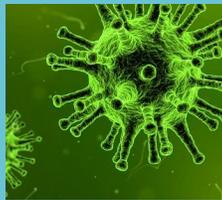




# Health Matters

a monthly publication of the  
Farmington Valley Health District  
February 2020

Serving the towns of:  
Avon  
Barkhamsted  
Canton  
Colebrook  
East Granby  
Farmington  
Granby  
Hartland  
New Hartford  
Simsbury



## Coronavirus- What You Need to Know

### What is 2019 novel coronavirus?

The 2019 novel coronavirus, now named covid-19 is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China<sup>[1]</sup>. The most common symptoms are fever and cough, sometimes difficulty breathing. These symptoms can also be due to other illnesses.

### What is the current risk to people in the Farmington Valley?

While cases of covid-19 continue to spread, particularly in China, person-to-person spread in the United States has not yet been detected so the likelihood of someone in Connecticut and the Farmington Valley getting sick with

this virus is very low at this time. All current cases in the United States can be linked back to individuals with exposure in Wuhan Province, China. Individuals at greatest risk of developing covid-19 are those that have recently traveled to Wuhan Province and had prolonged exposure to individuals with confirmed illness.

While the risk to the general public of developing covid-19 is very low, there are precautions that everyone should take to keep themselves healthy, especially during the flu season.

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Visit our website at [www.fvhd.org](http://www.fvhd.org)

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95 River Road  
Canton, CT 06019  
860-352-2333

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1. Wash your hands with soap and water or hand sanitizer frequently throughout the day; especially before you eat, touch your face and immediately after a sneeze or cough.
2. Stay home if you are sick
3. Limit any time spent with ill individuals
4. Cover your sneeze or cough, then wash hands
5. Get your flu shot if you haven't done so already.

For regular updates on the virus, please monitor the Centers for Disease Control and Prevention's (CDC) website:

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

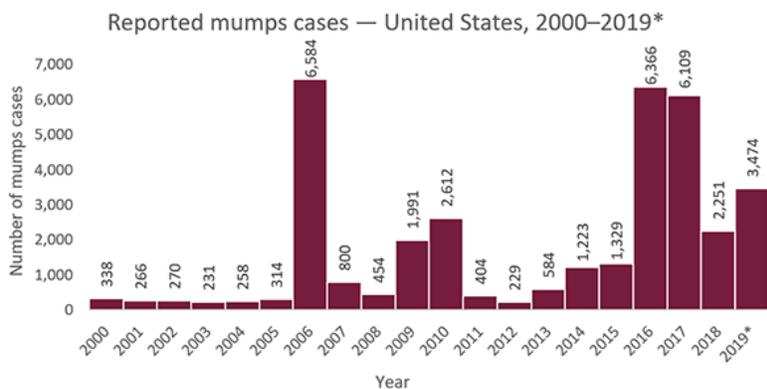
The second link is to a one-page fact sheet on what is currently known about the virus. This information is subject to change as additional information is learned.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

[1] CDC: 2019 Novel Coronavirus and You Fact Sheet, retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

## What You Need to Know About Mumps

Mumps is a contagious and rare viral infection. Although rare, Connecticut has seen an increase in cases over the past few years. There have been 11 cases of Mumps reported in Connecticut this year alone even though mumps is a vaccine preventable illness. Mumps is best known for causing puffy cheeks and a swollen jaw due to inflammation in the salivary glands. In many cases mumps will clear within a few weeks but the virus can potentially linger and lead to serious inflammation.



Luckily, the mumps can be prevented with the MMR vaccine. The MMR vaccine prevents against three different illnesses-- measles, mumps, and rubella.

This vaccine is normally given in two doses and is effective at preventing the mumps approximately 88% of the time. Sometimes a booster vaccine is given to individuals working in higher risk occupations, such as health care professionals. CDC recommends that children get two doses of MMR vaccine:

- The first dose at 12 through 15 months of age

- The second dose at 4 through 6 years of age

Teens and adults should also be up to date on MMR vaccinations. **Since the MMR vaccine has become common practice there has been a 99% decrease in mumps cases in the United States.** Mumps outbreaks still occur in close knit communities like college dorms, elementary schools, and camps. However, vaccination limits the size and duration of outbreaks. Discuss your immunizations with your physician and make sure you and your family are protected.

