



Naugatuck Valley Health District Newsletter

January 2018

Serving Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, & Shelton



NVHD
98 Bank Street
Seymour, CT
203-881-3255
www.nvhd.org

Immunizations:

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

Flu Clinic:

Flu shots will be given at NVHD by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare, BC/BS, Medicare Part B

Lead Program for Children:

Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels.

Women, Infants, and Children (WIC):

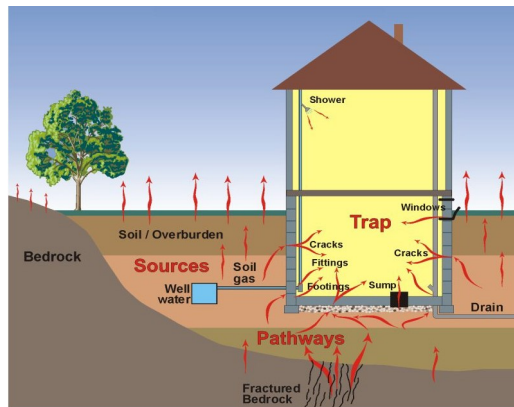
Supplemental food and nutrition program. Mon., Wed., Thurs., Fri. 8-5, Tuesday 9-6 by appointment, 203-888-1271.

NauVEL:

Grants available to remove lead hazards from your home for eligibility and applications call Carol at 203-881-3255.

What is Radon?

Radon is a naturally occurring colorless, odorless and tasteless gas. Radon is formed from the natural breakdown, or radioactive decay, of uranium. It is usually found in igneous rock and soil but can also enter ground water and well water.



www.takeactiononradon.ca

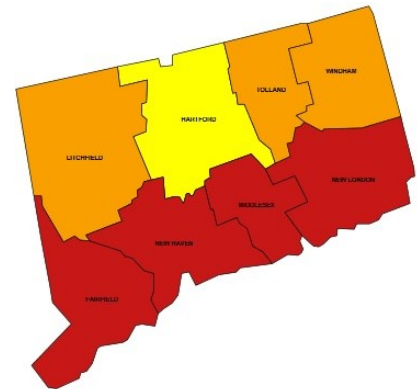
Exposure

The primary routes of potential human exposure to radon are inhalation and ingestion. The action level for radon is 4pCi/L. It is important to note that the action level is not a safe level, as there are no "safe" levels of radon gas. At the 4 pCi/L action guideline level, radon carries about 1,000 times the risk of death as any other Environmental Protection Agency (EPA) carcinogen.

Health Impact

Radon is a national environmental health problem. There are no immediate symptoms that will alert you to the presence of radon. However, years of exposure can lead to severe health consequences. The U.S. Surgeon General has warned that radon is the second leading cause of lung cancer in the United States. The EPA and Surgeon General's Office have estimated that 20,000 lung cancer deaths caused each year by radon. Smokers with high radon levels in their homes are at even higher risk for developing lung cancer.

CT Radon Zones



- Zone 1:** Counties with predicted average indoor radon screening levels greater than 4 pCi/L
- Zone 2:** Counties with predicted average indoor radon screening levels from 2 to 4 pCi/L
- Zone 3:** Counties with predicted average indoor radon screening levels less than 2 pCi/L

www.epa.gov/radon/zonemap

Test Your Home

Testing is the only way to know your home's radon levels. The best time to test your home is during the winter when your windows and doors are kept shut and A/C systems are not running. Tests should be conducted in the lowest living level of the house.

Free Test Kits Available!

***While Supplies Last**

While supplies last, residents in the towns of Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, and Shelton can pick up a FREE radon test kit at the health department located at 98 Bank Street in Seymour starting **Monday, January 8, 2018**. Supplies are limited, so please call Ali at (203) 881-3255 to make sure test kits are still available before you head to the health department.



Please complete our survey - we'd like to know how much you know about lead poisoning. Survey can be found at:
<https://www.surveymonkey.com/r/6SNDYP6>

Know your Risk.

Lead Poisoning is the leading cause of environmental illness in children and can cause many permanent health problems. The good news is lead poisoning is 100% preventable.

Get the lead out!

