



MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES



August 2026

MONTHLY HEALTH Newsletter

WWW.MERIDENHEALTH.COM

CONTACT INFO

165 Miller Street
Meriden, CT 06450

(203) 630-4226

Monday-Friday
8:00am - 4:30pm

Clinic Services

(203) 630-4234

Environmental Health

(203) 630-4226

Public Health Education

(203) 630-4288

Meriden Early Start

(203) 630-4222

Youth Services

(203) 639-5058

Public Health Emergency Preparedness

(203) 630-4288

School Health

(203) 630-4239

Senior Center

22 W. Main Street
(203) 237-0066

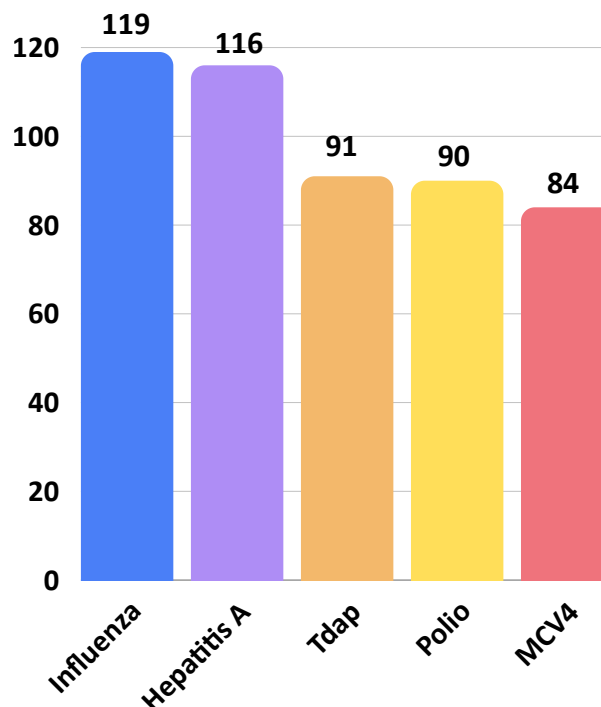
NATIONAL IMMUNIZATION AWARENESS MONTH

Marley the Meriden Lion is here to remind you that August is National Immunization Awareness Month! As your local health department, we encourage everyone to stay up to date with their vaccinations, but particularly babies and children since their immune system is still developing.

With summer winding down and a new school year starting in Meriden on August 26, we would like to remind families if your child is in need of vaccines for school to please call our Public Health Clinic to schedule an appointment.

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

Last fiscal year (July 1, 2025 - June 30, 2026) our Public Health Clinic administered **834 childhood vaccines**. Below is a graph showing the top 5 most frequently given vaccines to children 18 and under in our office.



Tdap: combination vaccines that protects against tetanus, diphtheria, and pertussis (whooping cough).

MCV4: Meningococcal vaccine.

BACK TO SCHOOL HEALTH REMINDERS



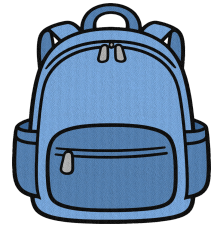
A new school year starts on Wednesday, August 26, 2026. Now is the perfect time to make sure your child is healthy, prepared, and ready to learn.

Annual Physicals & Paperwork

If your child received their annual physical over the summer, paperwork, including proof of immunizations, can be dropped off at our Public Health Clinic, located at 165 Miller Street, to ensure your child is medically cleared to start school on August 26. Paperwork, medication, and medication authorization forms can be dropped off at your child's school in the health offices starting August 14.

Backpack Safety

When selecting a backpack for your child look for one with padded shoulder straps, and always remind students to wear both straps and place heavier items closest to the back to reduce strain. A backpack should weigh no more than 10–15% of a child's body weight.



Prioritize Healthy Sleep Habits

Transitioning back to school routines including sleep schedules can be an adjustment. Gradually move bedtime earlier one to two weeks before school starts. School-age children typically need 9–12 hours of sleep each night, while teenagers need 8–10 hours.

Nutrition

Just a reminder, breakfast and lunch school meals are available at no cost for Meriden Public School students.



NALOXONE KITS FOR COLLEGE STUDENTS

Heading off to college this fall? Consider adding naloxone to your first aid kit.

An opioid overdose can happen anywhere.

Naloxone is:

- Easy to use
- Safe to use
- Can save a life

Stop by to pick up a naloxone kit during business hours - Monday through Friday from 8:00am - 4:30pm or call our Public Health Educator at (203) 630-4288.

To learn more about our life-saving overdose prevention & response services in Meriden please visit our website: <https://tinyurl.com/MeridenODPrevention>



STATEWIDE MOSQUITO TRAPPING AND TESTING

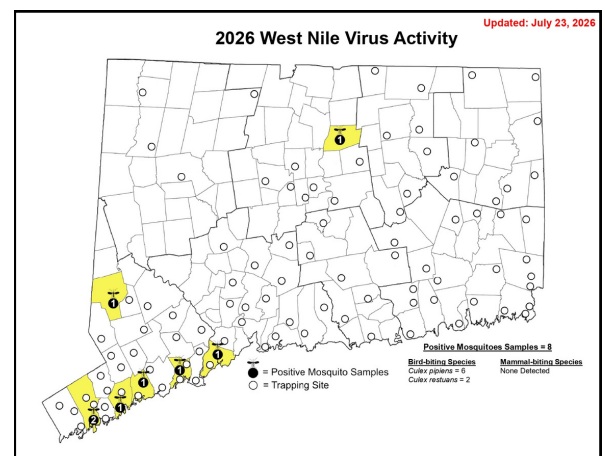
As of July 23, 2026:

Towns with West Nile Virus Infected Mosquitoes: Bridgeport, Danbury, Milford, Norwalk, South Windsor, Stamford, Westport

Towns with Eastern Equine Encephalitis Infected Mosquitoes: **NONE**

Meriden's testing location is Falcon Park.

