



Naugatuck Valley Health District Newsletter

October 2017

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

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

Immunizations:

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. Mon., Weds.-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 or visit:

Take 3 Actions to Fight the Flu

1. Get yourself and your family vaccinated!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible. Learn more about vaccine timing.



Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

2. Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Continue reading on back page...

Naugatuck Valley Health District's Flu Clinic Schedule:

- October 4 9am-11am – Naugatuck Senior Center
- October 5 10am-12pm – Shelton Senior Center
- October 10 9-11am – Ansonia Senior Center
- October 11 9-11am - Seymour Community/Senior Center
- October 12 9:30am-11:30am – Derby Senior Center
- October 18 11am-2pm – Warsaw Park, Ansonia
- Call for to make an appointment anytime during the week with our nurse, Kristin.

The Health District accepts the following insurances; Aetna, Cigna, ConnectiCare, Anthem Blue Cross/Blue Shield, and Medicare Part B. There is no copay to those who have insurance. **We are not able to accept Medicare Advantage plans, Oxford or United HealthCare.** Those who are eligible should bring the proper insurance cards. The cost of the flu vaccine for those who do not have insurance is \$30 for the quadrivalent vaccine, and \$60 for the high dose vaccine for those 65 years and older. Acceptable forms of payment are cash, debit or credit card.

Volunteer with NVMRC!

The Naugatuck Valley Medical Reserve Corps is a volunteer unit made up of individuals with both medical and non-medical backgrounds.

Don't let the word "medical" fool you! No medical experience is required.

Volunteers live and/or work within the jurisdiction served by the NVHD (Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, and Shelton, CT).

All volunteers must be 18 years or older and are required to complete foundation emergency response training, such as Incident Command System (ICS) and National Incident Management System (NIMS) training. Additional training and activations occur based on the needs of the unit and its housing organization, the NVHD.

All volunteers must take a bi-annual oath and be activated in order to qualify for liability protection under Title 28 in the Connecticut General Statutes.

2016 NVMRC Highlights

- Point of Dispensing training and functional exercise at Naugatuck High School
- Support at NVHD Flu Clinics
- Emergency Preparedness & Response for People with Disabilities Workshop
- N.O.P.E. Community Training Sessions

Sign up today!

Applications can be found and submitted at: www.nvmrc.com or email Unit Leader Jess at jstelmaszek@nvhd.org



Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

3. Take antiviral drugs if your doctor prescribes them!

If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick.

They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

www.cdc.gov

Stay safe: Prevent the Flu!

Everyday prevention tips:

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

Prevention Tips at Work:

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home. • If you begin to feel sick while at work, go home as soon as possible.

www.cdc.gov

