



July 2025

MONTHLY HEALTH Newsletter

WWW.MERIDENHEALTH.COM

CONTACT INFO

165 Miller Street
Meriden, CT 06450

(203) 630-4226

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

Clinical 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) 630-4221

School Health

(203) 630-4239

Senior Center

22 W. Main St
(203) 237-0066

CELEBRATE THE 4TH OF JULY SAFELY!

Are you hosting or attending a 4th of July gathering?
Celebrate safely this year by following these safety tips:

- Have fun in the sun, but be sure to:
 - Wear sunscreen with at least SPF 30 and reapply often.
 - Drink plenty of water to stay hydrated
 - Cool off in the shade during peak sunlight hours
- Food safety
 - Clean - surfaces, utensils, and hands with soap and water.
 - Separate - plates and utensils for cooked and uncooked foods.
 - Cook - use a food thermometer to ensure food is thoroughly cooked.
 - Chill - don't leave food at room temperature. Store leftovers promptly.
- Don't let the mosquitoes bite!
 - Use insect repellent.
 - Wear protective clothing.
 - Take steps to control mosquitoes outdoors such as removing any standing water.
- Fireworks
 - Never allow children to play with or ignite fireworks even sparklers!
 - Sparklers burn at an extremely high temperature of 2,000 degree F
 - Sparks can catch clothing on fire and cause eye injuries
 - Touching a lit sparkler to skin can result in a third-degree burn.



STATEWIDE MOSQUITO TRAPPING AND TESTING

Weekly reports from the Statewide mosquito trapping and testing are linked on our Mosquito Prevention webpage at www.meridenhealth.com. We will post on our website and social media if mosquitoes trapped in Meriden test positive.

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. Meriden's trapping location is at Falcon Park.



SUMMER OUTREACH

Staff will be at the following summer meal lunch sites hosted by the Meriden Public Schools Food and Nutrition Services.

Stop by to ask questions about programs and services or just to say hello! We will have seasonal health information, free crafts for the kids, and more.

Washington Park (10:45 - 11:05am)

- July 16
- August 1

City Park (12:25 - 12:55pm)

- July 9
- July 25
- August 13

Ceppa Field (11:15 - 11:35am)

- July 18
- August 6

John Barry (1:05 - 1:35pm)

- July 11
- July 30
- August 15

Meriden Green (11:45am - 12:15pm)

- July 2
- July 23
- August 8

MEASLES

Our office continues to monitor the current measles outbreak. No cases have been reported in Connecticut yet.

Measles is a VERY contagious disease. If one person has it, up to 9 out of 10 people nearby will become infected if they are not protected. Measles can cause serious health complications, especially in children younger than 5 years old. Severe measles can lead to hospitalization and even death.

Vaccination = Best Protection!

The measles vaccine is part of the Measles, Mumps, and Rubella (MMR) series, and is part of the routine vaccines recommended for children. Children should be vaccinated for measles with 2 doses:

- First dose at 12 to 15 months of age
- Second dose at 4 to 6 years of age

Our Public Health Clinic offers the MMR vaccine, please call our Clinic at (203) 630-4234 to make an appointment!

COVID-19 HOME TEST KITS

A new strain of COVID-19 virus - NB.1.8.1 or "nimbus" - has been found in 14 states to date. If you are traveling, consider packing a COVID-19 home test kit.

Kits are available for Meriden residents in our office (165 Miller Street) Monday - Friday, 8:00am - 4:30pm. The kits expire in December 2025. We cannot provide bulk kits to businesses or organizations. Call (203) 630-4221 with questions.



BACK-TO-SCHOOL PHYSICALS

It's that time of year again! We are partnering with Community Health Center, Inc. to offer back-to-school physicals at our office 165 Miller Street.

Please call (475) 231-6978 to make your appointment.



www.meridenhealth.com



City of Meriden Health & Human Services Department