

# NAUGATUCK VALLEY HEALTH DISTRICT



October 2024



## NVHD Attends Naugatuck Senior Center Fall Fair

On Thursday, September 19th, NVHD Health Educator, Lisa Trupp and SORT Program Coordinator, Beatriz Allen (pictured below) attended the fall Senior Fair at Naugatuck Senior Center.

Lisa and Bea provided attendees with information about public health programs and the coming respiratory virus season, as well as Covid test kits, Detera drug disposal kits and other public health related items. The event was heavily attended with many seniors stopping by the NVHD table. Thanks to Harvey Frydman, Senior Center director, for inviting the team to this great annual event!



## Shelton Back to School Nights Welcome NVHD

In September, Vanessa Lopez, NVHDs Immunization Program Specialist, actively participated in several Shelton back-to-school nights, engaging with parents and students about the importance of vaccinations.

Families were empowered to make informed health decisions, ensuring a healthier school year ahead!

Thank you to Shelton Public Schools for continuing to support our outreach efforts.



## 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
Illegal Immigrant	Undocumented Immigrant

“Illegal” is a dehumanizing, derogatory term used to describe a person who resides in a country without proper documentation. No human being is illegal.

“Undocumented” is a common and widely accepted term. Migrant rights literature also includes “informally authorized migrant,” a term that disrupts the idea that someone is missing or has failed to acquire proper documents (a discourse that individualizes the underlying issue), revealing that some migrants are actively denied resources (a structural issue).”



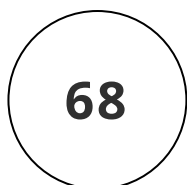
# OCTOBER HEALTHY VALLEY SPOTLIGHT

## COVID CORNER

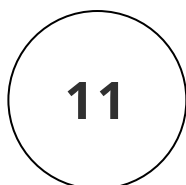


\* NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of home tests and lab results reported to us by test sites.

### SEPTEMBER\*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



### How do I check if my COVID-19 home test is expired?

If your over-the-counter COVID-19 test kit is nearing expiration or already expired, don't throw it out before checking if the shelf-life has been extended by the FDA!

#### IDENTIFY YOUR TEST

On the test box, locate the brand name, expiration date and lot number.

**Tip:** this information is usually on the back of the box.

#### GET ONLINE

Visit the [FDA website](#) to access the list of all over-the-counter COVID-19 home test kits on the market.

Scroll down the page until you see your test's brand. If there is an extension on your kit, there will be a link next to it labeled "Extended Expiration Date."

Scroll down until you find your test kit's lot number on the list. **Tip:** make sure the lot number AND printed expiration date of your test match the list.

#### LOCATE YOUR TEST

#### MATCH IT UP

### UPCOMING NVHD EVENTS: OCTOBER-NOVEMBER 2024

## Public Flu Clinics

NVHD will be offering several flu clinics that are open to the public. Please see the flyer below for dates, times and locations.



### Health Observances in October

- ✦
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Domestic Violence Awareness Month
- National ADHD Awareness Month
- National Health Literacy Month
- October 6th through 12th: Mental Illness Awareness Week
- October 6th through 12th: National Primary Care Week
- October 21st through 25th: National Health Education Week
- October 10th: World Mental Health Day
- October 15th: National Latino AIDS Awareness Day

# Naugatuck Valley Health District

## Public Vaccine Clinic Schedule

### Fall 2024



Public Health  
PROVIDE. PROMOTE. PROTECT.  
Naugatuck Valley  
Health District

NAUGATUCK VALLEY HEALTH DISTRICT



## PUBLIC FLU CLINIC SCHEDULE

**Valley residents are encouraged to attend any of the following public seasonal influenza vaccination clinics:**

<b>Friday</b>	<b>October 4<sup>th</sup></b>	<b>9AM-11AM</b>	<b>Naugatuck Senior Center</b>
<b>Wednesday</b>	<b>October 9<sup>th</sup></b>	<b>9:30AM-12PM</b>	<b>Shelton Senior Center</b>
<b>Friday</b>	<b>October 11<sup>th</sup></b>	<b>9:30-11:30AM</b>	<b>Ansonia Senior Center</b>
<b>Tuesday</b>	<b>October 15<sup>th</sup></b>	<b>10AM-1M</b>	<b>Seymour Community Center</b>
<b>Wednesday</b>	<b>October 16<sup>th</sup></b>	<b>9AM-11AM</b>	<b>Beacon Falls Senior Center</b>
<b>Tuesday</b>	<b>October 29<sup>th</sup></b>	<b>12:30-2:30PM</b>	<b>Derby Senior Center</b>

