

NAUGATUCK VALLEY HEALTH DISTRICT

November 2024



Happy Thanksgiving



NVHD SORT Team Fall Events Attendance

The NVHD SORT team attended two October events: the Blessings Pantry Fall Festival in Seymour on October 17th and the Spooner House trunk-or-treat in Shelton on October 25th. NVHD Intern Emilija Griceviciute accompanied Beatriz Ortiz, SORT Program Specialist, to both events.

The team brought COVID-19 home tests and other giveaways, and provided up to date information on respiratory viral illnesses.

At the trunk-or-treat, trick-or-treaters enjoyed the pretzels, apples, and coloring books. Informative flyers on the flu, RSV, and COVID were available at both events.



Environmental Health Team Training Event

Members of the NVHD Environmental Health division attended the 62nd Annual Yankee Conference on Environmental Health in Mystic, CT on October 17th and October 18th. The conference agenda included a full schedule environmental health educational sessions. The team was also able to network with other Public Health professionals throughout Connecticut and Massachusetts.



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
Indian	Native peoples/ Indigenous peoples/ American Indian and Alaska Native

Plurality (i.e., “Native peoples”) is often preferred, to avoid the homogenization of Indigenous peoples that so often occurs in dominant narratives. Native peoples/Indigenous peoples/ American Indian should be used instead of “Indian.” According to the National Museum of the American Indian, “The consensus, however, is that whenever possible, Native people prefer to be called by their specific tribal name...” First Nations and First Nations peoples are accepted terms worldwide to refer to Indigenous peoples. When referring to Native groups, use the terminology the members of the community use to describe themselves.



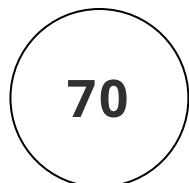
NOVEMBER HEALTHY VALLEY SPOTLIGHT

COVID CORNER

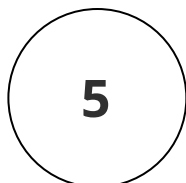


* NVHD monitors the number of people **in the Valley** who test positive for COVID-19 each month; please note that the numbers here reflect a combination of **home tests** and **lab results** reported to us by test sites.

OCTOBER*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



What is ICATT?

The CDC Increasing Community Access to Testing (ICATT) program provides COVID-19 testing to uninsured and underinsured people who are exposed or symptomatic.

The program is currently set to end on December 31, 2024; check for extensions by visiting www.cdc.gov/icatt.

Where are Services Offered?

- CVS Health: **testing** and **vaccines** at participating pharmacies
- Quest Diagnostics: **testing** at Patient Service Center locations
- Walgreens: **testing** and **vaccines** at participating pharmacies

CONTACT YOUR LOCAL CVS, WALGREENS OR QUEST DIAGNOSTICS OFFICE TO LEARN IF THEY ARE ICATT PARTNERS

Information courtesy of Centers for Disease Control and Prevention (CDC)

UPCOMING NVHD EVENTS: NOVEMBER 2024

Question, Persuade, Refer (QPR) Suicide Prevention Training
November 14th, 2024 6:00pm



Naugatuck Valley Health Educator Lisa Trupp will be offering a free, virtual, QPR Suicide Prevention Gatekeeper Training for the community.

QPR is a nationally recognized, evidence-based suicide prevention program designed to help individuals recognize the signs of a mental health crisis and offering tips on how to approach and offer help and hope until professional help can be provided.

Observances in November



- American Diabetes Awareness Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- Epilepsy Awareness Month
- Native American Heritage Month
- National Homeless Youth Awareness Month
- Alzheimer's Disease Awareness Month
- November 4th through 8th: National Stress Awareness Week
- November 14th: World Diabetes Day

PREPARING YOUR HOLIDAY TURKEY SAFELY

Environmental Health

HELPFUL TIPS

Store turkey properly

Frozen raw turkey should be stored in the freezer until you are ready to thaw. Don't store a turkey in a place where you can't closely monitor the temperature such as car trunk or basement.