# PROTECT YOURSELF AGAINST MUMPS



## MMR VACCINATION IS THE BEST WAY TO PREVENT MUMPS!

THERE IS NO TREATMENT FOR MUMPS IF YOU GET IT

KEEP FROM SPREADING MUMPS



Don't share things that have saliva on them



Cover your coughs and sneezes



Stay home when you are sick



Wash your hands often with soap and water



Clean and disinfect surfaces

SIGNS AND SYMPTOMS OF MUMPS



Mumps is best known for the puffy cheeks and swollen jaw that it causes.



Fever



Headache



Loss of appetite



Muscle aches



Tiredness

VACCINATION ALSO HELPS PREVENT MUMPS COMPLICATIONS



Complications can include swelling of the:

- testicles
- ovaries
- breasts
- pancreas
- brain
- spinal cord tissue

IF YOU HAVE SYMPTOMS, STAY HOME AND AWAY FROM OTHERS. CONTACT YOUR DOCTOR OR HEALTH SERVICES AT YOUR INSTITUTION.



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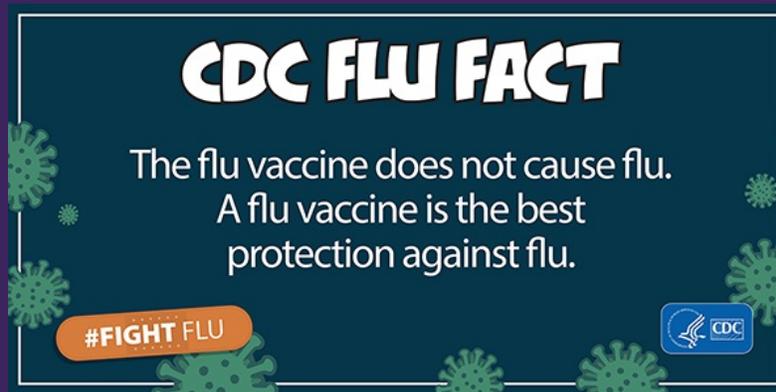
Click [here](#) to learn more about the mumps.

## Influenza Continues to Spread in Connecticut

In Connecticut, a total of 784 influenza-associated hospitalizations have been reported since the beginning of the 2019-20 season. The CT Department of

Public Health has classified the geographic activity of this year's flu as **widespread** meaning affecting large areas of Connecticut. Read the full Influenza Surveillance report [here](#). With flu circulating through out our communities it is important that you take steps to avoid being exposed:

- Wash your hands regularly with warm soapy water.
  - Avoid touching your face or mouth with your hands.
  - Stay home when you are sick to avoid spreading illness to others.
  - Cover a sneeze or cough with a tissue.
  - Avoid close contact with people who are sick.
- et exercise and eat a healthy diet to stay health



According to 2018 surveillance data collected by the Connecticut Department of Public Health, more than 10.3% of adults in CT report having asthma and approximately 9.7% of school children suffer from asthma. Asthma is a chronic illness that can be controlled. However, people with asthma may still suffer frightening asthma attacks. Asthma attacks are periods during which asthmatic symptoms increase and in extreme cases they can be fatal. During an asthma attack, the sides of the airways swell, and the air way shrinks making it very difficult to breathe. In addition, excess mucus in the airways further restricts air flow. Other symptoms of an asthma attack can include wheezing, chest tightness, coughing and trouble breathing.

Exposure to certain substances in the environment can trigger an asthma attack. These may include:

- Pet dander
- Second or third hand smoke
- Cleaning agents
- Mold
- Strong fragrances
- Pollen
- Outdoor air pollution

Exercise may also trigger an asthma attack. Asthma cannot be cured, but it can be controlled with the proper medical support and environmental changes. Identifying and understanding what triggers an asthma attack is a critical component of asthma management.

