

NAUGATUCK VALLEY HEALTH DISTRICT



August 2024



NVHD IN THE COMMUNITY



NVHD Provides Mental Health First Aid Training

Naugatuck Valley Health District's Public Health Emergency Preparedness/Medical Reserve Core Coordinator Barbara Becker and Health Educator Lisa Trupp provided Valley residents a one day, in-person, Mental Health First Aid training on Saturday, July 20th.

Held at the NVHD office, attendees learned how to recognize the signs and symptoms of someone in a mental health crisis, and how to be part of the chain of survival in keeping people in crisis safe until appropriate help is available.

NVHD will offer a virtual MHFA training on August 21st and 22nd, from 5:30 to 8:30pm. For more information, see the attached flyer or contact Lisa Trupp at 203-881-3255, ext. 108.



Valley Social Club in Ansonia and NVHD Host a Heart Health Discussion

Naugatuck Valley Health District's Community Health team visited the Valley Social Club in Ansonia on Monday, July 15th to talk about heart health.

Public Health Nurse Kristie D'Averso (pictured below), Health Educator Lisa Trupp, and SORT Program Specialist Beatriz Allen provided attendees with tips about taking care of their hearts and living a heart healthy lifestyle.

The team enjoyed their visit with the staff and members of the club and look forward to providing more information on community health topics in the future.



IDEA of the Month

NVHD is sharing one term or concept from its newly created Inclusion, Diversity, Equity, and Antiracism (IDEA) Glossary each month.

Commonly Used Term	Equity-Focused Alternative
Addict/Drug Addict/ Junkie/User/ Former Addict	Person with a substance use disorder (SUD)/Person with an opioid use disorder (OUD)/Person in recovery

Using person-first language—that is, focusing on the person, not their illness—works to remove words that define a person by their condition or have negative meanings, which can further existing stigma. Feeling stigmatized can make people with SUD less willing to seek treatment. The commonly used terms surrounding SUD and OUD undermine the fact that it is a medical condition and insinuate the individual *is* the problem, as opposed to having a problem.



AUGUST HEALTHY VALLEY SPOTLIGHT

COVID CORNER

*NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of **home tests** and **lab results** reported to us by test sites.

JULY*



REPORT POSITIVE TEST RESULTS HERE!



COVID SUMMER SURGE 2024

Cases of COVID-19 have been increasing in the last few weeks, both here in the Valley and across the US. As immunity from your last vaccination wanes and your social life picks up with summer events and activities, it's only natural that cases spike.

As a reminder, here's what to do if you suspect that you were infected and/or test positive:

- **Stay home and away from others** if you are experiencing respiratory virus symptoms (cough, fever, chills, fatigue, headache, etc.)
- Go back to your normal activities when, for at least 24 hours, **both are true:**
 - your symptoms are improving overall **AND**
 - you have not had a fever (and are not using fever-reducing medication)
- When you go back to your normal activities, **take added precautions for the next 5 days** as you could still be infectious. Some steps you can take are:
 - wearing a mask around others
 - being more diligent with hygiene
 - opening windows and using HEPA air filtration units
 - using over-the-counter COVID test kits

Request free COVID-19 test kits from NVHD [here](#) or visit bit.ly/requestatest

UPCOMING NVHD EVENTS-AUGUST 2024

01

Matter Of Balance Falls Prevention

The NVHD Community Health Education team will be offering a free Matter of Balance Falls Prevention program at the Naugatuck Senior Center, beginning Tuesday, August 6, 2024 from 8:30am to 11:30am.

The eight-week program will run through September 2024. For more information, please contact the Naugatuck Senior Center at (203) 720-7069

02

Mental Health First Aid: Virtual Two Day Training

Naugatuck Valley Health District is offering a virtual, two-day Mental Health First Aid training Wednesday, August 21 and Thursday, August 22nd, from 5:30pm to 8:30pm.

Individuals trained in Mental Health First Aid learn:

- Risk factors and warning signs for mental health and addiction concerns.
- Strategies on how to help someone in crisis.
- How to be a bridge between someone in crisis and additional help they may need.

For more information or to enroll, please see the attached flyer or contact NVHD at 203-881-3255, and speak with Lisa Trupp at ext. 108 or Barbara Becker at ext. 128.

Health Observances in August

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****National Breastfeeding Month****

****National Immunization Awareness Month****

****Children's Eye Health and Safety Month****

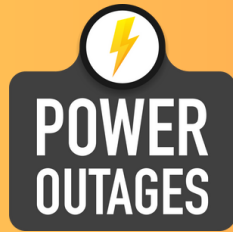
****August 1-August 7: World Breastfeeding Week****

****August 1: World Lung Cancer Day****

****August 31: International Overdose Awareness Day****

ENVIRONMENTAL HEALTH NEWS

With hurricane season quickly approaching, follow these steps to ensure food safety during a power outage:



KEEP THE REFRIGERATOR AND FREEZER CLOSED

- The temperature of the refrigerator must stay at or below 41°F to be safe to eat.
- Refrigerated food will be safe for no more than 4 hours.
- Freezer full of frozen food will be safe for more than no more than 48 hours.
- Freezer half full of frozen food will be safe for more than no more than 24 hours.

WHEN IN DOUBT, THROW IT OUT!

