



Naugatuck Valley Health District Newsletter

June 2018

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

NVHD
98 Bank Street
Seymour, CT
203-881-3255

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

Blood Pressure Program: Screening and education, by appointment 203-881-3255, ask for Kristin.

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. Monday-Friday 8:30-4pm 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 or visit: www.nvhd.org/nauvel



How to Have a Food Safe Summer!

As we welcome the warm weather back to the New England Area and start prepping our picnic tables, lets all keep in mind some helpful health tips to keep our summers memorable and fun!

When eating outdoors, remember to keep food:

- Clean
- Cool
- Covered
- Safe

Keep it Clean! Wash and Clean:

- Yours hand before starting
- The counter where you get your food ready to cook
- The things you use to cook with
- The table where you eat

Keep it Covered!

- Keep all food covered
- Leave the cover on until you are ready to eat to keep flies and other bugs away

Keep it Safe!

- **If you are cooking meat:**
 - > Cook it all the way through!
 - > Use a meat thermometer to check it.
- **If you have left over food, put it in the cooler**
- **If food looks or smells bad:**
 - > Do not eat it
 - > Throw it away

Source: www.ct.gov/dph



This Month's Recipe — Cucumber Rolls!

Ingredients needed: 1 cucumber, a vegetable peeler, 4 ounces of cream cheese (softened to room temp.), 1/2 cup of matchstick carrots, a bell pepper (or 2, for varied color), some optional herbs

1. Soften cream cheese to room temperature and mix with a spoon to soften.
2. Wash and dry your cucumber. Using a vegetable peeler, slice into really thin strips (thinner cucumbers work best).
3. Cut bell pepper into matchstick pieces. I used a quarter each of red pepper and yellow, but you could just use one or the other if it's easier.
4. Spread a thin layer of cream cheese down each cucumber slice. On one end, place a handful of carrots and bell pepper, along with fresh herbs if desired (optional).
5. Roll up and serve!

Recipe from: superhealthykids.com



June is Men's Health Awareness Month!

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease and injury among men and boys.

Menshealthresource-center.com has compiled various disease categories to learn more about different health topics and what you need to know on:

- Cardiovascular Health
- Sexual Reproductive Health
- Mental Health
- Prostate Health
- Diabetes
- Aging/Seniors
- Nutrition/Obesity
- Cancers
- Other Health Topics



Ticks and Tick-borne Diseases

How Ticks Spread Disease:

Ticks can transmit pathogens that cause disease through the process of feeding. If the host animal has a blood-borne infection, the tick will ingest the pathogens with the blood.



During the feeding process, small amounts of saliva from the tick might enter the skin of the host animal, which is how pathogens can be transmitted to the host animal.

Lyme Disease:

- Caused by bacteria called *Borrelia burgdorferi*
- Transmitted through bite of infected black-legged or deer tick
- Symptoms generally appear 3-32 days after the bite:
 - ⇒ Red rash around area of tick bite
 - ⇒ Flu-like symptoms (muscle aches, fatigue, fever)

Anaplasmosis (HGA):

- Caused by bacteria called *Anaplasma phagocytophila*
- Transmitted through bite of infected black-legged or deer tick
- Symptoms generally occur 7-21 days after the bite:
 - ⇒ Onset of fever, headache, muscle aches, and/or fatigue
 - ⇒ Nausea, vomiting, or rash may be present in some patients

Babesiosis:

- Caused by a parasite called *Babesia microti*
- Transmitted through bite of infected deer tick
- Symptoms generally occur 1-4 weeks after the bite:
 - ⇒ Fever, chills, muscle aches, and/or fatigue
 - ⇒ Jaundice secondary to hemolytic anemia (destruction of red blood cells)

Personal Protective Measures: While outside:

- Avoid tall grass and over-grown areas
- Walk in the middle of trails when hiking
- Consider using tick repellent
- Tuck pant leg into socks
- Wear long-sleeved shirts and closed shoes
- Wear light colored clothes to see the ticks earlier

After coming inside:

- Bathe as soon as possible
- Conduct a full-body tick check
 - ⇒ Hair/head
 - ⇒ Under arms
 - ⇒ In and around ears
 - ⇒ Inside belly button
 - ⇒ Behind knees
 - ⇒ Between the legs
 - ⇒ Around the waist

Tips to remove a tick as quickly as possible:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible
- Pull upward with steady, even pressure
- After removing the tick, thoroughly clean the bite area and your hands with soap and water, then apply antiseptic
- Dispose of a live tick by submerging it in alcohol, placing it in a sealed bag/container
- Bring sealed container to NVHD to submit tick for testing; or
- Flush it down the toilet
- Write on a calendar the date you removed the tick and the part of the body from which it was removed

Remember:

- Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin
- Never crush a tick with your fingers
- Avoid folklore remedies such as using heat to make the tick detach from the skin

Tick Testing:

Ticks found on humans can be submitted to **The Connecticut Agricultural Experiment Station (CAES)** for testing through the **NVHD**. Please bring the tick in a sealed bag. **NVHD will contact you with your results. There is a \$5.00 fee per tick.**

source: www.cdc.gov/ticks

www.osc.ct.gov/manup/blog/deep.html