

MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

CURRENT SEASONAL HEALTH AND RESPIRATORY VIRUS UPDATES

Monthly Newsletter: September 2024

SEPTEMBER STARTS FALL FAIR SEASON!

September starts a busy fall fair and festival season in Connecticut. Many are excited to take the first bite of a deep-fried Oreo, spending cooler nights listening to live music, walk away victorious from a carnival game with the biggest prize, and enjoy the various cute animals at the fair! But these events also involve lots of walking, large crowds and dealing with the elements. It's important to keep health and safety in mind when heading out to these events. With that said, here are a few safety tips:

- **Stay hydrated:** Even though the days are getting cooler, drink plenty of water to avoid heat-related illnesses and don't wait until you're thirsty to drink. Stay away from very sugary or alcoholic drinks as these can cause you to lose more body fluid.
- **Protect from the sun and heat:** Protect yourself from the sun by using sunscreen, sunglasses and weather-appropriate clothing. Take breaks in the shade or indoors when needed.
- **Wash hands often:** Wash your hands often with soap and running water after touching animals, animal-associated equipment, or their environments (like a barn or enclosure). If soap and water are not available, use an alcohol-based hand sanitizer.
- **Be mindful of food safety:** Food safety is just as important at a fair or festival as it is at a restaurant or at home. Don't eat, drink, touch or put anything in your mouth or touch your eyes while in animal areas (barns, show arenas).
- **Stay home if you are sick:** If you are not feeling well, stay home to prevent spreading the illness to others.
- **Safety around farm animals:** Don't bring personal items like toys, pacifiers, cups or strollers into the animal areas. Where possible, avoid direct contact with pigs, poultry, cattle and other animals that look or act ill.

By following these guidelines, we can collectively ensure the well-being and safety of all participants and animals at the fairs.



Written by Michael Galluzzo, Sanitarian 1



MOSQUITO MONITORING

On August 27 our office was notified by CT Department of Public Health that mosquitoes trapped on August 21 by the Connecticut Agricultural Experiment Station (CAES) in Meriden have tested positive for West Nile Virus (WNV). The Connecticut Agricultural Experiment Station (CAES) is responsible for trapping, identifying, and testing mosquitoes for encephalitis viruses. Meriden's testing location is Falcon Park.

Updated: August 27, 2024

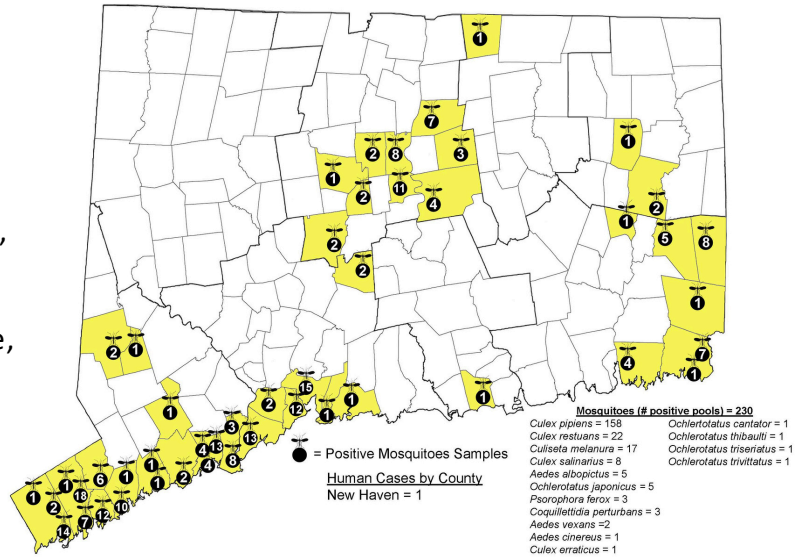
As of August 27, 2024:

Towns with West Nile Virus

Infected Mosquitoes:

