

MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

CURRENT HEALTH AND RESPIRATORY VIRUS UPDATES

Monthly Newsletter: April 2024

PREPARING FOR TICK SEASON

Tick season varies from region to region, but in Connecticut the season typically starts in April and runs through October. With more milder, shorter winters in the recent years means ticks may not have been dormant through the winter months leading to a population increase for the spring and summer seasons.

Here are some prevention tips on how to avoid tick bites:

Before You Go Outdoors:

- Wear protective clothing: Wear light-colored clothing so you can more readily see if a tick may be stuck to your clothing. Tuck the bottom of your pant legs into your socks so ticks can't crawl inside your pant leg.
- Wear insect repellent: Use insect repellent (i.e. bug spray) on your clothes and skin. ALWAYS read the product label. Use a product that contains no more than 30% DEET (usually listed as the first ingredient on the product label).

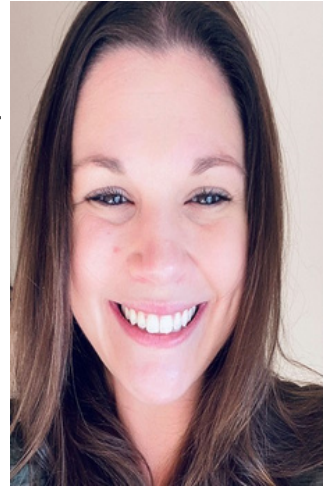
After You Come Indoors:

- Check your clothing, pets, and body for ticks: Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine your pets after they come indoors. Conduct a full body check when you come indoors, checking under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs, and around the waist.

Submitting a Tick for Identification and Testing:

Ticks found on a person can be brought to our Environmental Health Office to be identified and tested for tick-borne diseases such as Lyme disease, anaplasmosis, and babesiosis. Tick testing is offered by The Connecticut Agricultural Experiment Station as a public service free of charge.

If you have any questions or concerns, please call our Environmental Health office at (203) 630-4226.



April, Sanitarian II



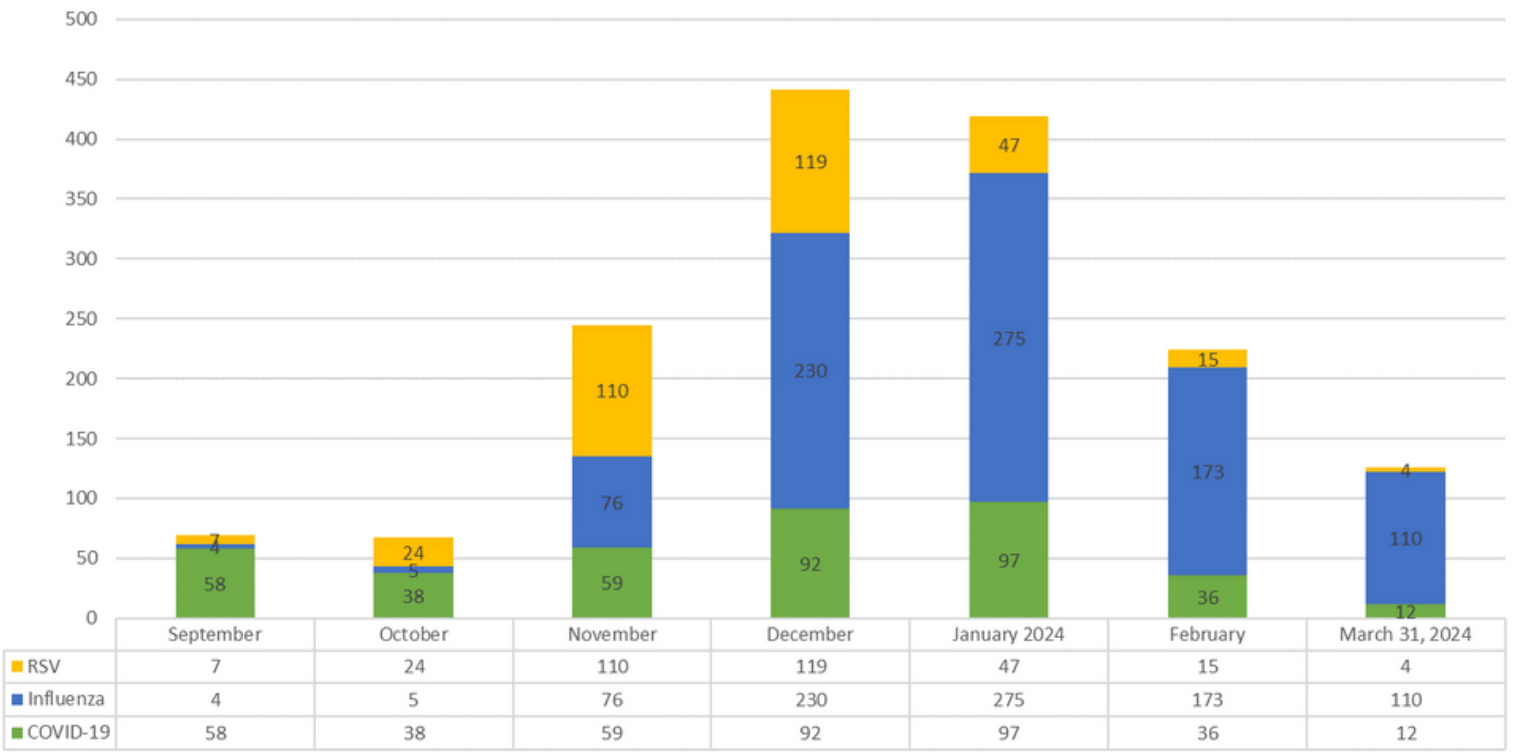
WEEKLY VIRAL RESPIRATORY DISEASE SURVEILLANCE

Here is the final update on confirmed cases of respiratory viruses in Meriden for the 2023/2024 season. In total there were

- 392 lab confirmed COVID-19 cases
- 873 lab confirmed Influenza cases
- 326 lab confirmed RSV cases.