FVHD is pleased to offer the “Putting on AIRS” program sponsored by the CT Department of Public Health to assist members of the community dealing with asthma.

The program includes interactive health education and an environmental assessment of your home to check for possible asthma triggers. A registered nurse/asthma educator conducts the education session, reviews medications, and continues to provide support after the assessment. Recommendations are made for relatively low-cost and low-technology interventions that families can easily incorporate to reduce exposure to asthma triggers.

If you have a child or family member suffering from asthma, please contact us at the FVHD office so we can talk to you more about the support we can offer.

**REDUCE**

**Asthma Symptoms**

**At Home** 

- Create a Smoke-Free Environment 
- Eliminate Sources of Mold 
- Keep Pets Out of the Bedroom 
- Vent Fuel-Burning Appliances Outside 
- Rid Your House of Pests and Dust Mites 
- Open Windows/Doors When Cleaning 

Source: Department of Public Health (DPH) 



## Sign up for Matter of Balance: Fall Prevention Programming

The Farmington Valley Health District is proud to provide evidence-based fall prevention programming to our residents. Participants will learn how to challenge their fear of falling and how to exercise to increase their strength and flexibility. See below for more details!

Where: 321 New Britain Ave, Unionville, CT 06085

When: March 11 – April 29<sup>th</sup>

Time: 1:00-3:00 pm

What Day: Wednesday

Duration: 8 Weeks

Call us at 860-352-2333 for more information or to sign up!

## You Can Save a Life by Donating Blood



### Why is it Important to Donate Blood?

Blood transfusions are life-saving procedures and yet there is always a shortage of blood readily available. Within the medical community there is no substitute, or artificial equivalent, for human blood. Trauma patients who lose large volumes of blood, cancer patients, sufferers of sickle cell anemia, and burn patients all rely on blood donations to stay alive. Less than 37% of our adult population are eligible to donate and each year about 10% of that population donates blood. In the United States, 1 person requires a blood transfusion every 2 seconds and over 21 million units of blood product are provided every year. During the winter season we see a decrease in the amount of people who donate blood.

### Blood Donation Facts:

- Each blood donation is about 1 pint
- 1 pint can save up to 3 lives
- Each blood transfusion requires on average 3 units of blood
- O-negative is the most in demand blood donation as it is the universal blood type and can be used by everyone.

**If you are able to donate blood please log on to the Red Cross web site to find a donation location near you:**

**<https://www.redcrossblood.org/give.html/find-drive>**

# BE SWEET TO YOUR HEART



FEBRUARY IS AMERICAN HEART MONTH



Heart health is an essential component of overall health and body function. According to the Centers for Disease Control and Prevention, 1 in 4 Americans in the U.S. suffers from heart disease. Heart Disease is a term used to describe various heart conditions such as Coronary Artery Disease and heart failure.

Cardiovascular Disease is the leading global cause of death.

Total direct medical costs of Cardiovascular Disease are projected to increase to \$749 billion dollars by the year 2035.

There are simple steps you can take to keep your heart and overall health optimal. Getting regular exercise is important to help strengthen the heart muscle, and pump blood through the vascular system.

Consuming a healthy diet containing lots of water, vegetables, lean meats and fiber helps to regulate blood sugar and keep salt and cholesterol levels down which in turn takes stress off your heart. Following these helpful hints will also help you to maintain a healthy weight which is good for overall health. It is important to monitor your heart by receiving regular checkups and physicals yearly.

In winter months it's important to think of heart health because getting out doors to do exercise might be harder due to colder weather. Think about joining a gym or doing aerobic exercises indoors if the cold weather is holding you back. Winter activities, like shoveling snow, can be great exercise but too much can put a strain on your heart. Make sure before undertaking any strenuous exercise program to consult medical attention first. Your primary care physician can also offer other health alternatives and solutions to help protect your hearts health year-round.

Cardiovascular diseases claim more lives each year than all forms of cancer and Chronic Lower Respiratory Disease Combined.