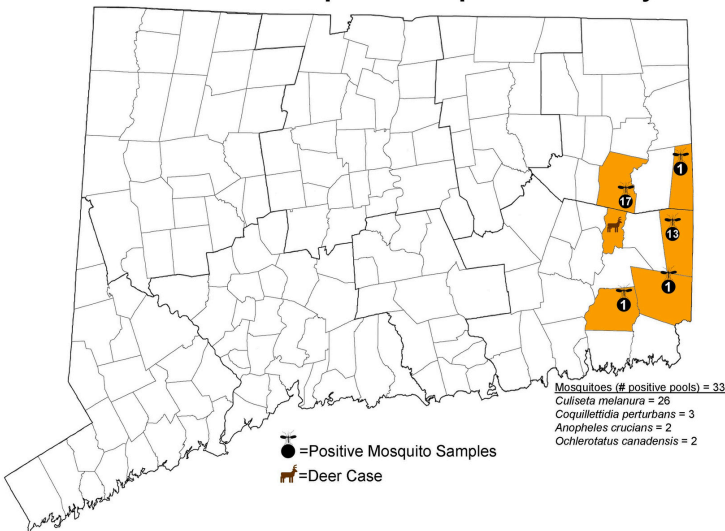
Bethel, Branford, Bridgeport, Canterbury, Danbury, Darien, East Haven, Easton, Fairfield, Farmington, Glastonbury, Greenwich, Griswold, Groton, Hampton, Hartford, Manchester, **MERIDEN**, Milford, New Britain, New Canaan, New Haven, North Stonington, Norwalk, Orange, Somers, South Windsor, Southington, Sprague, Stamford, Stonington, Stratford, Voluntown, West Hartford, West Haven, Westbrook, Westport, Wethersfield

2024 West Nile Virus Activity



Updated: August 27, 2024

2024 Eastern Equine Encephalitis Activity



As of August 27, 2024:

Towns with Eastern Equine Encephalitis

Infected Mosquitoes:
Canterbury, Ledyard, North Stonington, Sterling, Voluntown



FIGHT THE BITE - PREVENT MOSQUITO BITES!

988 SUICIDE & CRISIS LIFELINE

988 LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

988 Lifeline Center calls are free and confidential, and they are available 24/7.

#BeThe1To: #BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

What Happens When You Call The 988 Lifeline?

First, you'll hear an automated message featuring additional options while your call is routed to your local 988 Lifeline network crisis center.

We'll play you a little music while we connect you to a skilled, trained crisis worker.

A trained crisis worker at your local center will answer the phone.

This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.



9-8-8 magnets, resource cards, and flyers are available in our office - call 203-630-4221 if you would like some for your business or organization.

RESPIRATORY VIRUS INFORMATION

Increase in Human Parvovirus B19 Activity in the United States

In August the Centers for Disease Control and Prevention (CDC) issued a Health Alert Network Health Advisory to notify healthcare providers, public health authorities, and the public about current increases in human parvovirus B19 activity in the United States. Parvovirus B19 is a seasonal respiratory virus that is transmitted through respiratory droplets by people with symptomatic or asymptomatic infection.

Some people who get infected with this virus will have no symptoms. When symptoms of parvovirus B19 infection occur, they are usually mild and may include the following: fever, headache, cough, sore throat, rashes, joint pain.

The clinical presentation most often associated with parvovirus B19 infection is a red rash on the face, also called a "slapped cheek" rash. This is also known as Fifth Disease (or Erythema Infectiosum). This rash typically appears a few days after the fever or flu-like symptoms. It is more common in children than adults.

Parvovirus B19 infections are usually mild and will go away on their own. Children and adults who are otherwise healthy usually recover completely.



Treatment usually involves relieving symptoms, such as fever, itching, and joint pain and swelling. For persons who develop a low blood count, treatment may include supportive care, blood products, and other specialized therapies. There is no vaccine to prevent parvovirus B19.

Recommendations for the Public:

Learn about parvovirus B19 symptoms and who may be at higher risk of severe disease.

Seek medical care if you:

A) are pregnant and have been exposed to a person with suspected or confirmed parvovirus B19 or you have signs and symptoms of parvovirus B19, or

B) have a weakened immune system or a chronic hemolytic blood disorder including sickle cell disease, thalassemia, and hereditary spherocytosis, and you have signs and symptoms of parvovirus B19.

