



Naugatuck Valley Health District

September 2023

NVHD Health Annex

CLINIC SCHEDULE
SEPTEMBER 2023

*On 4/19/23 the FDA approved a second bivalent booster for those 65 and older

For COVID-19 vaccinations, please make an appointment by calling Kristie D'Averso, NVHD Public Health Nurse at 203-881-3255, ext. 107

NVHD accepts the following insurance:

- Aetna
- Anthem Blue Cross/Blue Shield
- Cigna
- Connecticare
- Medicare Part B
- Medicaid

Don't forget your card!

We regrettably are unable to accept Medicare Advantage plans Oxford or United Healthcare

No insurance, no problem!

Vaccine Pricing:

Quadrivalent	\$35
Flublok	\$70
COVID-19 Booster	FREE



NVHD Attends Naugatuck National Night Out

On Tuesday, August 1st, staff from NVHD attended the Naugatuck National Night Out, sponsored by Naugatuck Police Department.

The event featured games, food, and demonstrations from the Naugatuck Police Department; additionally, several community resources had tables featuring information about their organizations and giveaways for the community.

NVHD Health Educator Lisa Trupp, CAP Team Coordinator Nancy Serrano, and Community Health Worker Vanessa Lopez manned the NVHD table, handing out COVID test kits and information on many health topics to all attendees. The event was heavily attended and the NVHD team had a great time connecting with the community.





September Healthy Valley Spotlight



Naugatuck Valley Health District Welcomes all Students Back to School for the 2023/2024 School Year

Healthy Habits to Reduce Back to School Stress

September represents the end of summer and back to school for thousands of students in the Naugatuck Valley. In an article for *Today*, Dr. Howard Y. Liu, M.D suggests these five tips to help get students back into the swing of the school year:

- **Spend quality time together on a regular basis:** Have breakfast together, wait at the bus stop or drive to school—make the best of the moments you have together.
- **Talk about bullying:** Make sure you have an open dialogue about any challenges your child may face and make sure they understand how their own actions affect others.
- **Get back into a reliable routine early:** The sooner you get back to your school year habits and routine, the better. This helps students ease into the schedule, rather than rushing in.
- **Have family mealtime everyday:** Family meals are a great time to engage and talk about your day, offering a great opportunity to debrief and stay connected.
- **Provide opportunities for exercise:** Exercise is a great way to have fun, relieve stress and stay healthy.

Tips for Staying Safe and Healthy this School Year

Although restrictions around respiratory viruses like COVID-19 have lessened over the past few years, it's important to stay vigilant as we approach cold and flu season. Here are some tips to keep yourself and others around you safe:

- **Stay home when you are sick:** If you are experiencing any flu or COVID-like symptoms, stay home from school, and confirm with your nurse when you can return.
- **Know when to test for COVID-19:** If you are exposed to COVID-19, take a test 5 days after your last contact with the infected person. If you start experiencing symptoms, test sooner, but make sure to test again on day 5 if you are negative. **Remember also** to mask for 10 days after you are exposed to COVID-19!
- **Isolate for a minimum of 5 days if positive:** CDC still advises COVID-positive people to isolate at home for 5 days from first symptom(s) or positive test date, and wear a mask for an additional 5 days after returning to activities.
- **Practice good respiratory hygiene:** Cover your mouth and nose when sneezing or coughing, throw away any used tissues right away, and wash your hands!

Upcoming NVHD Events—September–October 2023

01

Naugatuck Senior Center Health Fair

The NVHD Community Health Education Team will be attending the fall Naugatuck Senior Center Health Fair, Thursday, September 21 from 9:00am to 1:00pm. Stop by our table for some information about upcoming programs and services offered by the health district.

02

Matter of Balance Falls Prevention Program

The NVHD Community Health Education team will be offering a free Matter of Balance Falls Prevention program at the Naugatuck Senior Center, beginning Tuesday, September 26th at 8:30am. The eight-week program will run through November 14, 2023. For more information, please contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108.

