

# NAUGATUCK VALLEY HEALTH DISTRICT



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



## July 2024



### NVHD Shares Health Information at Derby Public Library

On June 21st, Beatriz Allen, Program Specialist, and Liliana Restrepo, Summer Intern, visited the children's department at the Derby Public Library, Harcourt Wood Memorial location.

In the spirit of providing health education to the Valley community, the team distributed free COVID test kits and updated COVID-19 guidelines and vaccine information.

To help beat summer heat they also provided information on UV radiation and gave out free sunscreen!



### NVHD Public Health Nurse Attends Annual Convention

On June 20th, Public Health Nurse Kristie D'Averso (pictured below) attended the 2024 Annual Conference & Meeting of the Connecticut Association of Public Health Nurses (CAPHN).

“Connecticut Association of Public Health Nurses (CTAPHN)’s vision is to advance the role and identity of Public Health Nursing through advocacy for all Registered Nurses in Connecticut who prevent, promote and protect the health of communities through active leadership.” Thanks to Nurse Kristie for representing the health district at this important event.



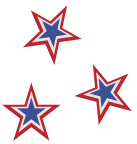
## IDEA of the Month

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

This month's term is:

# Weathering

“A hypothesis first proposed by Arlene Geronimus positing that Black Americans experience early health deterioration as a consequence of the cumulative impact of repeated experience with racism, social or economic adversity, and political marginalization. The hypothesis has been explored with other groups, including American Indian and Alaska Native elders, documenting the structural roots of weathering.”



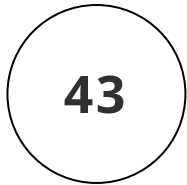
### JULY HEALTHY VALLEY SPOTLIGHT

# COVID CORNER

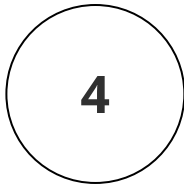


\*NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of home tests and lab results reported to us by test sites.

## JUNE\*



positive adults



positive minors

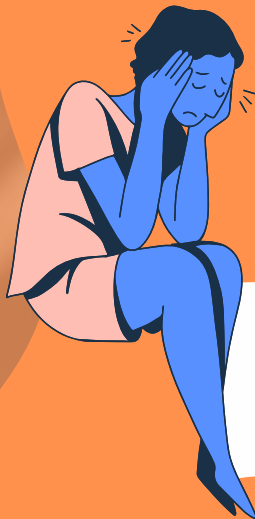
REPORT POSITIVE TEST RESULTS HERE!



# Could I Have Long COVID?

Long COVID is not one condition, and there is no one test for diagnosing it. Instead, think of it as a set of potentially overlapping signs, symptoms, and conditions that **persist or develop after** initial COVID-19 infection that:

- Last 4 or more weeks after the initial period of infection
- May affect multiple systems in the body
- May show a pattern of relapse and remission and progression or worsening over time, with a possibility that severe and even life-threatening events may occur months after infection



Symptoms of Long COVID include fatigue, difficulty breathing, joint pain, brain fog, cognitive impairment, anxiety, and depression.

**Treatment is available.**

**COMING SOON:** Check back on our social media to see a short documentary about Valley residents battling Long COVID and how you can get help.

### UPCOMING NVHD EVENTS-JULY-AUGUST 2024

## 01

#### Mental Health First Aid: One Day Training

Naugatuck Valley Health District is offering an in-person, one day Mental Health First Aid training at our office in Seymour on Saturday, July 20th, from 8am to 4pm.

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.

Lunch is provided.

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 July



\*Juvenile Arthritis Awareness Month\*

\*National Minority Mental Health Awareness Month\*

\*Disability Pride Month\*

\*July 5th: National Injury Prevention Day\*

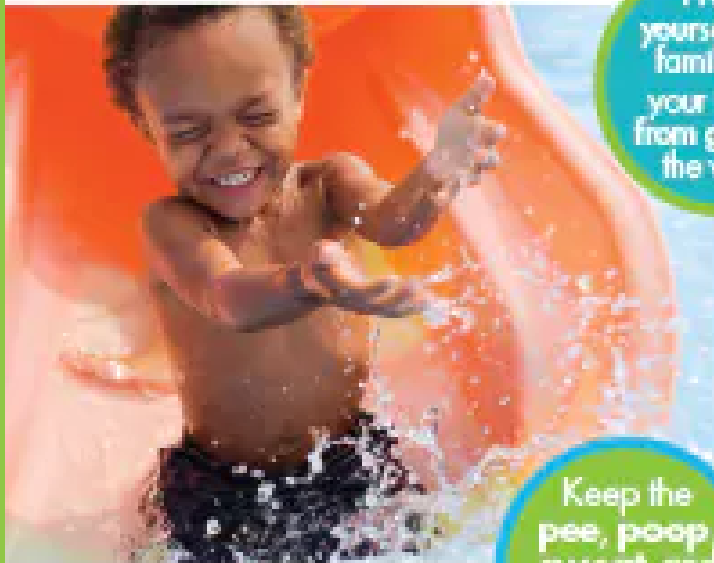
\*July 17th: Glioblastoma Awareness Day\*

\*July 28th: World Hepatitis Day\*

# Environmental Health News

## STEPS FOR HEALTHY SWIMMING

Without your help, even properly treated pool water can spread germs. Pool chemicals don't work right away, and pee, poop, sweat, and dirt use up their germ-killing power.