### NO COPAY WITH ACCEPTED INSURANCE!

Eligible residents should bring the proper insurance cards. NVHD accepts the following insurances:

- ✓ **Aetna**
- ✓ **Anthem Blue Cross/Blue Shield**
- ✓ **Cigna**
- ✓ **ConnectiCare**
- ✓ **Medicare Part B**
- ✓ **Medicaid**
- ✓ **United Healthcare**

**NO INSURANCE? NO PROBLEM!**

**Trivalent Vaccine - \$40**  
**High Dose Vaccine\* - \$80**

\*Recommended for those 65 years and older

Acceptable forms of payment are cash, check or credit card.

Save time and print a flu form! <http://www.nvhd.org/community-health/immunizations/>

**\*\*Valley Pharmacy will be at all clinics providing COVID boosters, RSV, Shingles, and Pneumonia vaccines. These additional vaccines are not provided by NVHD and will require additional forms and billed separately through Valley Pharmacy.**

ANSONIA - BEACON FALLS - DERBY - NAUGATUCK - SEYMOUR - SHELTON

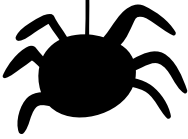
**NVHD and Valley Pharmacy are partnering to offer vaccines at these public events.**

**Stay safe this season by keeping up to date with all your vaccines!**



# HALLOWEEN SAFETY

## ENVIRONMENTAL HEALTH



FOLLOW THESE STEPS TO ENSURE  
FOR A SAFE AND FUN HALLOWEEN!

### CHECK YOUR CANDY

Eat only factory wrapped candy. Have an adult check the candy before consuming. Check for tampered packages and expiration dates. When in doubt, throw it out!

### ALLERGEN AWARENESS

Read labels to avoid potential allergens. As a reminder, the 9 major food allergens are peanuts, tree nuts, fish, shellfish, eggs, milk, wheat, soy, and sesame.

### PRACTICE GOOD HYGIENE

Always remember to wash your hands before consuming any treats. Washing hands can help prevent the spread of germs and keep you healthy!

### BE AWARE

Be aware of your surroundings. Only go to well-lit homes. Walk on side walks. Stay with a group of people. Use a flashlight.

### MAKEUP SAFETY

Use products that should be labeled as in-tended for face or body applications and be non-toxic.

Always test a small area of your skin before painting large areas to ensure you do not have any reactions.





# York Labs Private Well Testing: Discounted Prices!

Following the August flood event, NVHD partnered with York Labs to offer **discounted private well testing**:

- Bacteria Water Sampling = \$53
- Basic Profile Sampling = \$106

Test kits with instructions can be picked up at NVHD during business hours  
Monday - Thursday 8:00AM-4:00PM or Friday 8:00AM-1:00PM



## Sample Private Well Water

Follow the instructions outlined on the blue sheet in the packet that you receive when you pick up the test kits to sample your private well water.



## Drop off at York Labs

Drop off water samples at York Labs located at 56 Church Hill Road #2, Newtown, CT 06470 **by 2:00PM.**



## Receive Results

York Labs will contact you with your water sample results.



# LEAD FREE CT

EVERY CHILD SAFE FROM LEAD



Harmful lead exposure can happen to any child, but it is 100% preventable.

Connecticut's Department of Public Health is investing in our communities so every child can grow up safe from lead.

## What are the risks of lead?

Even a little lead can do a lot of harm, especially in young children.

There is no safe amount of lead exposure. Lead poisoning can be hard to notice at first—getting your child tested is the only way to know for sure. The sooner lead is detected, the sooner you can do something about it and stop it from getting worse.

