

MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

CURRENT HEALTH AND RESPIRATORY VIRUS UPDATES

Bi-Weekly Newsletter: March 11 – 22, 2024

NATIONAL NUTRITION MONTH!

It's National Nutrition Month! This annual campaign invites everyone to learn about making informed food choices and develop healthful eating habits.

Did you know yogurt is loaded with nutrients needed to support growth and development? Yogurt is packed with protein, calcium, potassium, and healthy bacteria called probiotics. That's why it's part of the WIC food package!

Yogurt is a food that can stand on its own or partner with other foods, both sweet and savory adding a creaminess to recipes and helping to cool some spicier dishes. It can even be used as a full or partial substitute for other ingredients when preparing food.

Tips for cooking and substituting with yogurt:

- Replace plain yogurt for mayonnaise on sandwiches and in cold salads (e.g., egg salad, tuna salad, potato salad, coleslaw) and other side dishes, such as elote.
- Blend a creamy, low fat salad dressing using yogurt.
- Substitute plain yogurt for sour cream in or when topping foods like soups, burritos, and nachos.
- Create a dip for fruit or coat fruit in yogurt and freeze it for a frozen treat.
- Use yogurt-based sauces or marinades for meats.

Yogurt Recipes

- [Breakfast Burrito](#)
- [Chicken with Yogurt Marinade](#)
- [Granola Fruit Bites](#)
- [Potato Salad with Yogurt Dressing](#)
- [Spinach Dip](#)
- [Veggie Quesadilla with Cilantro Yogurt Dip](#)
- [Whole Wheat Yogurt Rolls](#)



For more information about the Region 8 WIC program please visit: www.meridenwic.org

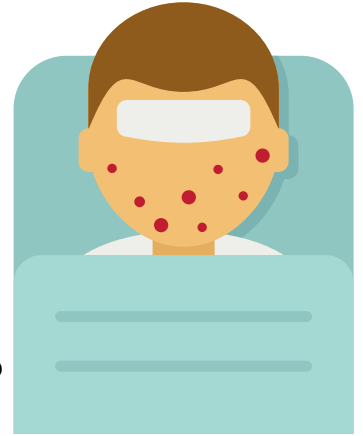
INCREASE IN MEASLES CASES IN U.S. & OTHER COUNTRIES

The Centers for Disease Control and Prevention (CDC) has issued an advisory regarding an increase in cases of measles in the United States and other countries.

We have not seen cases yet in Connecticut, but want to raise awareness of this increase of cases and share prevention measures to keep our community healthy!

Measles is very contagious and can be serious. An unvaccinated person can get measles when traveling abroad or even in the United States. Two doses of the Measles-Mumps-Rubella (MMR) vaccine provides the best protection against measles for children and adults. The first dose is typically given between 12 and 15 months of age and the second at 4 and 6 years of age.

The Meriden Department of Health and Human Services provides the MMR vaccine at no cost to children in Meriden. If you have questions or need to schedule an appointment please call our Clinic at (203) 630-4234.

