

NVHD
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Naugatuck Valley Health District



Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton

SEPTEMBER 2022 NEWSLETTER

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HAPPY NATIONAL FOOD SAFETY EDUCATION MONTH!

Did you know that September is National Food Safety Education Month? As we transition from the summer into the fall months, it is a great time to focus on key illness prevention steps to avoid any foodborne illness in the kitchen. It is estimated that 1 in 6 Americans get foodborne illnesses, otherwise known as food poisoning, each year. The steps are simple to protect yourself and others from getting sick and should always be followed: Clean, Separate, Cook, and Chill.

4 STEPS TO FOOD SAFETY



1. **Clean:** Wash your hands for at least 20 seconds with soap and warm water before, during, and after preparing food and before eating, especially when dealing with uncooked meat and seafood, flour, or eggs. Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
2. **Separate:** Keep raw or marinated meat, poultry, seafood, and eggs separate from all other foods when grocery shopping, in the refrigerator, and during food preparation. Do not wash raw meat, poultry, or eggs- it can actually spread germs if splashed around the kitchen!
3. **Cook:** Cook your food to the right temperature! Use a food thermometer to make sure foods are cooked to a safe, internal temperature. Unsure of the right temperature? Check out the list of temperatures and foods on the CDC website.

Chill: Refrigerate perishable foods within 2 hours of use. If the food is exposed to temperatures above 90 degrees Fahrenheit, refrigerate within 1 hour. Package warm or hot food into several clean, shallow containers and then refrigerate them. Keep your refrigerator at 40 degrees Fahrenheit and your freezer at zero degrees Fahrenheit or below. If your refrigerator does not have a built-in thermometer, keep an appliance thermometer inside to check the temperature.

Source: <https://www.cdc.gov/foodsafety/keep-food-safe.html>

NATIONAL SUICIDE PREVENTION WEEK & QPR TRAINING

The American Foundation for Suicide Prevention (AFSP) recognizes National Suicide Prevention Week as September 4-10, 2022. It is highlighted all month long as a moment in time in which we rally the public to create awareness of this leading cause of death and inspire more and more people to learn how they can play a role in their communities in helping to save lives. Suicide prevention is important every day of the year—this time gives us an opportunity to shine a special, encouraging light on this topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented. The Naugatuck Valley Health District will be offering a QPR Suicide Prevention Gatekeeper Training for all community members during National Suicide Prevention Week and will be held virtually on Tuesday, September 6th, 2022 from 5-6:30 pm. If you or someone you know is interested in attending the QPR Suicide Prevention Gatekeeper Training, please contact Gabrielle Diaz, Public Health Educator for the Naugatuck Valley Health District. You may register via phone at (203) 811-3255 ext. 108 as registration is required for this training.



This Month's COVID-19

Vaccine Schedule

Thursday 9/8 1:30-3:30 PM @
NVHD

Pfizer (5-11 & 12+), Moderna (18+)

Thursday 9/15 1:30-3:30 PM @
NVHD

Pfizer (5-11 & 12+), Moderna (18+)

Thursday 9/22 3-5 PM @ NVHD

Pfizer (5-11 & 12+), Moderna (18+)

Thursday 9/29 3-5 PM @ NVHD

Pfizer (5-11 & 12+), Moderna (18+)

Primary series and booster doses (1st and 2nd) available for all age groups depending on eligibility.

Please call (203) 881-3255 ext. 108 for an appointment.

Appointments are **REQUIRED** for 5-11 year olds.

WE'LL MISS YOU, RITA!

It is with mixed feelings that we announce the retirement of our beloved and much appreciated Rita R. Fazzino. It is an impossible task to sum up her achievements over the past 46 years of dedicated service. She will always be remembered as a hard-working, committed, dedicated and kind individual who has worked tirelessly to protect and educate the community in which the district serves. Rita will be GREATLY missed...filling her shoes will be a difficult job to accomplish.



BACK TO SCHOOL IMMUNIZATIONS!

We are still taking appointments for back to school vaccines! If your child and/or children need any immunizations for the upcoming school year, please call Nurse Kristie at (203) 881-3255 ext. 107 to make an appointment or ask any questions.

Cost: FREE for children on HUSKY (up to 18 years old) OR \$20 for the first vaccine, \$10 for each additional vaccine.

Vaccines Available: HIB, MMR, MMRV, Varicella, Meningococcal, Pneumococcal, Tdap, Dtap, Polio, Hepatitis A & B

Appointments are **REQUIRED**.

NVHD'S TEA & COFFEE SOCIAL FOR MEDICAL FIRST RESPONDERS

Calling all Medical First Responders! We would like to invite you for an evening of meaningful, guided conversation on your experience working through the COVID-19 pandemic. We want to know how the pandemic impacted your physical and mental health and what NVHD can do you help: What services would you like us to provide? How can we address your (and others) mental health concerns of the first responder community? Your voice is important to us and we hope you'll lend it.

This event will take place at the Naugatuck Valley Health District on Tuesday, September 13th at 5:30 pm here at the Naugatuck Valley Health District (98 Bank Street, Seymour, CT 06483). Please RSVP using the QR code on the invitation or copy this link into your browser: https://forms.office.com/Pages/ResponsePage.aspx?id=RYPDzRkGxka_6UbzTC4X52yK6Y_JDm9LoR_dYRKda9xUQ00IWFVFNjRYR_QJVOEtQTTQzOUtDUzBJRC4u. For more information or any questions, please contact Paulina at (203) 881-3255 ext. 118.



*NVHD invites
you...*

to an evening of coffee, tea, and venting!

Eat, drink, and join a group of your medical first responder peers in sharing your experience of working through the last two years of the Covid-19 pandemic.

Naugatuck Valley Health District is partnering with Michael Federici, LMSW to create a safe, supportive environment for medical and public health workers to process how the pandemic has affected their physical and mental health.

