



Community Health Assessment: Survey Opportunity

We Want to Hear From YOU!

The health of a community is influenced by more than just illness or disease. It involves examining how all aspects of life, including economic, recreational, environmental, cultural and spiritual components, affect its residents. QVHD is working closely with *DataHaven* to revise our Community Needs Assessment (CHA) from 2016, a data driven process to determine the health status, behaviors, and true needs of QVHD residents.

QVHD has developed a survey for residents from Bethany, Hamden, North Haven & Woodbridge to weigh in & share insights from their own experiences/perspectives. The survey will take about 5-10 minutes to complete. Responses will help QVHD better understand local assets and key factors in the community influencing health & well-being. All survey data will remain anonymous and will be used to develop evidence-based strategies to address gaps and improve both the health of our residents and the environment in which they live.



Scan this QR code for English



Scan this QR code for Spanish



@qvhd



Quinnipiac Valley Health District

International Overdose Awareness Day

Thursday, August 31, 2023 | New Haven Green | 12 PM - 3 PM

Between April 2021 & April 2022, more than **107,000 lives were lost** due to a preventable & reversible drug overdose in the United States. Yet stigma, a misunderstanding of the biology of addiction, and a lack of awareness surrounding the role of fentanyl in driving overdoses, unfortunately results in more lives lost. According to the National Survey on Drug Use & Health (NSDUH, 2021), more than 46.3 million people ages 12 and older met the applicable DSM-5 criteria for having a substance use disorder in 2021. Yet, 94% of people did not receive any treatment.

Local health is excited to join forces again with Cornell Scott-Hill Health Center and other key partners in Greater New Haven to educate, offer hope, and to remember those lives we've lost too soon.

Vendors, Free Naloxone, connections to treatment, Fentanyl Test Strips, other harm reduction supplies, along with stories of hope & resiliency will be available.

**Everyday is
Overdose
Awareness Day
Remember:**



If you, or anyone you know, would like free Naloxone, the opioid overdose reversal medication, fentanyl test strips, or other resources for themselves, their business, or a loved one please contact Kara Sepulveda at 203-800-6749 (call or text) or ks@qvh.org

STORM PREPAREDNESS

Staying safe during thunderstorms & lightning

Thunderstorms are dangerous storms that can generate lightning, powerful winds, hail, flash flooding & tornadoes. Storms have been more prevalent this year, so remember the tips below to keep you and loves ones safe.

- Stay informed & pay attention to alerts. Sign up for your community's emergency alert warning system.
- **When thunder roars, go indoors!** Move into a building or a car with a roof.
- Avoid using electronic devices connected to an electrical outlet.
- Avoid running water.
- Turn around & don't drown. Never drive through flooded roadways, just six inches of fast moving water can knock you down & one foot of moving water can sweep your vehicle away.

Information obtained from **ready.gov**, visit to learn more.

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



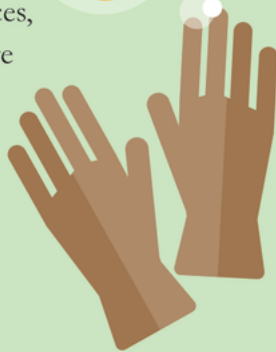
Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



Mosquitoes spread germs that can make you sick

Prevent mosquito bites



Use insect repellent.



Wear long-sleeved shirts and long pants. Treat clothing and gear with permethrin.



Keep mosquitoes outdoors.

Control mosquitoes around your home.

Once a week, empty and scrub, turn over, cover, or throw out any items that hold water.

Use screens on windows and doors.

www.cdc.gov/mosquitoes





**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

315058-A

Protect yourself and your family from mosquito bites

Use insect repellent | Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient Higher percentages of active ingredient provide longer protection	
DEET	 <p data-bbox="1189 593 1428 728">Find the insect repellent that's right for you by using EPA's search tool*.</p>
Picaridin (known as KBR 3023 and icaridin outside the US)	
IR3535	
Oil of lemon eucalyptus (OLE)	
Para-menthane-diol (PMD)	
2-undecanone	

* The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

Always follow the product label instructions



Insect repellent use

- Reapply as directed.
- Do not spray repellent on the skin under clothing.



Insect repellent use on children

- Adults: Spray insect repellent onto your hands and then apply to a child's face.
- **Do not**
 - » Use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
 - » Apply insect repellent to a child's hands, eyes, mouth, and cut or irritated skin.

www.cdc.gov/mosquitoes

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