic, or school; or your state health department.

Source: www.cdc.gov

NVHD offers immunization clinics for children's vaccines. We do not accept insurance. For children under 18, the first vaccine is \$20 and any additional vaccines are \$10.

Children who have Husky insurance will receive vaccines for free. All vaccine records and a note from your child's school nurse is required for immunizations.

We also offer vaccines for teenagers entering college!

Please contact our nurse, Kristin (203) 881-3255, to make an appointment.

NVMRC

Did you know that NVHD has a volunteer unit called the Naugatuck Valley Medical Reserve Corps? Don't let the word "medical" fool you—no medical background is required. Training is free of cost and liability protection is provided under Title 28 of the CT General Statutes. For more information and to apply, visit www.nvmrc.com, or contact, Jess at 203-881-3255.

NVMRC N.O.P.E. Campaign

In 2017, NVMRC established the Naugatuck Valley Overdose Prevention & Education Campaign. If you'd like to attend a free Narcan & Opioids Training or would like to host one at your business, please contact Jess at 203-881-3255.

NauVEL

Grants are available to remove lead hazards from your home. For eligibility and applications, please contact Carol at 203-881-3255 or visit: www.nvhd.org/nauvel

Lead Program for Kids:

Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigation are provided for children with high lead levels. Please contact Jamie at 203-881-3261 for more information.

Immunizations

Vaccines for adults and children are given at NVHD, by appointment. Please contact Kristin at 203-881-3255.

Recipe of the Month: Skillet Taco Cauliflower Rice

*Yield 4 servings. Serving Size 1 ¼ cup.
256 Calories, 13g Fat, 12.5 Carbs,
5.5 Fiber, 4.5 Sugar, 26g Protein
Source: www.skinnytaste.com*

Ingredients:

- * 1lb of ground turkey
- * 1 ¼ tsp kosher salt
- * 1 tsp garlic
- * 1 tsp cumin
- * 1 tsp chili powder
- * 1 tsp paprika
- * ½ tsp dried oregano
- * ½ small onion, minced
- * 2 tbsp. bell pepper, minced
- * ¾ C water
- * 4 oz. canned tomatoes
- * 4 cups of uncooked riced cauliflower

For the toppings:

Avocado, Cilantro, Chopped Lettuce and Salsa.

DIRECTIONS:

1. Over high heat, brown the turkey in a large skillet breaking it into smaller pieces as it cooks, about 5 minutes.
2. When no longer pink add 1 teaspoon salt and the dry seasoning and mix well.
3. Add the onion, pepper, water and tomato sauce and cover.
4. Simmer on low for about 15 minutes.
5. Remove the cover and add the cauliflower, add 1/4 teaspoon salt and cook until tender, about 8 minutes.
6. Transfer to a plate and serve with avocado, lettuce, salsa and fresh lime!

Healthy Eating At School

- Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy. Some schools provide breakfast for children; if yours does not, make sure they eat a breakfast that contains some protein.
- Most schools regularly send schedules of cafeteria menus home and/or have them posted on the school's website. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- Many children qualify for free or reduced price food at school, including breakfast. The forms for these services can be completed at the school office.

"Hunger will affect a child's performance in class."

- Many school districts have plans which allow you to pay for meals through an online account. Your child will get a card to "swipe" at the register. This is a convenient way to handle school meal accounts.

Source: www.healthychildren.org

Reduce Screen Time!

- Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips:
 - **Turn off the TV** during meal time and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.
 - **Limit screen time** to two hours each day for children 2 or older.
 - **Suggest playing outside** after school and join in the fun.
 - **Turn on some music** and have a family dance party.
 - **Be a good role model.** If you reduce your screen time and move more, your kids will too.

Source: www.nhlbi.nih.gov