- Eating unsafe food can cause the risk of a foodborne illness.
- Cooking or reheating food will not make it safe to eat.
- Never taste food to determine if it is safe to eat.



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

From the desk of Nurse Kristie:



What is National Immunization Awareness Month?

National Immunization Awareness Month (NIAM) is observed every August to highlight the importance of vaccinations for people of all ages. It serves as a reminder to stay up to date on immunizations and to encourage others to do the same.

Why Are Vaccinations Important?

- **Prevent Disease:** Vaccines protect against serious diseases such as measles, mumps, rubella, polio, hepatitis, and influenza.
- **Community Immunity:** When a large percentage of the community is vaccinated, it helps protect those who cannot be vaccinated due to medical reasons, such as allergies or compromised immune systems.
- **Cost-Effective:** Vaccinations can save individuals and families money by preventing costly treatments for diseases that could have been avoided.
- **Protect Future Generations:** Vaccination programs have led to the eradication or significant reduction of many diseases, ensuring a healthier future for our children.

For more information visit: nvhd.org/immunizations



NATIONAL IMMUNIZATION AWARENESS MONTH

Who Should Get Vaccinated?

- *Infants and Children:* Vaccines are essential for children to protect against various preventable diseases. Ensure your child receives their vaccinations on schedule.
- *Adolescents:* Important vaccines for preteens and teens, including the Tdap booster and HPV vaccine.
- *Adults:* Many adults need vaccines, too! Keep your immunizations up to date, especially for flu, shingles, and tetanus.
- *Pregnant Women:* Vaccinations during pregnancy can help protect both mother and baby from certain infections.

What Can You Do?

1. **Check Your Vaccination Status:** Review your and your family's vaccination records on CTWiz and consult with your healthcare provider about any necessary vaccines.
2. **Spread the Word:** Share information about the importance of vaccinations with friends, family, and your community.
3. **Stay Informed:** Follow reliable sources for updates on vaccines, including the CDC and NVHD.

Get Vaccinated Today!

Contact your healthcare provider or Nurse Kristie at NVHD to schedule an appointment for vaccinations. Together, we can protect our communities and promote a healthier future for everyone!

To make an appointment, **CALL:** Nurse
Kristie at 203.881.3255, EXT: 107

#NIAM2024 #VaccinateToProtect #ImmunizationAwareness

#TOGETHERWECAN

INTERNATIONAL OVERDOSE AWARENESS DAY

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SATURDAY, 31 AUGUST 2024



**International Overdose
Awareness Day**

International Overdose Awareness Day (IOAD), observed annually on August 31st, is a campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.

IOAD, a Penington Institute initiative, is the world's largest overdose prevention campaign. This year's theme is "Together We Can," highlighting the importance of community in the fight to end overdose.

Visit www.overdoseday.com to read up on stats, leave a tribute in memory of a loved one, and find resources.

International Overdose Awareness Day

Saturday, August 31st, 2024



Local Events

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Danbury

Overdose Awareness Day Vigil, August 31, 2024 @6:00pm
Kennedy Park, 1 Kennedy Avenue, Danbury CT 06810

Shelton

F.A.D.E. Candlelight Vigil, August 31, 2024 @6:30pm
100 Canal Street, Shelton, CT 06484



Flu Vaccine Awareness ART CONTEST



Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**

Naugatuck Valley Health District is excited to announce our third annual Public Health Art Contest, which focuses on raising awareness about influenza vaccinations for the 2024-2025 flu season. One lucky winner from each age category will have their artwork showcased on postcards which will be sent out to Valley residents to promote flu vaccination in the community; additionally, each winner will receive a twenty-five-dollar gift card.

WHO MAY JOIN

- Participants of Valley summer programs
- Ages 5 to 18

AGE CATEGORIES

- Ages 5 to 7
- Ages 8 to 10
- Ages 11 to 13
- Ages 14 to 18

Artwork MUST incorporate the theme of Flu Vaccination Awareness.

Download the Art Contest Release Form [HERE](#) or visit www.nvhd.org/art-contest-2024.

Submission Options:

1. **Email your masterpiece:** Email a photo or scan of your artwork and a completed NVHD Art Contest Release Form to ballen@nvhd.org
2. **Mail OR drop-off your masterpiece:** Bring your artwork and a completed NVHD Art Contest Release Form to the NVHD office or drop it in the mail to the address below: **Naugatuck Valley Health District**

ATTN: Beatriz Allen
98 Bank Street
Seymour, CT 06483

Submission Deadline : August 30, 2024 at 4pm

Parents or guardians of winners will receive notification by Friday, September 6, 2024. Winners must provide original artwork and a completed Art Contest Release Form to qualify.



NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Virtual Program: Two Evening Sessions

August 21st and 22nd, 2024: 5:30pm to 8:30pm

Join us for a FREE Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE)**:

- **A**ssess for risk of suicide or harm.
- **L**ist nonjudgementally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Participants will be required to complete a **2-hour, self-paced online course** before attending the virtual instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

CE credits may be available for professionals

Click Here For Registration

or enter this link in your browser

<https://www.surveymonkey.com/r/jxvpvcl>



Public Health
Prevent. Promote. Protect.
**Naugatuck Valley
Health District**

**Questions? Contact
instructors:**
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Barbara Becker
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bbecker@nvhd.org