03

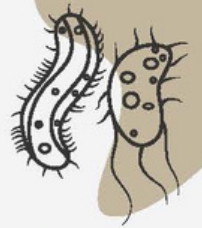
QPR Suicide Prevention Program at Naugatuck Senior Center

Lisa Trupp, NVHD Health Educator will be offering a free QPR Suicide Prevention Gatekeeper Training Lunch and Learn at the Naugatuck Senior Center on Thursday, October 12th at 11:30am. Come and enjoy some lunch while learning how to recognize signs of mental health crisis and suicidal thoughts. To register, please call 203-720-7069.





Septic System Basics



How does a septic system work?

A septic system's purpose is to separate and treat waste water from the home so that it can be introduced back into the environment and filtered naturally by the soil.

Wastewater from the home travels to an underground septic tank. Any items that have been flushed, drained, or laundered will travel with wastewater into the tank. Solids settle to the bottom of the tank, while fats and oils float to the top. A layer of partially treated water remains between them, called 'effluent'. Inside the tank, bacteria work to decompose human waste and food particles. Even so, the effluent still contains harmful pathogens and must be treated further. Effluent exits the tank and makes its way through long, underground trenches, called 'leaching fields'. Fields allow effluent to drain very slowly into surrounding soil, where bacteria and viruses are filtered out of the liquid. The end result is treated water that re-enters the groundwater supply.



Causes for concern

Signs of a failing system

- Slow draining bathtubs, showers, and sinks
- Water and/or sewage from toilets, sinks, and drains backing up
- Damp spots or standing water near or over fields
- Soft, wet, or spongy soil surrounding fields
- High levels of nitrates or coliform bacteria in well water analysis
- Strong sewage odor around tank and fields

Septic systems can last 20-30 years if properly maintained!



Maintain your system with care

• Pump and inspect frequently

Systems should be inspected every 1-3 years, and pumped every 3-5 years, depending on water usage and size.

• Conserve water

Reduce the risk of malfunction through use of high efficiency toilets and showerheads, or faucet aerators. Run only full loads of laundry.

• Limit use of garbage disposal

• Properly dispose of waste

The following items should NEVER be flushed: Cooking oil, grease, wipes, feminine hygiene products, diapers, cat litter, & household chemicals. Flush ONLY human waste and toilet paper.

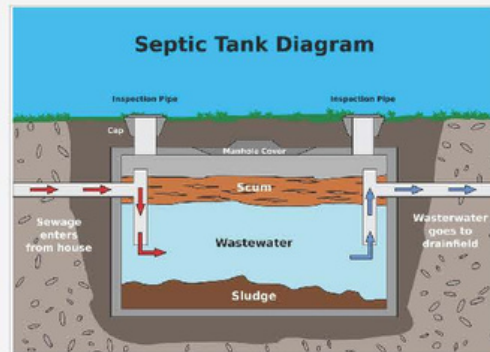
• Don't overwhelm your fields

Direct water from land and roof drains away from fields. The less excess water reaches them, the better!

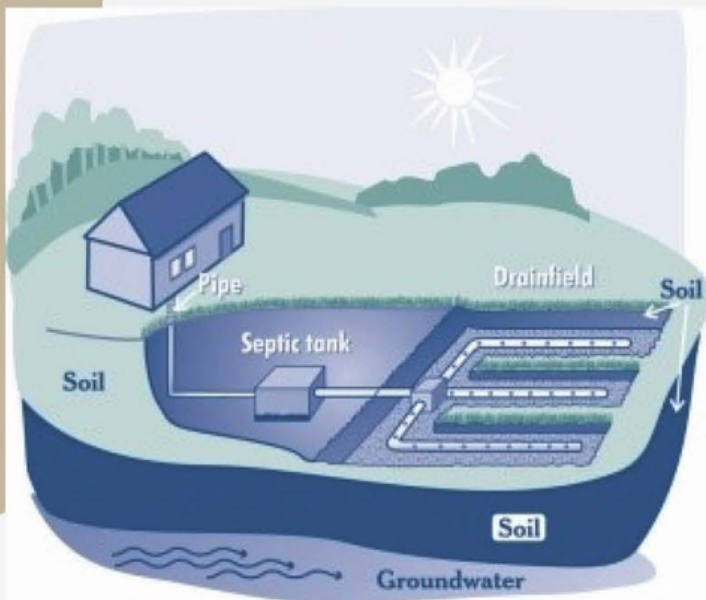
• NEVER park or drive over your fields

• Be wary of additives

Additives are typically not needed in order for your septic system to function properly.