Handle turkey correctly

- Wash your hands with soap and warm water for at least 20 seconds before and after handling turkey.
- Use one cutting board for raw turkey and one for produce, bread and other ready to eat foods.

Turkey and its juice can contain harmful bacteria that can make you and your family sick. Raw turkey can have Salmonella, Clostridium Perfringens, Campylobacter, and other germs. Whether you're cooking a whole bird or a part of it, such as the breast, you should take special care to prevent food poisoning. The bacteria Clostridium perfringens grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning.

For more information please visit:

<https://www.cdc.gov/food-safety/foods/holiday-turkey.html>

HAPPY THANKSGIVING!

Thaw turkey safely

Thaw your turkey in the refrigerator. Allow 24 hours of thawing for each 4 to 5 pounds of turkey. A turkey thawed can remain in the fridge once its thawed for 1 to 2 days before cooking.

Proper cooking temperatures

Use a food thermometer to make sure your turkey has reached a safe internal temperature of 165°F.



The Holidays are Coming!



Health Tips for a Safe and Healthy Holiday

Eat Healthy and Be Active



Get Plenty of Rest



Stay Up To Date on Vaccinations For Respiratory Viral Illnesses



Practice Good Handwashing



Find Ways To Cope with Stress

If You're Not Feeling Well, STAY HOME



Interested in getting your Flu vaccine?

Call Nurse Kristie at

203.881.3255, ext. 107

Ask about our Homebound program too!

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.

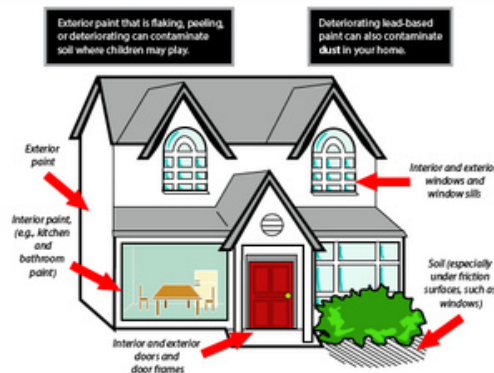
- ✓ Lead can cause behavior problems in children, speech and language delays, poor school performance, and may have long-term health effects, such as headaches, dizziness, decreased motor skills, fatigue and memory loss.
- ✓ Lead poisoning can affect our young children by causing harm to brain development 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 LEADFREETCT.ORG

