

Naugatuck Valley Health District



March 2020

Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton

Newsletter



March is National Nutrition Month!!

Try these daily tips that will help your family take a step-by-step approach to eating healthy.

SPOTLIGHT

- * National Nutrition Month
- * Coronavirus Update
- * NVHD Free Trainings
- * Coronavirus Fact Sheet

Make it fun for kids to try new fruits and vegetables. Let them pick out a new fruit or vegetables in the grocery store each week, and figure out together how to cook or prepare it in a healthy way.

Whole grains are a good option! Choose **whole-grain foods**, such as whole-wheat bread, rye bread, brown rice, popcorn, oatmeal and whole-grain cereal.

Some fats are better for you than others. Use liquid vegetable oils such as canola, corn, olive, safflower, sesame and sunflower oils in place of butter and solid fats whenever possible.



Help your children develop healthy habits early in life that will bring lifelong benefits. Be a good role model, make it fun, and involve the whole family in lifestyle changes.

1. Chicken, fish and beans are good choices for protein. Remove skin and visible fat from poultry. If you do eat red meat, limit it to once in a while, keep **portion size** small and choose the leanest cuts.

2. For snack time, keep fresh fruit and pre-chopped or no-chop veggies on hand. Your family is more likely to grab fruits and vegetables over other items if they're readily available.

3. Enjoy fish high in omega-3 fatty acids. Oily fish such as salmon, mackerel, trout and albacore tuna are good choices.

4. A small handful of nuts or seeds can be a satisfying and healthy snack. Look for unsalted or lightly salted nuts. Almonds, hazelnuts, pistachios and walnuts are all good choices.

5. Vegetables and fruits are loaded with nutrients and fiber, and typically low in calories and sodium. **Fresh, frozen or canned produce can all be healthy choices**, but compare food labels and choose wisely.

6. Package your own healthy snacks. Put cut-up veggies and fruits in portion-sized containers for easy, healthy snacking on the go, without the added sugars and sodium.

7. Cook vegetables in healthy ways that will help bring out their natural flavors, including roasting, grilling, steaming and baking. You'll need less salt (if any) and may even turn the most anti-veggie kid into a fan!

8. Enjoy fruit for dessert most days and limit traditional desserts to special occasions. Try a **delicious smoothie**, a mixed berry and yogurt parfait, or a baked spiced apple or pear!



9. Instead of frying foods – which can add a lot of extra calories and unhealthy fats– use **healthier cooking methods** that add little or no solid fat, like roasting, grilling, baking or steaming.

10. Schedule time each week to plan healthy meals. Keep your recipes, grocery list and coupons in the same place to **make planning and budgeting easier**.

11. Get your kids in the kitchen! They'll be more excited about eating healthy foods when they've been involved. Give them age-appropriate tasks and keep a step-stool handy.



Source: www.heart.org

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Seymour, CT 06483

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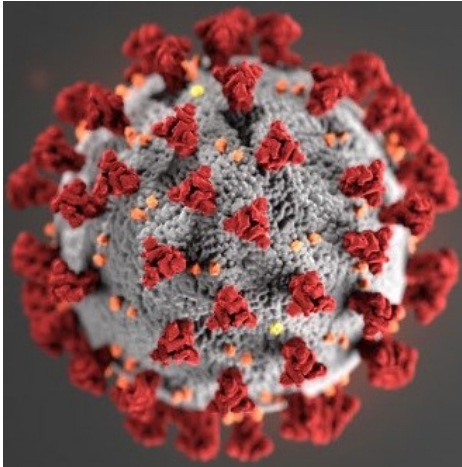
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CORONAVIRUS COVID-19. WHAT YOU NEED TO KNOW.

NVHD is closely monitoring the current outbreak of a new coronavirus, COVID-19, formally referred to as the **2019 Novel Coronavirus** or “**2019-nCoV**”. This is a rapidly evolving situation and information will be updated as it becomes available from our State and Federal partners on our webpage: www.nvhd.org/coronaviruses/COVID-19. Information can also be accessed from the CDC’s website www.cdc.gov/covid19.




Be sure to follow NVHD on social media, including Facebook, Twitter and Instagram for updates and tips!



NVHD FREE Training Opportunities

The Naugatuck Valley Medical Reserve Corps (NVMRC) is a volunteer unit comprised of adults 18 years and older with medical and non-medical backgrounds who train in public health emergency preparedness and response and other public health topics to help support community events and sustain community resiliency. Volunteers do not need any prior training, all training is provided free of cost. Volunteers are provided liability coverage when activated for trainings and response activities. To learn more about the NVMRC or to apply, please visit www.nvmrc.com or call 203-881-3255.

EVENT/TRAINING	LOCATION	DESCRIPTION	REGISTRATION
<p>Naugatuck CERT Emergency Management Fair</p> <p>Saturday, April 25, 2020 10am – 3pm</p>	<p>Naugatuck Armory</p> <p>618 Rubber Ave. Naugatuck, CT 06770</p>	<p>Attend this event as a volunteer promoting preparedness and recruitment for the NVMRC or as a general attendee!</p>	<p>If you’d like to volunteer at the NVMRC vendor table with Jess, please email her at jstelmaszek@nvhd.org by March 20, 2020.</p> <p>**Volunteers should plan to arrive by 9:30am.</p>
<p>Psychological First Aid</p> <p>Wednesday, May 13, 2020 from 6:00PM – 8:00PM</p>	<p>Naugatuck Valley Health District</p> <p>98 Bank Street, Seymour, CT 06483</p> <p><i>Matthies Conf. Room (rear entrance of building)</i></p>	<p>PFA is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping.</p>	<p>https://www.surveymonkey.com/r/2020ValleyPFA</p>  <p>Naugatuck Valley medical reserve corps</p> <p>www.nvmrc.com</p>

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.