Follow general respiratory precautions to prevent spread of parvovirus B19 and other respiratory viruses. People at higher risk of severe parvovirus B19 can consider using additional prevention strategies such as wearing a mask when around others.

Know that children and adults with parvovirus B19 are no longer contagious once the characteristic facial rash appears.

Our office provided this health alert information on parvovirus B19 to healthcare providers, schools, day cares and child care centers in Meriden for situational awareness.

Increase in Pertussis (Whooping Cough) Cases in Connecticut

The Connecticut Department of Public Health (CT DPH) reports that there has been a statewide increase in pertussis (whooping cough) cases since the beginning of this year. Since January 1, 2024, they have identified 93 cases of pertussis compared to 11 cases in all of 2023.

Whooping cough is a respiratory illness caused by a type of bacteria called *Bordetella pertussis*. This bacteria spreads easily from person to person through the air.

Whooping cough may begin like a common cold, but unlike a cold, the coughing can last for weeks or months. It usually takes 5 to 10 days for symptoms to appear after exposure. Early symptoms can last for 1 to 2 weeks and usually include runny or stuffed-up nose, a low-grade fever (less than 100.4°F), and a mild, occasional cough. Late symptoms can include rapid, violent, and uncontrolled coughing fits that can lead to vomiting or fractured ribs.

Whooping cough vaccines are the best way to protect against whooping cough. There are two types of combination vaccines that protect against whooping cough: DTaP and Tdap. Babies and children younger than 7 years old receive DTaP, while older children and adults receive Tdap. All adults should get either a Td or Tdap shot every 10 years. Both vaccines are available through our Clinic; please call to schedule your appointment.

People of all ages need WHOOPING COUGH VACCINES



DTaP

for young children

- ✓ 2, 4, and 6 months
- ✓ 15 through 18 months
- ✓ 4 through 6 years

Tdap

for preteens

- ✓ 11 through 12 years

Tdap

for pregnant women

- ✓ During the 27-36th week of each pregnancy

Tdap

for adults

- ✓ Anytime for those who have never received it

www.cdc.gov/whoopingcough



Our office provided this health alert information on pertussis to healthcare providers, schools, day cares and child care centers in Meriden for situational awareness.

CDC Recommends Updated 2024-2025 COVID-19 and Flu Vaccines for Fall/Winter Virus Season

Updated 2024-2025 COVID-19 Vaccine Recommendation

CDC recommends everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 this fall and winter whether or not they have ever previously been vaccinated with a COVID-19 vaccine. Updated COVID-19 vaccines will be available from Moderna, Novavax, and Pfizer later this year.

The virus that causes COVID-19, SARS-CoV-2, is always changing and protection from COVID-19 vaccines declines over time. Receiving an updated 2024-2025 COVID-19 vaccine can restore and enhance protection against the virus variants currently responsible for most infections and hospitalizations. COVID-19 vaccination also reduces the chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration.

Last season, people who received a 2023-2024 COVID-19 vaccine saw greater protection against illness and hospitalization than those who did not receive a 2023-2024 vaccine. To date, hundreds of millions of people have safely received a COVID-19 vaccine under the most intense vaccine safety monitoring in United States history.

Information about COVID-19 vaccines can be found [HERE](#).