Please note this chart will not be updated after March 31, 2024. Respiratory Virus Surveillance will resume in the fall!

Confirmed Respiratory Illness in Meriden
2023-24 Season
Source: CT EDSS



SEASONAL FLU VACCINE

Our clinic is no longer offering Influenza (flu) shots for this season. Our Public Health Nurses administered **343 adults** and **440 child flu shots** this past season.

We will post on our website and social media when flu shots are available for the 2024-2025 season.

If you have any questions, please call our Clinic at (203) 630-4234. See you in the fall!

Thank you!

RESPIRATORY VIRUS GUIDANCE

CDC's guidance provides practical recommendations and information to help people lower health risks posed by a range of common respiratory viral illnesses, including COVID-19, Influenza (flu) and Respiratory Syncytial Virus (RSV).

The infographic is titled "Respiratory Virus Guidance Snapshot" and is divided into two main sections: "Core prevention strategies" and "Additional prevention strategies".

Core prevention strategies (marked with a "CORE STRATEGIES" star icon) include:

- Immunizations:** An illustration of a woman with her arm raised for a vaccine.
- Hygiene:** An illustration of a woman washing her hands with a child.
- Steps for Cleaner Air:** An illustration of an open window with a fan and a plant.
- Treatment:** An illustration of a man talking on a phone with a pill bottle.
- Stay Home and Prevent Spread*:** An illustration of a woman in bed being cared for.

Additional prevention strategies (marked with a "ADDITIONAL STRATEGIES" plus icon) include:

- Masks:** An illustration of a person wearing a face mask.
- Distancing:** An illustration of two people standing apart with a yellow line between them.
- Tests:** An illustration of a person using a nasal swab test kit.

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**

- Your symptoms are getting better
- You are fever-free (without meds)

Then take added precaution for the next 5 days

When you may have a respiratory virus...

Stay home and away from others (*including people you live with who are not sick*) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

You can go back to your normal activities when, for at least 24 hours, **both** are true:

1. Your symptoms are getting better overall, **and**
2. You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities:

Take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

To find a COVID-19 testing site near you, please use the CDC's COVID-19 Testing Locator Tool.

Information about COVID-19 vaccines can be found HERE.

A full list of clinics available in Connecticut can be found at <https://www.vaccines.gov/>. Search by zip code and type of vaccine desired. Please call before going to ensure dates, times, and supply is correct.

UPCOMING COMMUNITY EVENTS

Silence on the Streets Film Screening & Community Conversation

Join us on April 11, 2024 6:00 – 8:00 PM at the Meriden Public Library to view the ground-breaking documentary “Silence on the Streets”. This film explores the cycle of addiction from the perspective of inner-city minorities and Native Americans.

View the trailer here: <https://www.youtube.com/watch?v=X7IAJ-YRc6Q>

Seating is limited. Registration is required. Register here: <https://forms.gle/iVXnGcrLDE5ZrELu9>

DEA Drug Take Back Day

The Meriden Police Department will be participating in DEA Drug Take Back Day this month! Stop by the Meriden Green on the Mill Street side April 27th between 10 AM – 2 PM to safely dispose of unwanted or expired medication.

Daffodil Festival

Stop by our booth on May 4! We will be conducting community outreach with parents on childhood vaccines.

Community Narcan Training

Join us for our next Community Narcan Training on May 7th from 9:00 – 10:00 AM! The training will be in-person at 165 Miller Street in our Teen Conference Room. You will learn:

- Signs and symptoms of an overdose
- What Narcan is and how to administer it
- Local resources and support

Each participant will leave with a certificate of completion and a FREE Narcan kit with other prevention resources. To register please call Elizabeth at (203) 630-4288.

NEXT UP IN MAY:

May is Mental Health Awareness Month! Read about how you can fight stigma, provide support, and educate others on the importance of not only taking care of our physical health, but our mental health!



MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

Working for Our Community



165 Miller Street Meriden, CT 06450



(203) 630-4226



Monday-Friday 8:00 AM - 4:30 PM

FOR ALL UPCOMING EVENTS AND NEWS:



City of Meriden Health & Human Services Department



SCAN ME

Scan the QR code to visit our website www.meridenhealth.com



CLINICAL SERVICES

(203) 630-4234

ENVIRONMENTAL HEALTH

(203) 630-4226

PUBLIC HEALTH EDUCATION

(203) 630-4288

MERIDEN SCHOOL READINESS

(203) 630-4222

WOMEN, INFANTS AND CHILDREN (WIC)

(203) 630-4245

JUVENILE ASSISTANCE AND DIVERSION BOARD (JAD)

(203) 639-5058

PUBLIC HEALTH EMERGENCY PREPAREDNESS

(203) 630-4221

SCHOOL HEALTH SERVICES

(203) 630-4239

SENIOR CENTER

22 WEST MAIN STREET
(203) 237-0066