

# NAUGATUCK VALLEY HEALTH DISTRICT

February



February 2025



## NVHD Offers Virtual QPR Suicide Prevention Program



NVHD held a free, virtual, one-hour QPR Suicide Prevention program for the public on January 16th, 2025.

QPR is an evidence based, nationally recognized suicide prevention program, designed to provide lay people with the tools to recognize the signs of mental health crisis and suicidal ideation, and provide a bridge to appropriate help. With deaths by suicide and suicidal ideation on the rise nationally, programs like QPR can help create a support system in the community and help guide people to mental health care.

Several people took advantage of the training and became newly certified QPR Gatekeepers!

For more information about QPR, or to book or attend a session, please contact Lisa Trupp, Health Educator, 203-881-3255, ext. 108 or [ltrupp@nvhd.org](mailto:ltrupp@nvhd.org).



## Teddy Bear Clinic with NVHD Community Health Team Offered at Howard Whittemore Library

Naugatuck Valley Health District is thrilled to co-host our first Teddy Bear Clinic with the Howard Whittemore Library in Naugatuck on Tuesday, February 18th.

A teddy bear clinic is a fun way to help children reduce their fear of visiting the doctor. The event will begin with a relaxation station where children and their teddy bears can participate in calming exercises before the check-up. Then, each child and their teddy bear will meet with Kristie, NVHD's Public Health Nurse, or a member of our Community Health Division, to go through a check-up. This experience allows children to advocate for their teddy bears and feel more prepared for their own doctor's visits. At the end of the event, children will have the option to participate in a craft where they can make a hand x-ray or a stethoscope.

This program is for children ages three and up.

To sign up for a time slot, go to the Howard Whittemore Library's website, <https://whittemorelibrary.org>, or call the library at 203-729-4591 ext. 5.

If you have any questions, you can call Beatriz Allen, Program Specialist at Naugatuck Valley Health District, 203-881-3255 ext. 117.

## 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:

**Justice**

The responsibility to challenge and diminish barriers, avoid causing harm, and create opportunities for an equitable society so that all individuals and communities can live meaningful lives. Justice requires the fair disbursement of common advantages and the sharing of key burdens.

Justice is essential to public health in order to advance human well-being by improving health and to do so particularly by focusing on the needs of the most disadvantaged.

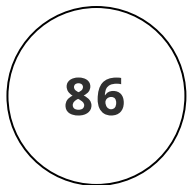


# FEBRUARY HEALTHY VALLEY SPOTLIGHT

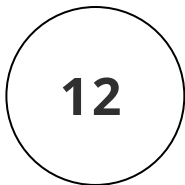
## COVID CORNER

\* 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.

### JANUARY\*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



## REMEMBER TO REPORT!

Naugatuck Valley Health District would like to remind you to please report your positive COVID-19 home test result!

### HOW?

Scan this QR code to access NVHD's secure reporting tool:



or visit [bit.ly/reportmytest](https://bit.ly/reportmytest)

### WHY?

Reporting your test results to your local health department means public health workers are able to share accurate rates of disease in the community, allowing you to stay informed and safe!

For respiratory virus prevention tips, visit [www.cdc.gov/respiratory-viruses](https://www.cdc.gov/respiratory-viruses)

### UPCOMING NVHD EVENTS: FEBRUARY 2025

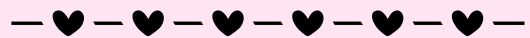
#### Blood Pressure Screenings

In recognition of Heart Health Month, during the month of February, Nurse Kristie D'Averso will be offering blood pressure screenings at several locations throughout the Naugatuck Valley. Please see the attached flyer for details.

#### Mental Health First Aid

On February 22nd, NVHD will offer an in-person, six-hour Mental Health First Aid training. MHFA is a nationally recognized mental health program designed to help lay people provide assistance to those struggling with a mental health crisis. Please see attached flyers for full details and to register.