Protect yourself, your family, and your friends from germs in the water.

Keep the pee, poop, sweat, and dirt out of the water.

### Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Follow these **easy steps** to help keep germs out of the water and **stay healthy**:

- 1 Stay out of the water if you have diarrhea.
- 2 Shower before you get in the water.
- 3 Don't pee or poop in the water.
- 4 Don't swallow the water.



Remember, we share the water—and the germs in it—with everyone.



Learn more at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

**1 in 6**

Approximate number of Americans stricken with food poisoning each year



**128,000**

Estimated annual hospitalizations from foodborne illnesses



**Did You Know?**

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



## Basic Tips

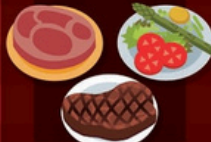
**CLEAN**



**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

**SEPARATE**



**SEPARATE PLATES AND UTENSILS.**

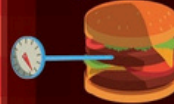
When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

**COOK**



**USE A FOOD THERMOMETER.**

**Burgers: 160°F**



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

**CHILL**



**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F** with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

### DEVEILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE CDC



For more summer food safety tips, go to

**FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

# SUMMMER

**Note** from  
Nurse Kristie

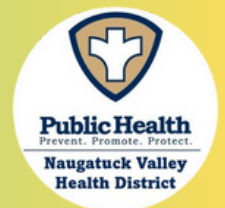


Even though school is not in session, we are busy vaccinating kids in preparation for the upcoming school year. Check out our flyer for details on scheduling appointments. Or call *Nurse Kristie* at 203.881.3255, ext. 107

[Vaccine Flyer](#)

If you are new to Connecticut and require assistance enrolling your child in school, refer to our Welcome Packet for valuable resources.

[Welcome Packet](#)



# 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 at [LINK](#).**

## 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](mailto: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.



Bebe Moore Campbell National Minority Mental Health Awareness Month is a time to highlight the unique strengths and challenges faced by Black, Indigenous, and people of color (BIPOC) in relation to mental health. Named in honor of Bebe Moore Campbell, a journalist, teacher, author, and mental health advocate, this month is dedicated to continuing her legacy by focusing on the mental health needs and experiences of BIPOC communities.



# July is Bebe Moore Campbell National Minority Mental Health Awareness Month

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Download Mental Health America's 2024 BIPOC  
Mental Health toolkit at [mhanational.org/july](https://mhanational.org/july)

Myth:

**Mental illness is a  
white people problem.**

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Reality:

**We all have mental health  
and deserve proper care.**



# Generational challenges in BIPOC communities

In BIPOC communities, younger and older generations may hold different sets of cultural values and beliefs. They may also face unique mental health challenges based on their age.

## Younger generations might experience:

- Assimilation difficulties
- Responsibilities and expectations
- Discrimination in schools and online

## Older generations might experience:

- Generational trauma
- Medical mistreatment
- Discrimination at work

# Generational wisdom in BIPOC communities

In BIPOC communities, younger and older generations may hold different sets of cultural values and beliefs. But each generation also has their own unique wisdom to share when it comes to mental health.

## Younger generations can offer:

- Language fluency
- Digital skills
- Less stigma around mental health

## Older generations can offer:

- Traditional healing
- Collectivist perspectives
- Life experience and family history

Bebe Moore Campbell National Minority Mental Health Awareness Month

***It's always a good  
time to work on  
your mental health.***

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Take a free mental health test  
**[mhascreening.org](https://mhascreening.org)**



Explore Mental Health America's 2024 BIPOC  
Mental Health toolkit at [mhanational.org/july](https://mhanational.org/july)

NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

## *Adult Mental Health First Aid Training*



**Saturday, July 20th: 8:00am to 4:00pm**

**Naugatuck Valley Health District**

**98 Bank St., Seymour, CT**

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 instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

**\*\*Lunch will be provided\*\***

[Click Here For Registration](#)

or enter this link in your browser

<https://www.surveymonkey.com/r/FVNSG6R>



Questions? Contact  
instructors:

Lisa Trupp  
ltrupp@nvhd.org  
203-881-3255, ext. 108

Barbara Becker  
203-881-3255, ext. 128  
bbecker@nvhd.org



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