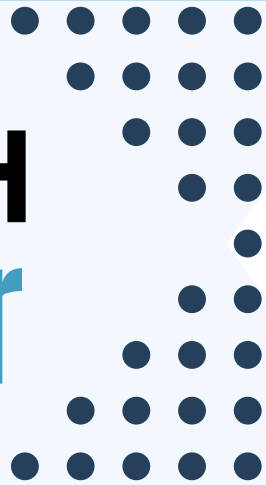




June 2026

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

(formerly School Readiness)

(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

HOT TIPS FOR A SAFE SUMMER

With summer festivities right around the corner, our Department would like to provide seasonal safety tips to ensure everyone has a safe and healthy summer!

Stay Sun Safe

Too much sun exposure can lead to sunburn, dehydration, and long-term skin damage. Protect your family by:

- Applying broad-spectrum sunscreen with a sun protective factor (SPF) of 30 or higher. Reapply sunscreen every 2 hours especially if you are swimming or sweating.
- Wearing hats, sunglasses, and lightweight protective clothing when outdoors.
- Seeking shade during peak sun hours (10:00am - 4:00pm).

Beat the Heat

High temperatures can quickly become dangerous, especially for children and older adults.

- Drink plenty of water throughout the day.
- Avoid sugary or highly caffeinated drinks.
- Take breaks in air-conditioned spaces when possible.
- Never leave children or pets in a parked car.

Water Safety Matters

Whether at the pool, lake, or beach, water safety should always come first.

- Never leave children unattended near water.
- Teach children basic water rules, like asking permission before going near water. Also, swimming lessons can help children and adults build confidence and essential survival skills. But remember, swimming ability does not replace supervision.
- Avoid swimming alone.

Practice Playground & Bike Safety

Summer means more outdoor playtime.

- Make sure children wear helmets when riding bikes, scooters, or skateboards. *Connecticut Law, Public Act 18-167, requires that all children under 15 wear properly fitted protective headgear when riding bicycles, skateboarding, roller skating or in-line skating.*
- Check playground equipment for hot surfaces before use.



UPDATES FROM MARLEY THE MERIDEN LION



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 165 Miller Street, will be open until 6:00pm on: **Wednesday, June 24, 2026**

- 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.

Call our Clinic at (203) 630-4234 to schedule an appointment.

School Year 2026-2027 Physical Forms

Just a reminder for families, if you child is entering:

- **Kindergarten** - we must have a copy of their physical dated on or after 8/26/2025.
- **7th or 10th Grade** - we must have a copy of their physical dated on or after 6/1/2025.

Our Department will be partnering with Community Health Center, Inc. to offer back to school physical in our Clinic. Stay tuned for more information!

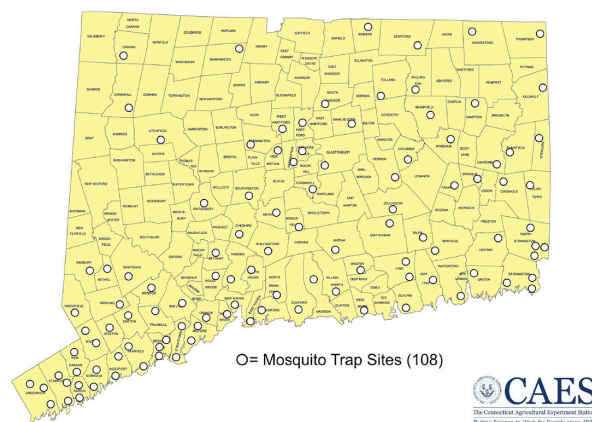
STATEWIDE MOSQUITO TRAPPING AND TESTING

Statewide mosquito trapping and testing will start on June 1, 2026. The Connecticut Agricultural Experiment Station (CAES) is the agency responsible for trapping, identifying, and testing mosquitoes for encephalitis viruses which includes West Nile Virus (WNV) and Eastern Equine Encephalitis Virus (EEE).

There are 108 trap sites located in 88 towns/cities in Connecticut and Meriden's trapping and testing location is at Falcon Park.

We will post WNV and EEE activity updates on our Facebook page: [City of Meriden Health & Human Services Department](#).

Mosquito Trapping Stations: 2020-2026



RISE IN TICK BITES REPORTED IN U.S.