### Health Observances in February



Black History Month

Heart Health Month

National Cancer Prevention Month

International Prenatal Infection Prevention Month

February 4th: World Cancer Day

February 17th: Presidents Day

February 17th: Random Acts of Kindness Day

# FOODBORNE ILLNESS IS PREVENTABLE

According to the CDC, the most common contributing factors for outbreaks in restaurants are related to sick food workers. Removing sick food workers from the operation can prevent customers from getting sick and reduce the number of foodborne illness outbreaks.

## What symptoms should be reported to your employer?

Diarrhea

Vomiting

Jaundice

Sore throat with fever

Infected cuts or wounds, or lesions containing pus on the hand, wrist, or on an exposed part of the body

## Reportable Foodborne Illnesses

Campylobacter, Listeriosis, Norovirus, Typhoid fever, Shigellosis, Escherichia coli O157:H7 or other STEC infection, Salmonella or Hepatitis A

## FDA TOOLS FOR EMPLOYERS

### Employee Health Policy Tool

This interactive tool allows employees and managers to click through various questions to see if food workers should be excluded or restricted from food service.

Click **HERE** for access!

<https://www.fda.gov/media/179698/download?attachment>

### Health Inspectors help to prevent outbreaks by...

- Conducting routine and follow-up inspections.
- Ensuring employers and their workers are aware he/she must not report to work if ill.
- Investigating foodborne outbreaks.
- Responding to complaints and emergency situations such as a fire, flood, power outage, etc.
- Providing educational materials and guidance.

For more information on this topic, please visit [www.cdc.gov](http://www.cdc.gov), [www.fda.gov](http://www.fda.gov), or [www.nvhd.org](http://www.nvhd.org)

*Congratulations!*

To sanitarians John Mucha, Amanda Ruchin, and Amy Durand for obtaining their Registered Sanitarian/Registered Environmental Health Specialist credential!



# **Black History Month 2025: African Americans and Labor**

February is Black History Month. This year's theme, "African Americans and Labor," focuses on the ways work and working of all kinds—free and unfree, skilled and unskilled, vocational and voluntary—intersect with the collective experience of Black people. 2025's theme sets out to highlight and celebrate the impact of this work.

Naugatuck Valley Health District honors all the Black individuals who have contributed to the field of public health, both credited and uncredited. To learn more about this year's theme, please visit [www.asalh.org/black-history-themes/](http://www.asalh.org/black-history-themes/).

Source: Association for the Study of African American Life and History (ASALH)

# Healthy *Heart* Healthy *Life*

Protect Your  
Heart Live  
Longer!

## Prevention Tips

- Eat a balanced diet rich in fruits, vegetables, and whole grains.
- Stay active with at least 30 minutes of exercise daily.
- Avoid smoking and limit alcohol consumption.
- Regular check-ups: Monitor your blood pressure, cholesterol, and blood sugar levels.

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For more information

- Call Nurse Kristie at 203.881.3255, ext. 107



**February** is known as **American Heart Month**, and it's a time designed to raise awareness about **cardiovascular health**. It's an important subject to observe because heart disease is the **leading cause of death** for men and women in the U.S.

To help raise awareness, Nurse Kristie will be in the community performing blood pressure screenings and sharing free heart health resources. **Stop by any of the locations below:**

**Tuesday,  
February 4th**

**Derby Senior  
Center**

11am-1pm

**Wednesday,  
February 5th**

**Beacon Falls  
Senior  
Center**

10am-12pm

**Friday,  
February 7th**

**Ansonia  
Senior  
Center**

9:30am-  
11:30am

**Thursday,  
February 13th**

**Trinity  
Church Food  
Pantry in  
Ansonia**

11am-1pm

**Friday,  
February 14th**

**Naugatuck  
Senior  
Center**

10am-12pm

**Thursday,  
February 20th**

**Shelton  
Senior  
Center**

10:30am-  
12pm

**Friday,  
February 21st**

**ShopRite-  
Shelton**

10am-12pm

**Tuesday,  
February 25th**

**Seymour  
Community  
Center**

11am-  
12:30pm

**Friday,  
February 28th**

**ShopRite-  
Derby**

10am-12pm



# Naloxone Saves Lives

## 3 Things to Know About Naloxone:

- Naloxone is a medication that is used to reverse an opioid overdose.
- Naloxone will not harm someone if given to them and they are not experiencing an opioid overdose.
- A prescription is not needed to buy Naloxone.