Click the link below for a resource from the CT Dept. of Public Health: [**Insect Repellent Essentials: A Brief Guide**](#)



UPCOMING EVENTS

Staff will be at the following upcoming events/outreach locations:

Summer Meal Site Outreach - Stop by to ask questions about programs and services or just to say hello! We will have seasonal health information, free giveaways for the kids, and more.

Ceppa Field (11:15 - 11:35am)	John Barry Elementary School (12:25 - 12:55pm)
Monday, August 10	Monday, August 3
Meriden Green (11:45am - 12:15pm)	City Park (1:05 - 1:35pm)
Thursday, August 13	Thursday, August 6

Back to School Expo - Friday, August 21 from 10:00am - 1:00pm at the Meriden Green. Staff will be there giving out back to school health reminders, department resources, and back to school giveaways.

Overdose Awareness Day - Saturday, August 29 from 10:00am - 2:00pm at the Meriden Green. Staff will be there offering free pop-up naloxone training, overdose prevention resources, and more.

CT FOODSHARE MOBILE PANTRY

The CT Foodshare mobile pantry will continue to be at Ceppa Field (83 Gale Ave in Meriden) every other Thursday from 1:00 - 2:00pm.

Dates in August: 8/13/2026 & 8/27/2026

The mobile pantry will also be at Mt. Hebron Church (84 Franklin St in Meriden) from 1:15-2:15pm.

Dates in August: 8/7/2026 & 8/21/2026

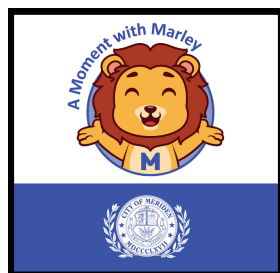
Sign up for alerts in case of cancellation by texting the word FOODSHARE to 85511. To find additional locations, click [here](#).

MERIDEN FARMERS MARKET

Every Saturday starting July 11 through October 17, from 8:30am - 12:00pm at the Meriden Green. Click [here](#) for more information.

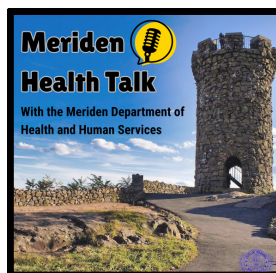


SUBSCRIBE TO OUR SEASONAL HEALTH NEWSLETTER & DEPARTMENT PODCAST CHANNELS



A Moment with Marley
Provides expert insights on disease prevention, family wellness, and updates from our Public Health Clinic.

Listen on Spotify [here](#).
Listen on iHeartRadio [here](#).
Listen on Apple Podcasts [here](#).



Meriden Health Talk
Provides expert insights on a range of topics, including seasonal health and local updates and alerts.

Listen on Spotify [here](#).
Listen on iHeartRadio [here](#).
Listen on Apple Podcasts [here](#).

If you would like to subscribe to our monthly seasonal health and quarterly life-saving overdose prevention and response newsletters, please click [here](#) or call (203) 630-4288. You will only need to provide your first name and email address. Your information will not be shared with anyone.

SENIOR CENTER NEWSLETTER

The August issue of the Meriden Senior Center newsletter is now available on our website: www.meridenhealth.com. Program highlights include:

- A Matter of Balance - Hartford HealthCare Senior Services: Every Thursday, starting August 6 - September 24 from 1:00 - 3:00pm.
- AARP Drivers Safety Class: Wednesday, August 12 from 9:00am - 1:00pm.
- Mini-Bus Day Trip - Holiday Hill: Monday, August 17 from 9:00am - 4:00pm.



www.meridenhealth.com



City of Meriden Health & Human Services Department



The Meriden Department of Health and Human Services Presents

Meriden Preparedness & Response Education Program for Seniors (PREPS)

August 12, 2026

October 14, 2026

September 9, 2026

November 4, 2026

10:00 - 11:00 AM

Meriden Senior Center (22 West Main Street) - Main Activity Room



Emergency Preparedness Training for Meriden Residents 50+

- Are you prepared for an emergency such as a power outage, flooding, or extreme weather?
- Learn how to build a kit, make a plan and stay informed before, during, and after an emergency or disaster.
- Get a **FREE** emergency “go bag” with basic preparedness items.

**Limited to 15 people per session - sign-up at the Meriden Senior Center
(Main Office) or call (203) 237-0066.**

Open to all Meriden residents age 50 and over.

This project was made possible for the community due
to the generous support of AARP.



**SAVE THE
DATE!**

**Hartford
HealthCare**
Rushford

OVERDOSE AWARENESS DAY



**August 29, 2026
Meriden Green - Amphitheater
10am-2pm
Rain or Shine!**



**A day to remember those we've lost & learn
to take action to save lives!**

FAMILY FUN & GIVEAWAYS FOR ALL AGES

- Live Music
- Interactive Games & Prizes

NALOXONE TRAINING

- Mental Health, Substance Use & Recovery

Resources

Contact Megan.Albanese@hhchealth.org
for more information