A lead-free CT will help each child to fulfill their promise.

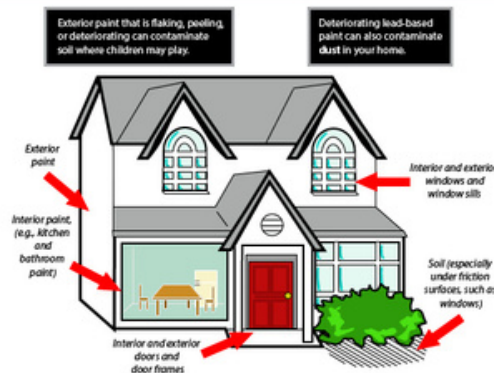
- ✓ Lead can cause behavior problems in children, speech and language delays, poor school performance, and may have long-term health effects, such as headaches, dizziness, decreased motor skills, fatigue and memory loss.
- ✓ Lead poisoning can affect our young children by causing harm to brain development that may follow them through school years and beyond.
- ✓ Children with higher lead levels may have problems with learning and reading, delayed growth, and hearing loss.
- ✓ In Connecticut, Black and LatinX children, and children from neighborhoods with high poverty rates are more commonly impacted by these risks.
- ✓ Children under age 6—especially small children ages 1 to 3— and pregnant persons are most vulnerable to lead exposure.
- ✓ Lead affects almost every organ in a child's body, including the brain, heart, lungs and kidneys.

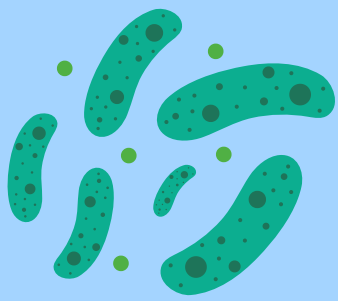
Many Connecticut homes built before 1978 contain lead, which can be unsafe for children. Right now, Connecticut residents have the opportunity to make these older homes lead-safe, by removing lead paint hazards, for free\*. If you own a property where a pregnant person or child under age 6 lives, you may be eligible for free abatement. Abatement is the process of eliminating or removing lead paint hazards.

APPLY NOW AT [LEADFREETC.ORG](https://www.leadfreect.org)



Lead-based paint can be found both inside and outside the home. Do you know where to look for lead?





# Get Vaccinated!



**Fall and winter are a time when viruses that cause respiratory disease usually circulate more heavily in the community.**

**Vaccination against these respiratory viruses is important for everyone and especially for those who are at higher risk of developing serious complications, including older adults, those with medical conditions, and children.**

## **Schedule an appointment**

For Flu vaccines, call **Nurse Kristie** at .  
**203.881.3255, ext. 107** to make an appointment  
in our office or for homebound patients.

For COVID-19, RSV, and Pneumonia  
vaccines, call your local pharmacy or walk-in.





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



# Turn in unneeded medication for safe disposal. Drive up. Drop off. Drive away. No questions asked.

**Saturday, October 26, 2024**  
**10:00AM - 2:00PM**  
**Bradley School**  
**155 David Humphrey Rd, Derby, CT 06418**



## Accepted:

- Over-the-counter medications
- Prescription medications
- Medication samples
- Medications for household pets
- Medicated lotions or ointments
- Vape devices (batteries removed)



## NOT Accepted:

- Needles or other “sharps”
- Hazardous waste
- Thermometers
- Personal care products (shampoo, etc.)

For more information, please contact John Saccu, Director of Derby Youth Services Bureau at [jsaccu@gmail.com](mailto:jsaccu@gmail.com)



If you can not make it to the event, you can drop off accepted items in a medication drop box, no questions asked, located in the lobbies of the following local police departments: Ansonia Police Department, Naugatuck Police Department, or Shelton Police Department as well as CVS Pharmacy #718, located at 24 Pershing Drive, Ansonia, CT 06401.