# National Cancer Prevention Month

## February 2025

Here is some valuable information from the  
*American Association for Cancer Research*

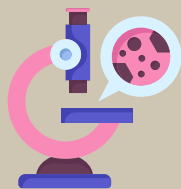
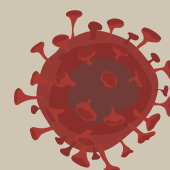


The federal government estimates that 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2024, and that more than 600,000 died from their disease. Research shows that more than 40% of these cases and nearly half of the deaths can be attributed to preventable causes—smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others.

**So what we can do to help prevent cancer?  
Click on the links below to learn more from AACR**



[What Is Cancer?](#)



[What Is Cancer Research?](#)

[What Is The AACR?](#)

**AACR**



**More About Prevention and the Progress of the AACR**

[Cancer Prevention](#)



[AACR 2024 Cancer Progress Report](#)



NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

## Adult Mental Health First Aid Training



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

### In Person Program

Saturday, February 22, 2025: 8:00am to 2:00pm

Naugatuck Valley Health District, 98 Bank St., Seymour, CT

(snow date, March 1st, 2025)

**\*\*Lunch Provided\*\***

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**isten 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 in-person led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

*MHFA satisfies CT OEMS Approval #CT-F4-V101 for 8 EMS continuing education hours*

## [Click Here To Register](#)

or enter this link in your browser

<https://www.surveymonkey.com/r/JHM9RVL>

Questions?

Lisa Trupp, CCHW

Health Educator  
ltrupp@nvhd.org

203-881-3255, ext. 108



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



Join **Naugatuck Valley Health District** staff for a

# Teddy Bear Clinic!

*Going to the doctor can make anyone feel anxious—especially kids. To ease their fears, children will have a chance to play doctor with their favorite toy, providing it with the same care they will receive at the doctor's.*

**Help your child gain confidence for their next medical visit at NVHD's Teddy Bear Clinic!**

**Where:** Howard Whittemore Memorial Library

**When:** Tuesday, February 18th, 10:30am-12pm

To reserve a time slot, visit the Library Website at [www.whittemorelibrary.org](http://www.whittemorelibrary.org) or call 203-729-4591, ext. 5.

**For Ages 3 and up.**

## B.Y.O.B.

*Bring your own bear  
(or favorite stuffed toy)!*



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**Naugatuck Valley Health District**

Únase con el **Distrito de Salud de Naugatuck Valley** para una

# ¡Clínica Teddy Bear!

Ir al médico puede generar ansiedad en cualquier persona, especialmente en los niños. Para aliviar sus miedos, los niños tendrán la oportunidad de jugar al médico con su juguete favorito, brindándole el mismo cuidado que recibirán en la consulta del médico.

**¡Ayude a su hijo a ganar confianza para su próxima visita médica en la Clínica Teddy Bear de NVHD!**

**Dónde:** Howard Whittemore Memorial Library

**Cuándo:** martes 18 de febrero, 10:30 am a 12 pm

Para reservar un horario, visite el sitio web de la biblioteca en [www.whittemorelibrary.org](http://www.whittemorelibrary.org) o llame al 203-729-4591 ext. 5.

**Para mayores de 3 años.**

## T.T.P.O.

¡Trae tu propio oso  
(o juguete de peluche favorito)!



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**Naugatuck Valley Health District**