Modern septic tanks have two compartments, but the idea is the same - the effluent is seen here labeled as 'wastewater'



Leaching fields come in all different materials and sizes depending on the needs of the household - here's an example



Remember! Whatever you flush will make its way back into the very same groundwater supply your community relies on!

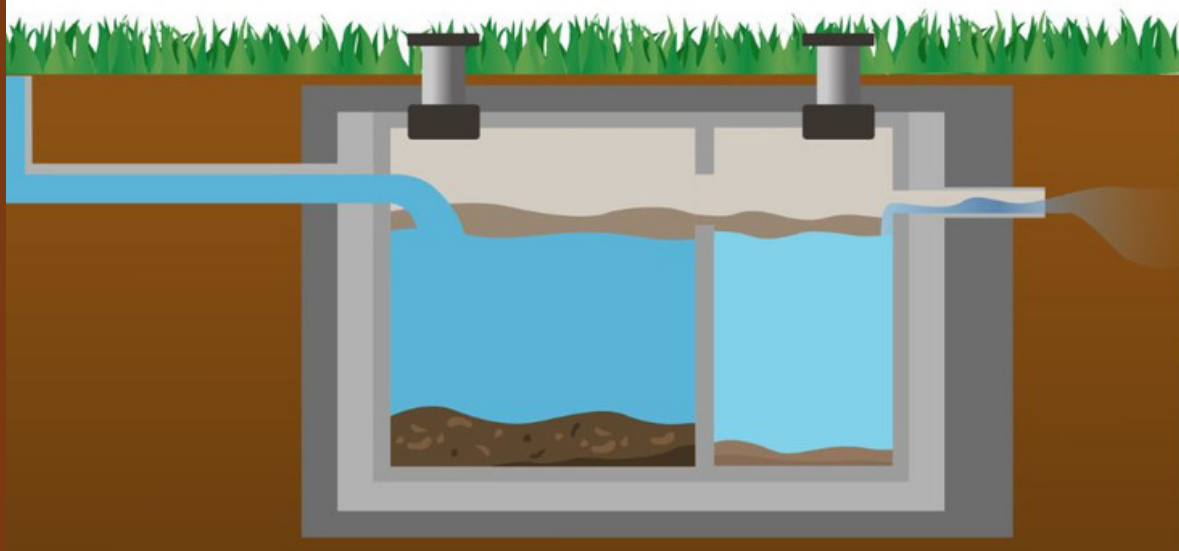
Protect your water.
Questions? Visit NVHD.org

Septic Homeowner 101

September 21, 2023

7:00PM to 8:00PM

Training is online and provided by CT Environmental Health Association. Learn about septic tanks, how to maintain them, and what to do when an issue occurs.



Free Septic System Training For Homeowners

Register here:

<https://attendee.gototraining.com/r/2574811472480531715>

**September is National Recovery Month
Join NVHD and SAMHSA in recognizing those on
their recovery journey.**

RECOVERY is possible.

**SAMHSA National Helpline
1-800-662-HELP (4357)**

**FindTreatment.gov
FindSupport.gov**

**NATIONAL
RECOVERY
MONTH**
HOPE IS REAL. RECOVERY IS REAL.

**DURING #RECOVERYMONTH, WE RECOGNIZE AND HONOR THE RESILIENCE AND STRENGTH OF THOSE ON
THEIR JOURNEY TO BETTER HEALTH AND WELLNESS. TO LEARN MORE ABOUT SAMHSA'S
#RECOVERYSUPPORT EFFORTS, VISIT SAMHSA.GOV/RECOVERY.**