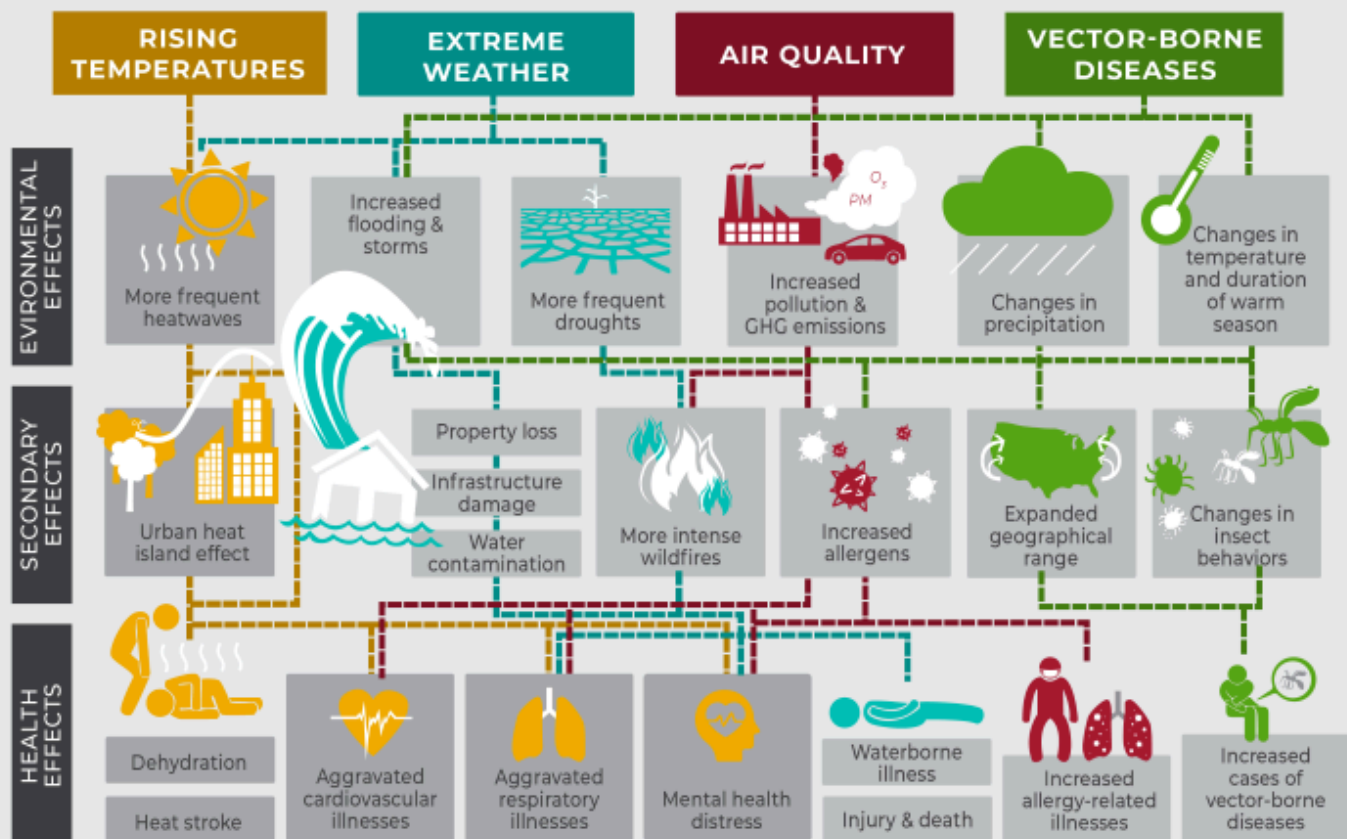


Lead-based paint can be found both inside and outside the home. Do you know where to look for lead?



HOW CLIMATE CHANGE AFFECTS YOUR HEALTH

climatenexus
APHA



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
- **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.



November is COPD Awareness Month

ANYONE CAN GET COPD

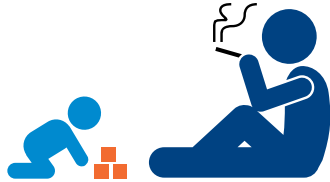
COPD Does Not Discriminate

There is a common misconception that chronic obstructive pulmonary disease (COPD) is “just a smoker’s disease,” but did you know that 1 in 4 people with COPD never smoked? ¹

COPD is one of the top three causes of death worldwide,² and anyone can get COPD. Here are some of the ways that COPD can develop:

■ COPD can be related to early-life events:

- Premature birth
- Secondhand smoke
- Childhood asthma



■ COPD can be related to smoking:

- Tobacco smoke
- Secondhand smoke
- Vaping or e-cigarette use
- Cannabis (marijuana) use



■ COPD can be genetic:

- Alpha-1 antitrypsin deficiency
- Other genetic mutations



■ COPD can be related to infection:

- Childhood respiratory infections
- Pneumonia
- Tuberculosis
- Human Immunodeficiency Virus-associated COPD



■ COPD can be related to environmental factors:

- Particles or gases from using fuel indoors
- Smoke exposure
- Occupational dust, fumes, or inhalants
- Other indoor and outdoor air pollutants



If you or a loved one are having symptoms of COPD - like coughing (with or without mucus), wheezing, chest tightness, shortness of breath, and unusual tiredness - or have any of the above risk factors, talk to your health care provider. Getting early diagnosis and treatment is crucial to preventing or slowing the progression of COPD.



