

NAUGATUCK VALLEY HEALTH DISTRICT

December 2024



happy holidays



Griffin Community Health Fair

On Wednesday, November 13, NVHD staff attended the Griffin Health Community Health Fair at Christ Church in Ansonia.

Along with NVHD, the fair featured exhibitors from Griffin Health Community Outreach, The Lions Club, Oak Street Health, Team, Inc., Travelers On A Mission, and the ShopRite and Griffin Health nutrition teams. In addition to providing health and wellness information to the attendees, Griffin Health offered blood pressure screenings and the NVHD team provided flu shots.



Team members from NVHD who attended included SORT Program Coordinator, Beatriz Allen, Assistant Director of Community Health, Carissa Caserta, Public Health Nurse, Kristie D'Averso, and Health Educator, Lisa Trupp (pictured above).



Connecticut Public Health Association Annual Meeting

NVHD staff attended the Connecticut Public Health Association's annual meeting on Monday, November 18, 2024, at the Aqua Turf in Plantsville.

The theme this year was "Building Healthier Communities Together-Centering on Communities for Changemaking", which included several speakers and breakout sessions focusing on leveraging community engagement when planning public health initiatives for the community.

Team members attending were intern, Emilija Griceviciute, Overdose Prevention Navigators, Tracy Tenesaca and Austin Telford, Immunization Program Specialist, Vanessa Lopez, Assistant Director of Community Health, Carissa Caserta and Health Educator, Lisa Trupp (pictured below).

During the awards ceremony, Austin was presented with the Michael Perlin Award, which recognizes a student or recent graduates' commitment to leadership, volunteerism and high education standards. We are proud to have Austin on the NVHD team and congratulate him for this achievement!



IDEA of the Month

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

This month's term is:

Allyship

The lifelong practice of unlearning, active listening, re-evaluating, and building relationships of trust and accountability in partnership and consistent solidarity with individuals and communities who are marginalized or systemically disempowered.

When health departments practice allyship, it increases the likelihood of the surrounding community trusting that the health department has their best interest in mind. True allyship requires the knowledge that well-intentioned actions may cause harm and a willingness to take part in truth-telling or reconciliation processes.

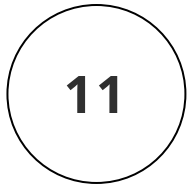


DECEMBER HEALTHY VALLEY SPOTLIGHT

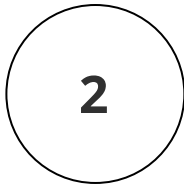
COVID CORNER 

* 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.

NOVEMBER*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



KNOW THE SYMPTOMS—STAY SAFE!

Virus	Level of Infectivity	Time from Exposure to Infection	Typical Symptoms
Common Cold	<i>LESS CONTAGIOUS</i> Virus is shed during first 2-3 days of infection	2-3 days	Cough Low-grade fever Sneezing Sore throat Stuffy nose
Seasonal Influenza	<i>CONTAGIOUS</i> Virus is shed 24 hours before symptoms appear, peaking around day 3 of illness	1-4 days	Body aches/chills Cough Fatigue Fever Headache Sore throat Stuffy nose
COVID-19	<i>MORE CONTAGIOUS</i> Virus is shed 2-3 days before symptoms appear, peaking around day 3 of illness	1-4 days	Body aches/chills Cough Diarrhea Fatigue Fever Loss of taste/smell Nausea/vomiting Shortness of breath
RSV	<i>VERY CONTAGIOUS</i> Virus is shed 1-2 before symptoms start and may be shed for 3-8 days	4-6 days	Cough Runny nose Sneezing Fever Wheezing

UPCOMING NVHD EVENTS: JANUARY 2025

Chronic Disease Self-Management

Naugatuck Valley Health District will be offering a free, six-week, Live Well With Chronic Disease Self-Management program at the Ansonia Senior Center. Classes will be held Tuesdays, beginning January 14th through February 18th, 1:30 to 4:00pm.

Participants will learn:

- Practical ways to deal with pain and fatigue.
- Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life!

For more information or to sign up, see attached flyer

Observances in December



National Safe Toys and Gifts Month

International Sharps Injury Prevention Month

December 1st through 7th: National Handwashing Awareness Week

December 2nd through 6th: National Influenza Vaccination Week

December 1: World Aids Day

December 3: International Day of Persons with Disabilities

LEAD IN TOYS

ENVIRONMENTAL HEALTH

Facts About Lead

What is it?

Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals, causing health effects.

Where can it be found?

Lead can be found in all parts of our environment – the air, the soil, the water, and even inside our homes.

Who is at risk?

Lead is particularly dangerous to children because their growing bodies absorb more lead than adults do, and their brains and nervous systems are more sensitive to the damaging effects of lead.

Lead in Toys

Children may be exposed to lead from toys that have been made in other countries and then imported into the country, or from antique toys and collectibles passed down through generations. The U.S. Consumer Product Safety Commission (CPSC) issues recall of toys that could potentially expose children to lead.

Should I test my toys for lead?

The only accurate way to test a toy for lead is by a certified laboratory. Do-it-yourself kits are available. However, these kits do not indicate how much lead is present and their reliability at detecting low levels of lead has not been determined.

