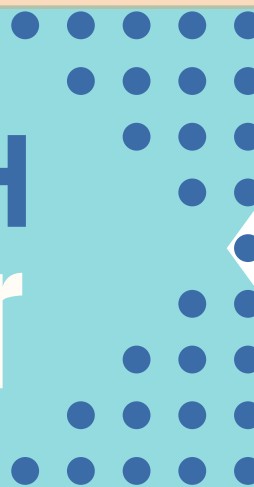




June 2025

MONTHLY HEALTH Newsletter

WWW.MERIDENHEALTH.COM



CONTACT INFO

165 Miller Street
Meriden, CT 06450

(203) 630-4226

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

Clinical Services
(203) 630-4234

Environmental Health
(203) 630-4226

Public Health Education
(203) 630-4288

School Readiness
(203) 630-4222

Youth Services
(203) 639-5058

Public Health Emergency Preparedness
(203) 630-4221

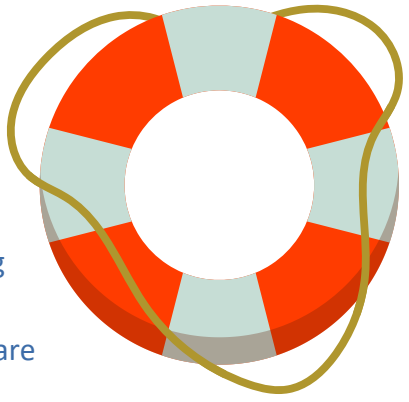
School Health
(203) 630-4223

Senior Center
22 W Main St
(203) 237-0066

SPLASHING INTO SUMMER: WATER SAFETY

Whether your family is going to a pool, beach, lake or pond, knowing how to keep your children safe around water is key for a safe summer!

- Always supervise children around water. Drowning is a leading cause of death in childhood, especially for children 1 to 4 years of age. Drowning risks and prevention measures change as children grow, but at all ages, multiple layers of prevention are needed.
- Drink plenty of water to avoid dehydration.
- Protect yourself from the sun. Wear sunglasses and apply sunscreen every 2 hours. It is recommended to use sunscreen with SPF 30 or higher.
- Avoid swimsuits that match the color of the water and lean towards bright, colorful suits to stand out.



SWIMWEAR COLOR: DO's AND DON'Ts

<p>DO:</p> <p>Choose bright, neon, high-contrast colors</p> 	<p>DON'T:</p> <p>Choose colors that blend or reflect surrounding shades</p> 
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For more information on water safety, please visit the American Academy of Pediatrics Drowning Prevention and Water Safety webpage: <https://www.aap.org/en/patient-care/drowning-prevention-and-water-safety/>.

STATEWIDE MOSQUITO TRAPPING AND TESTING

Statewide mosquito trapping and testing will start on June 2. The [Connecticut Agricultural Experiment Station \(CAES\)](#) is the agency responsible for trapping, identifying, and testing mosquitoes for encephalitis viruses which includes West Nile Virus and Eastern Equine Encephalitis Virus. There are 108 trap sites in Connecticut and Meriden's trapping and testing location is at Falcon Park.

We will post a link to the weekly reports on our Mosquito Prevention webpage at www.meridenhealth.com and on social media.

Did you find a tick on a family member or yourself? Did you know you could bring the tick to our office to submit for testing?

Put the tick in an envelope and bring it into our office. We will send it out to the Connecticut Agricultural Experiment Station to be identified and tested for common tick-borne illnesses as a public service free of charge.

Ticks found on animals/pets will be submitted for identification only and will not be tested.



BACK TO SCHOOL VACCINATION CLINIC

Starting or returning to school in the fall, and need vaccines? We've got you covered!

Our Public Health Clinic will be open until 6:00pm on Tuesday, June 17, 2025 for

- Adult and child immunizations
- School registration medical paperwork drop-off and clearance

Childhood vaccines are provided free of charge for children 18 and under, regardless of health insurance status through the Connecticut Vaccine Program.

Please call our Clinic at (203) 630-4234 to make your appointment!

MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

BACK TO SCHOOL VACCINATION CLINIC

Starting or returning to school in the fall, and need vaccines? We've got you covered!

Our Public Health Clinic, located at 166 Miller Street, will be open until 6:00 PM on:

Tuesday, June 17, 2025

- Adult and child immunizations
- School registration medical paperwork drop-off and clearance

Did you know? There are vaccine requirements for students entering:

- Kindergarten
- 7th Grade
- College

Childhood vaccines are provided free of charge for children 18 and under, regardless of health insurance status through the Connecticut Vaccine Program.

Call our Clinic at (203) 630-4234 to make your appointment.

MENTAL HEALTH FIRST AID TRAINING

Join us in partnership with Naugatuck Valley Health District for a FREE Virtual Mental Health First Aid Training opportunity! The training will be split into two days (must attend both days) and is open to Meriden residents and community organization. The training will be held on Wednesday, June 11 and Thursday, June 12 from 9:00am – 12:00pm via Zoom.

Participants will be required to complete a 2-hour, self-paced online course before attending the virtual instructor-led sessions. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

To register, please visit: <https://forms.gle/LyEbjRyDZEEdsVpK26>.

If you have any questions or concerns, please contact Elizabeth DeMerchant at edemerchant@meridencct.gov or (203) 630-4288.

UPCOMING EVENTS



- Special Day for Special People Picnic June 7, 2025 from 11:00am - 3:00pm at Hubbard Park. This is a free picnic in the park for all Meriden Senior Citizens and residents of extended care facilities. Golf cart transportation will be provided within Hubbard Park. Please call the Meriden Senior Center for mini-bus transportation information at (203) 237-3338.