COPD FOUNDATION[®]

www.copdfoundation.org | (866) 731-2673

References:

1. The Centers for Disease Control (CDC), (2022, May 5). How is Smoking Related to COPD? CDC.gov. Retrieved Oct. 17, 2022 from <https://www.cdc.gov/tobacco/campaign/tips/diseases/copd.html>.
2. World Health Organization. (2022, May 20). Chronic obstructive pulmonary disease (COPD). World Health Organization. Retrieved Oct. 17, 2022, from [https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-\(copd\)](https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd)).

In honor of Alzheimer's Awareness Month this November, take a moment to learn the facts about Alzheimer's Disease

FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a progressive brain disorder, **NOT** a normal part of aging



MORE THAN

6 MILLION AMERICANS are living with Alzheimer's



The number of Americans with Alzheimer's is projected to surpass **14 MILLION** by 2060



MORE THAN 16 MILLION American caregivers provide **OVER 17 BILLION** hours of unpaid care

Connect with information and support.

Contact AFA's Helpline

Phone: 866-232-8484 • **Text:** 646-586-5283 • **Web:** alzfdn.org

American Diabetes Month®

November is American Diabetes Month®. But this isn't a time to celebrate. It's a time to rally against the diabetes epidemic. Join us to uplift your loved ones living with diabetes and help all those in need across America. The American Diabetes Association® is leading the charge by:

- **Providing education and programs** that help prevent diabetes in all of us and help those with diabetes lead healthy lives by reducing their risk of complications.
- **Advocating at every level** to ensure everyone living with diabetes is treated equitably and can access affordable health care.
- **Funding research and setting clinical guidelines** to advance diabetes treatments and lead us toward a cure.
- **Bringing people together** to make a difference in their families and communities through donations and direct action.

37M+

Americans
have diabetes

Nearly
1 IN 2

has diabetes
or prediabetes

Join the fight at diabetes.org/WeFight

Proud
Supporter

♥ **CVS**
Health.

El Mes Estadounidense de la Diabetes



Noviembre es el Mes Estadounidense de la Diabetes. Pero este no es momento para celebrar. Es el momento de unirnos contra la epidemia de diabetes. Únase a nosotros para animar a sus seres queridos que viven con diabetes y ayudar a todos los necesitados en Estados Unidos. La Asociación Americana de la Diabetes está liderando la iniciativa al:

- **Brindar educación y programas** que ayuden a prevenir la diabetes en todos nosotros y ayudar a las personas con diabetes a llevar una vida saludable al reducir el riesgo de complicaciones.
- **Abogar en todos los niveles** para garantizar que todas las personas que viven con diabetes reciban un tratamiento equitativo y puedan acceder a atención médica asequible.
- **Financiar investigaciones y establecer directrices clínicas** para avanzar en los tratamientos de la diabetes y llevarnos hacia una cura.
- **Reunir a las personas** para marcar la diferencia en sus familias y comunidades a través de donaciones y acción directa.

Únase a la lucha en
diabetes.org/espanol.