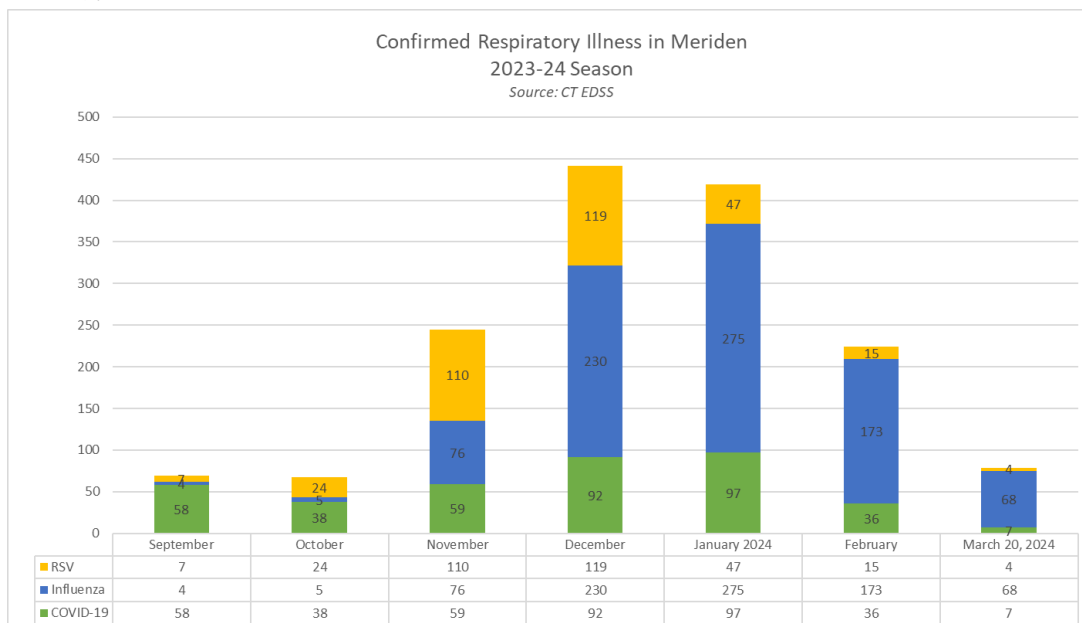


WEEKLY VIRAL RESPIRATORY DISEASE SURVEILLANCE

CT DPH conducts surveillance for lab-confirmed COVID-19, influenza, and respiratory syncytial virus (RSV). We will continue to monitor these illnesses through our disease surveillance systems through the end of March. This data help us to understand the trends associated with each disease as well as the combined impact of these respiratory illnesses. From this, we can educate the public on prevention tips, targeting certain audiences that may be affected.

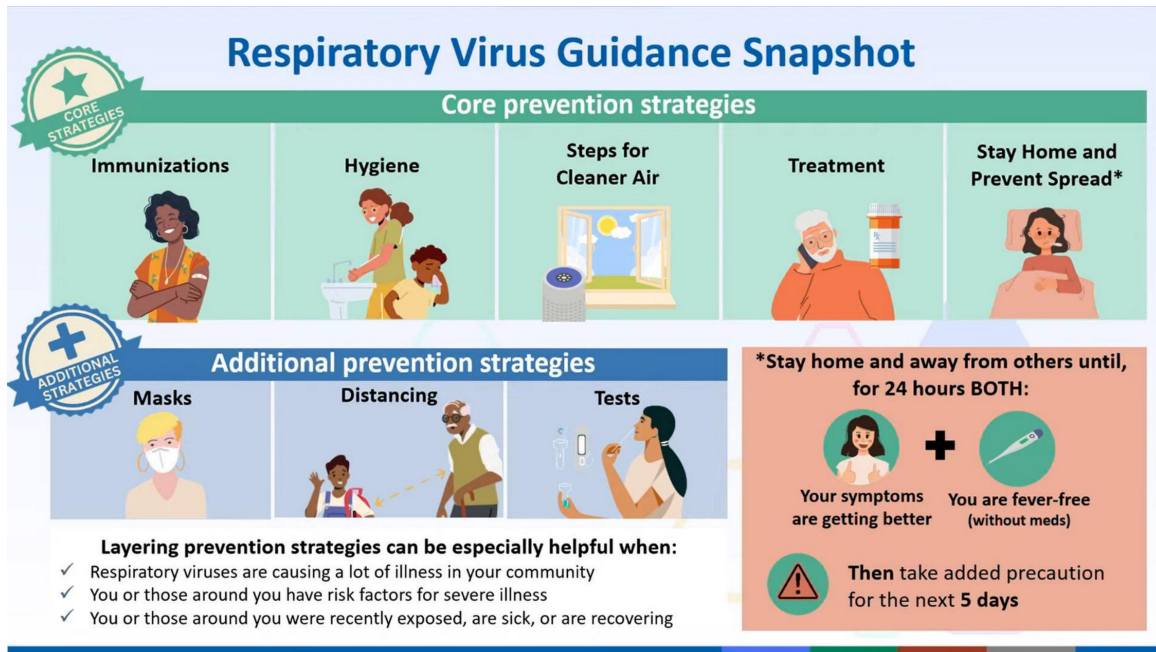
You can view the CT DPH Respiratory Viral Disease Surveillance dashboard [here](#).

The CDC reports moderate overall respiratory illness activity in Connecticut based on their [weekly viral respiratory illness snapshot](#) with no changes in flu or RSV levels, and decreasing cases of COVID-19.



RESPIRATORY VIRUS GUIDANCE - UPDATED

The Centers for Disease Control and Prevention (CDC) has issued updated Respiratory Virus Guidance which has been adopted by the Connecticut Department of Public Health (CT DPH). 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).



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.

Prevention

There are ways to prevent the spread of COVID-19:

- Stay up to date with COVID-19 vaccines, including recommended updated doses. The CDC recommends the 2023-2024 updated COVID-19 vaccines for everyone 6 months and older. If you have additional questions or concerns about vaccination, please talk with your healthcare provider.
- Maintain ventilation improvements.
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow recommendations if you have suspected or confirmed COVID-19.

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.

COVID-19 Home Test Kit Mailing Program

The COVID Test Mailing Program has been suspended as of March 8, 2024.

The COVIDtests.gov program has distributed over 870 million tests directly to American households.

The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact a HRSA-funded health center or ICATT location near you to learn how to access low- or no-cost COVID-19 tests provided by the federal government. These links will lead you to a map where you can put in your zip code and find the nearest location.

If you still have home test kits, please check their expiration dates as they may have been extended. To check for the extended expiration date please click here for the Food and Drug Administration (FDA) website.

NEXT NEWSLETTER FEATURING...

- Spring into Wellness! Tips to stay healthy through the spring.

HELLO
SPRING

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