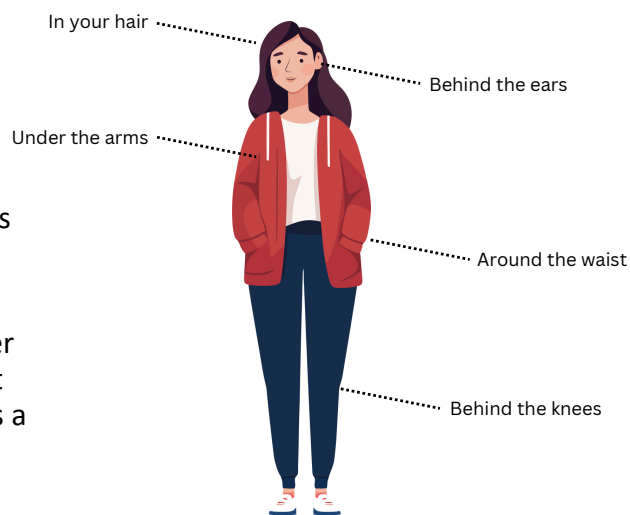
The Centers for Disease Control and Prevention has reported an increase in visits to the emergency room for tick bites across the United States, especially in the Northeast and Midwest regions.

As the weather continues to get warmer and everyone is spending more time outside, we are reminding residents to wear insect repellent, protective clothing, and check themselves and pets for ticks after you come outside.

If you find a tick on yourself or another human: Bring the tick in in a crush proof container (or sealed plastic bag) to our office at 165 Miller Street. 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.

Questions? Call our Environmental Health Office at (203) 630-4226.

Where to Check for Ticks



UPCOMING EVENTS

From Birth to Kindergarten Helping Children Thrive Through Every Transition

Join Meriden Early Start in partnership with Collaborative ABA Services, LLC for an information session on how to feel informed, supported, and confident about their child's transition into kindergarten.



This will be held on June 10, 2026 from 6:00 - 7:30pm at the Meriden Public Library (105 Miller Street) in Room 6. Children are welcome to attend with their parent(s)/guardian(s).

To register, please visit the Meriden Public Library's website [here](#).

Pride at the Library

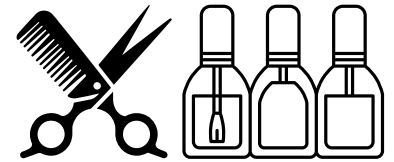
The Meriden Public Library will be hosting their second annual [Pride at the Library](#) on June 13 from 12:00 - 3:30pm. We are providing free resource bags and giveaways for attendees!



ATTENTION BARBERSHOPS, HAIR SALONS, AND NAIL SALONS

Just a reminder, license fees are due to our Environmental Health Office *on or before* **June 30, 2026** per [Chapter 70-3 of the Meriden City Code](#).

If you have any questions please call our Environmental Health Office at (203) 630-4226.



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

- Beauty Day at the Salon with Wilcox Tech - June 4 from 12:15 - 1:30pm.
- Understanding Cognitive Changes: Brain Health & Aging - June 5 from 10:00 - 11:00am.
- Walk & Talk: Sun Safety - June 26 from 10:00am - 12:00pm.



www.meridenhealth.com



City of Meriden Health & Human Services Department



Special Day for Special People **PICNIC!**



MERIDEN VETERANS HONOR GUARD

**SATURDAY,
JUNE 6, 2026**

**FROM 11:00 AM TO 3:00 PM
AT HUBBARD PARK
(BAND SHELL)**



A free picnic in the park for all Meriden Senior Citizens and residents of extended care facilities. Bring a friend & folding lawn chair!

**Meriden Veterans Honor Guard Flag raising ceremony
BINGO with prizes (under pavilion)**

Informational Tables from local agencies

Musical Entertainment, Raffle Prizes and so much more!

Please call the Meriden Senior Center for mini-bus transportation information at (203) 237-3338

Menu

Hot Dogs &
Cheeseburgers
Icecream
Watermelon
Popcorn
Refreshments

Golf cart transportation will be provided within Hubbard Park.

For more information contact:
Irma Garcia
Recreation Coordinator
(203) 630-4703
igarcia@meridenct.gov

**ENTERTAINMENT BY:
STAR DANCE ACADEMY
DJ ANODRAG
& GENE THE AMAZING!**



RAIN DATE: WEDNESDAY, JUNE 11 AT THE MERIDEN SENIOR CENTER

Adult Mental Health First Aid

Wednesday, June 24, 2026

9:00am - 4:00pm

**165 Miller Street
2nd Floor - Teen Conference Room
Meriden, CT 06450**

Open to Meriden residents and organizations.

Join us for a FREE Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE)**:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

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

Questions? Contact:

Elizabeth DeMerchant, Public Health Educator
edemerchant@meridenct.gov or (203) 630-4288.

To register, complete the Google Form:
<https://forms.gle/sfQukzbVinzYsHiY7>

Take the Time

Mobile Mammography



Hartford Hospital's 3D Mobile Mammography van is coming. Take the time to visit us for your screening mammogram. Mammograms can save lives.

These screening mammograms are offered for women between 35 and 40 who have not had a mammogram, and for women 40 and older who have not had a mammogram in over a year.

Date: July 28, 2026

Time: 8:00 AM - 1:15 PM

Location: 165 Miller Street, Meriden, CT 06450

Contact Person: Shanae Grant, Community Outreach Specialist

Phone: (860) 972-1243