Más
de **37**
MILLIONES

de estadounidenses
tienen diabetes

Casi
1 DE
CADA 2

tiene diabetes
o prediabetes

Partidario
Orgullosos

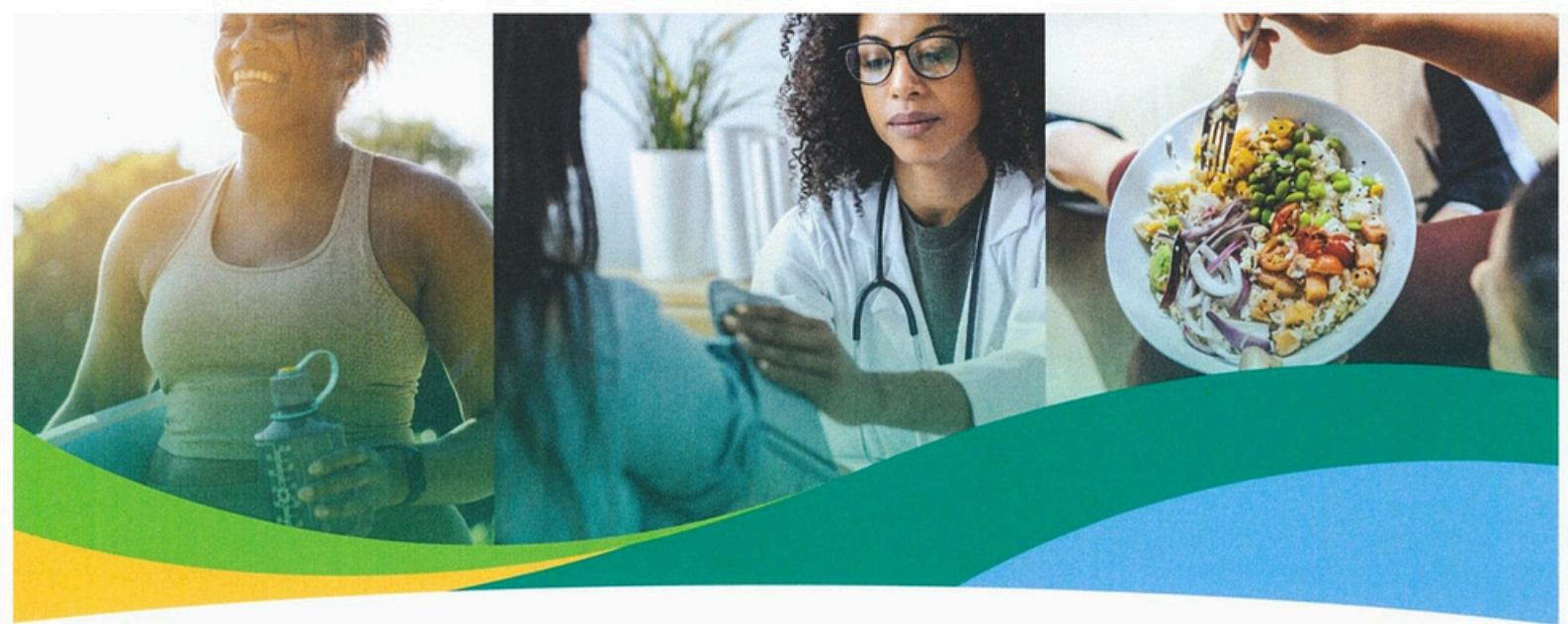
 **CVS**
Health®

November is National Epilepsy Awareness Month

Quick Facts.....

- **1 in 10 people will have a seizure and 1 in 26 will develop epilepsy during their lifetime.**
- **There are 3.4 million people living with epilepsy in the United States; 470,000 of them are children.**
- **Epilepsy is a neurological disorder that can affect any one of us regardless of race, age, or gender.**
- **Seizures are a symptom of epilepsy. Not all seizures are the same. Many people with epilepsy have more than one type of seizure.**
- **Misunderstanding and misinformation about seizures contribute to continued feelings of stigmatization and negative outcomes for people with epilepsy.¹**
- **People with epilepsy may experience "felt" stigma, which leads to shame about their condition and fear of discrimination if they talk about it.²**
- **Felt stigma was linked to higher seizure frequency, younger age at epilepsy onset or longer duration, lack of knowledge about epilepsy, and younger age.⁵**
- **Felt stigma can reduce the quality of life even when seizures are well controlled.⁶**

References: Epilepsy & Behavior 2015 1, Epilepsia 2007 2, Epilepsia 2022 5, Epilepsy & Behavior 2021 6



GRIFFIN HEALTH COMMUNITY HEALTH FAIR

NOVEMBER 13th 9am-1pm

AT THE CHRIST CHURCH
Kathleen Samela Memorial Food Pantry
56 South Cliff Street, Ansonia

Brought to you by:

BH Care • TEAM Inc. • Traveler on a Mission
NVHD • Oak St. Health • Lions Club
Griffin Community Outreach



GRIFFIN HEALTH