The Naugatuck Valley Health District (NVHD) is committed to ensuring that all housing in the valley is safe from lead and other hazards.

NVHD has grants available to remove lead paint hazards from your pre-1978 home. For links to information about lead poisoning and it's prevention please go to www.nvhd.org/naugel



Winter Preparedness

A winter storm can range from freezing rain and ice, to moderate snowfall over a few hours, to a blizzard that lasts for several days. Many winter storms are accompanied by dangerously low temperatures.

Winter storms can cause power outages that last for days. They can make roads and walkways dangerous or impassable and close or limit critical community services such as public transportation, child care, health programs and schools. Injuries and deaths may occur from exposure, dangerous road conditions, and carbon monoxide poisoning and other conditions.

Make a Plan

Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency. Visit www.ready.gov/make-a-plan to create yours today!

Safety Tips

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal burning devices inside a home, garage, basement, or any partially enclosed area.
- Have a working carbon monoxide detector. Carbon monoxide-related deaths are highest during colder months.
- Shut off water valves.
- Sign up for CodeRED for town alerts by visiting your town's municipal website.

Make a Kit

Make an emergency kit for at least 3 days of self-sufficiency for each person and your pets. Store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as a plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water– 1 gallon per person per day
- Non-perishable food & can opener
- Pet food and medication
- Battery-powered or hand crank radio
- Flashlight
- Batteries
- First Aid Kit and 7-day supply of medications
- Copy of important documents/medical info.
- Extra clothes, blankets

For more recommended items, visit www.ready.gov/build-a-kit



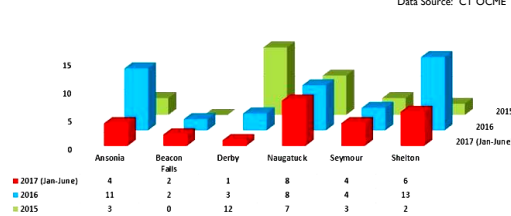
Keep an extra kit specifically created for your car. Learn more at www.ready.gov/car.

N.O.P.E. Campaign

Naugatuck Valley Overdose Prevention & Education

Accidental drug overdose is a leading cause of premature death and is a concern in the towns that make up Naugatuck Valley. In recent years, the number of accidental drug intoxication deaths in CT has significantly risen from 357 in 2012 to 568 in 2014 and 917 in 2016. In June 2017, the Office of the State Medical Examiner reported 538 fatal overdoses and projected 1,076 by the end of the year. Of the 538, 25 occurred in the Health District's six towns and 21 were residents.

Graph 1. Naugatuck Valley Overdose Death Statistics 2015-2017
 *2017 data is from January - June



In response, the Naugatuck Valley Medical Reserve Corps (NVMRC) established its Naugatuck Valley Overdose Prevention & Education (N.O.P.E.) Campaign to bring opioid-related education and resources to the Valley.

Challenge Award

Funding for this opportunity was available through a cooperative agreement between National Association of County and City Health Officials and the Department of Health and Human Services' Office of the Assistant Secretary for Preparedness and Response.

Narcan & Opioids Training

NVMRC partnered with BHcare's Alliance for Prevention & Wellness to develop Valley specific Narcan & Opioids training for the general public. Learn about opioids, safe medication disposal, how to recognize overdoses, administer Narcan, and more!

NVMRC has a limited supply of Narcan kits available upon completion of N.O.P.E. training.

Keep an eye out for the N.O.P.E. Team at local events and fairs!

Please visit the NVMRC website (www.nvmrc.com) for upcoming community training events.

Volunteer NVMRC

NVMRC is Naugatuck Valley Health District's community volunteer unit made up of those who live or work in Ansonia, Beacon Falls, Derby, Naugatuck, Shelton & Seymour.

NVMRC is currently recruiting new volunteers who must be at least 18 years old. No medical background is required and all training is provided free of charge. Liability protection is provided under Title 28 of the CT General Statutes.

For more information, please contact Jessica Stelmazek, Public Health Emergency Preparedness Coordinator & NVMRC Unit Leader at 203-881-3255 or jstelmazek@nvhd.org