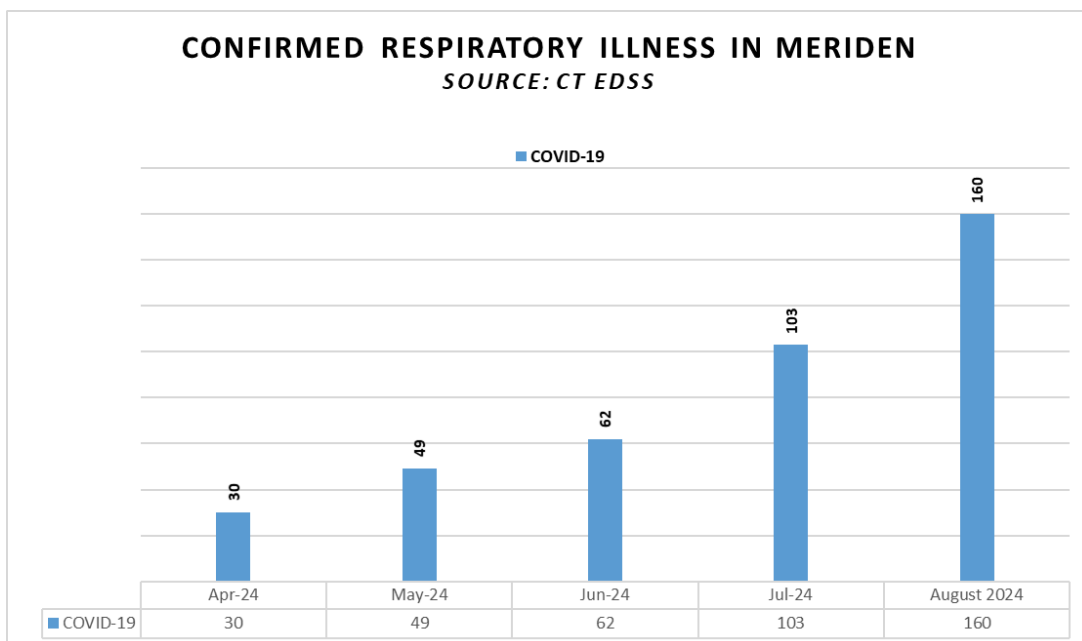
A full list of clinics available in Connecticut can be found at <https://www.vaccines.gov/>.

Search by zip code and type of vaccine desired.

Please call your preferred location before going to ensure dates, times, and supply is correct.

We continue to monitor cases of COVID-19 in Meriden. Confirmed cases are reportable to local health departments.

The numbers on the right do not include those who test positive via a home test, or those who are ill and do not test.



COVID-19 HOME TEST KITS



We have a limited amount of iHealth COVID-19 home test kits available. Please call our office at 165 Miller Street if you are in need. Meriden residents only.

Call 203-630-4221 to arrange for pick up at 165 Miller Street.

We cannot provide bulk test kits to organizations or businesses. We do not have masks available.

MARK YOUR CALENDARS!

Coming soon! Order your free COVID-19 Tests at the end of September. U.S. households will be eligible to order 4 free COVID-19 tests at COVIDTests.gov.

The COVID-19 Tests will detect current COVID-19 variants and can be used through the end of the year.



Updated 2024-2025 Flu Vaccine Recommendation

CDC recommends everyone 6 months of age and older, with rare exceptions, receive an updated 2024-2025 flu vaccine to reduce the risk of influenza and its potentially serious complications this fall and winter.

September and October remain the best times for most people to get vaccinated. Flu vaccination in July and August is not recommended for most people, but there are several considerations regarding vaccination during those months for specific groups:

- Pregnant people who are in their third trimester can get a flu vaccine in July or August to protect their babies from flu after birth, when they are too young to get vaccinated.
- Children who need two doses of the flu vaccine should get their first dose of vaccine as soon as it becomes available. The second dose should be given at least four weeks after the first.
- Vaccination in July or August can be considered for children who have health care visits during those months if there might not be another opportunity to vaccinate them.
- For adults (especially those 65 years old and older) and pregnant people in the first and second trimester, vaccination in July and August should be avoided unless it won't be possible to vaccinate in September or October.

Updated 2024-2025 flu vaccines will all be trivalent and will protect against an H1N1, H3N2 and a B/Victoria lineage virus. The composition of this season's vaccine compared to last has been updated with a new influenza A(H3N2) virus.



Our Department has flu vaccines for Meriden residents (adults and children).

Flu vaccines are provided at no cost to Meriden children under the age of 18 regardless of insurance status.

**Adult flu vaccine is \$20 cash or check, or we accept
Connecticare, Cigna and Aetna insurances.**

Please call 203-630-4234 to make your appointment.

SAVE THE DATES - OCTOBER LATE NIGHT FLU CLINICS

Our clinic will be open until 6:00pm on the following days for flu shots:

- October 8
- October 15
- October 22
- October 29

We will also be open on Saturday, October 19, from 9:00-11:00am.

Call 203-630-4234 to make your appointment.



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