Recalls

For more information on toys that have been recalled due to lead, please visit <https://www.cpsc.gov/Recalls>

National Influenza Vaccination Week (NIVW)

Is a critical opportunity to remind everyone **6 months and older** that there's still time to protect themselves and their loved ones from flu this flu season by getting their annual flu vaccine if they have not already. When you get a flu vaccine, you **reduce your risk of illness, and flu-related hospitalization if you do get sick.**

This week is meant to remind people that there is still time to benefit from the first and most important action in preventing flu illness and potentially serious flu complications: **get a flu vaccine today.**



A FLU VACCINE CAN TAKE FLU FROM

WILD

TO *mild*

Help tame flu's more serious symptoms for you and your baby.



NATIONAL INFLUENZA
VACCINATION WEEK IS
DECEMBER 2 - 6!



Stay Healthy, Stay Protected!



Beat the Flu This Season

- **Flu Shots are Still Available**

Protect yourself and your loved ones.

- **Recognize the Symptoms**

Fever, cough, sore throat,
body aches?

- **Easy & Quick Appointments**

Contact:

Nurse Kristie

203.881.3255, ext. 107

Book A Home Visit Flu Shot

DO YOU MEET THE HOMEBOUND CRITERIA?

- Unable to leave your home without assistance.
- Be confined to the home (homebound)
- Need intermittent skilled nursing care and physical therapy.
- Have a continuing need for occupational therapy.



Holiday Mental Health and Wellness



The holidays can be a stressful time of year.

NVHD would like to share some helpful information from the Curalink Holiday Toolkit to keep stress at a minimum during this joyous, busy time..

Click the section icon for access

Tip Sheets



Here you can find tips sheets on:

- Setting holiday boundaries
- Dealing with holiday stress
- Holiday travel survival guides
and more....

Flash Courses



This section features short videos on:

- How to survive the holidays
- Holiday budgeting
- Dealing with difficult people
and more....

Mental Health Screenings



Access mental health screenings for:

- Anxiety
- Depression
- Stress

Seasonal Inspirations



This link offers inspirational words and thoughts for:

Thanksgiving Christmas
Hanukkah Kwanzaa

Click here to access the full toolkit, also available in Spanish.

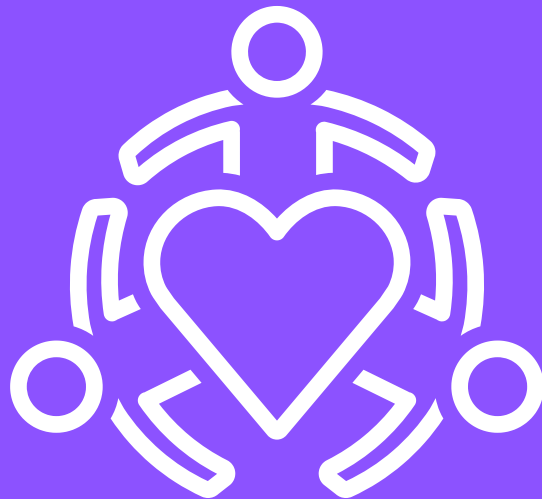


[Holiday Toolkit](https://www.holidaytoolkit.tools)

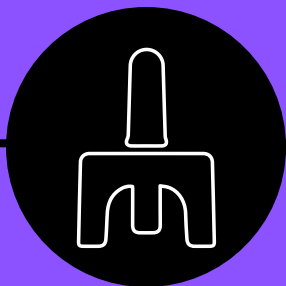
or enter <https://www.holidaytoolkit.tools> into your browser

Harm Reduction Saves Lives

Harm reduction is a set of principles and skills aimed at reducing negative consequences associated with drug use.



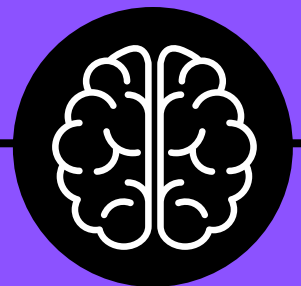
Harm Reduction can look like:



Carrying Naloxone



Using fentanyl and/or
Xylazine test strips



Increasing knowledge on
Harm Reduction and
Substance Use Disorder
(SUD)



DECEMBER 1

WORLD AIDS DAY



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.

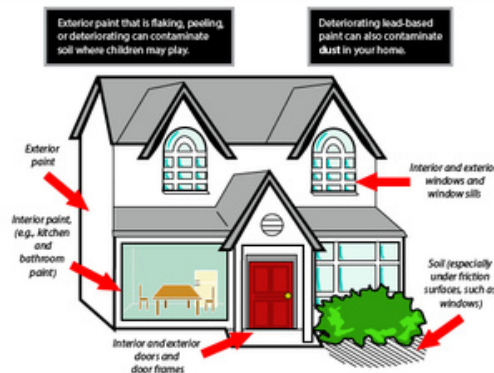
- ✓ Lead can cause behavior problems in children, speech and language delays, poor school performance, and may have long-term health effects, such as headaches, dizziness, decreased motor skills, fatigue and memory loss.
- ✓ Lead poisoning can affect our young children by causing harm to brain development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





'It's Your Life...Live it Well'

FREE Live Well with Chronic Conditions Workshop

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? This workshop can help you be in control and feel better!

You will learn:

- Practical ways to deal with pain and fatigue.
 - Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life!

Ansonia Senior Center

65 Main St Ansonia, CT

06401

Tuesdays,

January 14th–February 18th, 2025

1:30-4pm

To register, please call

203-736-5933

Free books for participants!
Space is limited, so sign up today!

Take Control



Feel Better



Energize



Live



Enjoy