Homebound residents or individuals desiring to dispose of medication at home may call NVHD’s Naugatuck Valley Overdose Prevention & Education (NOPE) Program at 203-881-3255 x 103 and request a Deterra® disposal pouch to safely discard pills, patches, and liquid in your home garbage without harming the environment or worrying about a person or animal accessing the medication (while supplies last).







WARBY PARKER  
eyewear



Naugatuck Valley Health District is pleased to announce that the Warby Parker eye wear store of New Haven has donated 12 virtual gift cards valued at \$95 each for individuals who reside in Seymour, Oxford, or Southbury and were impacted by the August 2024 flood event.\*Gift cards will be distributed on a first come first serve basis

Individuals in need of new glasses should contact Jessica Kristy by email at [jkristy@nvhd.org](mailto:jkristy@nvhd.org).

THANK YOU WARBY PARKER!

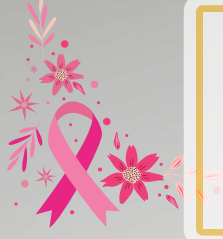
Naugatuck Valley Public Health Emergency Preparedness & Response

## Now recruiting non-medical and medical volunteers 18 years and older!

All training provided free of cost! No prior experience needed! To register with the Medical Reserve Corps as a volunteer for medical or non-medical missions, visit CT Responds! page on the state's Department of Health website and register. When volunteer opportunities arise, your unit leader will reach out to you and other volunteers that match the needs based on profile completeness, skills, trainings, medical license verification, and availability.


- **Step 1:** Register online on the Connecticut Volunteer Management Website [www.CTResponds.CT.gov](http://www.CTResponds.CT.gov)
- **Step 2:** Click the yellow "Register" button on the homepage to create your account and profile.
- **Step 3:** Complete all requested fields in order to complete your profile. You must enter your social security number but this is kept confidential, even from the Unit Leader.
- **Step 4:** Select the MRC Unit of your choice (Naugatuck Valley MRC)
- **Step 5:** Once accepted and by signing up online, you are consenting to having a background check.
- **Step 6:** The Unit Leader will then contact you through the CTResponds! website and email for orientation, the completion of the mandatory Loyalty Oath (this provides volunteers liability coverage while training or activated with the MRC), and training or response opportunities.






# October is Breast Cancer Awareness Month

*Did you know.....*



In 2024, an estimated  
**310,720**  
**new cases**  
of invasive breast cancer will be  
diagnosed in women in the U.S.




Helping Women  
**NOW.**




**1 in 8**  
**women**  
in the United States will develop  
breast cancer in her lifetime.



Helping Women  
**NOW.**



Approximately  
**30% of all**  
**new cancer**  
**diagnoses**  
in women will be breast cancer.



Helping Women  
**NOW.**



This year, an estimated  
**42,250**  
**women**  
will die from breast  
cancer in the U.S.



Helping Women  
**NOW.**

Early detection—finding cancer before it spreads—is critical. Get our free guide to learn ways to identify breast cancer by being proactive about your breast health in 3 easy steps

Download the guide here:

<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>



# Domestic Violence Awareness Month



October 2024

Domestic Violence Awareness Month (DVAM) is a national campaign dedicated to raising awareness about domestic violence. Every October, organizations and individuals unite across the country for a national effort to uplift the needs, voices, and experiences of survivors. Congress declared the month of October to be Domestic Violence Awareness Month in 1989.

For DVAM 2024, the Domestic Violence Awareness Project is proud to build on the theme Heal, Hold & Center, first launched in 2023. This DVAM and beyond, we must work together, embrace the many cultural ways we can heal from violence and oppression, commit to holding space for survivors, and center those most marginalized in all of our efforts to end domestic violence.

As we heal, hold, and center survivors, especially those navigating anti-Blackness and other systems of oppression, we remain grounded in the knowledge that there is no survivor justice without racial justice.

For help and to learn more...

<https://www.dvawareness.org/seeking-help>

## Heal, Hold & Center

DOMESTIC VIOLENCE  
AWARENESS MONTH

2024



DOMESTIC  
VIOLENCE  
AWARENESS  
PROJECT



National Resource Center  
on Domestic Violence