



## ***Health Matters***

a monthly publication of the  
**Farmington Valley Health District**  
March 2019

**Serving the towns of:**

Avon  
Barkhamsted  
Canton  
Colebrook  
East Granby  
Farmington  
Granby  
Hartland  
New Hartford  
Simsbury

## **Measles Cases Renew Importance of Vaccination**

Connecticut is one of ten States reporting measles cases in the first two months of 2019. In these ten States, 6 confirmed outbreaks (3 or more cases) have been declared including 3 in New York and one in Washington, Texas and Illinois. Connecticut confirmed the second measles case in early February.

Once declared "eliminated" in 2000 by the Centers for Disease Control and Prevention (CDC), outbreaks and isolated cases continue to draw attention to the importance and effectiveness of the vaccine. All of the current outbreaks are linked to travelers who were exposed overseas and brought the illness back to the States.

Measles is a highly contagious respiratory virus which spreads easily in unvaccinated individuals. Measles is so contagious that 90 percent of unvaccinated individuals will contract the virus after contact with an infected individual. The virus can live for over two hours in airspace, and is characterized by a very high fever and a painful widespread skin rash.

Measles is not a benign rash-like illness. Twenty-five percent of people

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# Measles

IT ISN'T JUST A LITTLE RASH



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.



[WWW.CDC.GOV/MEASLES](http://WWW.CDC.GOV/MEASLES)

with measles require hospitalization, encephalitis (swelling of the brain) occurs in approximately 1 in every thousand cases and it can also cause death. Measles can be prevented with what is known as the MMR vaccine (Measles, Mumps, and Rubella). The CDC recommends children (12-15 months) get the first dose of MMR vaccine, and the second dose between 4-6 years of age. Two doses of the vaccine are 97% effective at preventing measles. The vaccine is extremely safe.

Photo source: [cdc.gov/measles](http://cdc.gov/measles)

## PUTTING ON AIRS: HELPING PEOPLE MANAGE THEIR ASTHMA

Asthma is a lung disease caused by swollen or inflamed airways. Asthma symptoms including coughing, wheezing, whistling sound when breathing and tightening of chest often occur after exposure to triggers including things like smoke, dust, and pollen. When exposed to a trigger, the airways make more mucus causing the airways to become more narrow. The muscles around the airways can also tighten, flow of air is reduced making it hard for the person to breathe.

For most people, asthma is a disease that can be managed with a combination of medications and by controlling the environmental factors that trigger an asthma episode or exacerbation. Emergency room visits, hospitalizations, having to use rescue medications 3 or more times in a 6 month period, school and work absences, are all signs that asthma may not be well managed.

**Putting on Airs** is a self management program provided by the Farmington Valley Health District that provides face-to-face asthma education visits with an asthma educator and an environmental specialist to assist individuals and families that are having difficulty managing asthma symptoms. Asthma educators review Asthma Action Plans, medications and proper administration including the use of aero chambers and nebulizers. Environmental Specialists assess the home to identify known and potential asthma triggers and provides recommendations and guidance on reducing exposures. The program follows the standards set by the National Heart, Lung and Blood Institute and is funded by the CT Department of Public Health.

To learn more about the Program watch this issue of [Health Matters](#).

If you or someone you know could benefit from the **Putting on Airs** Program call the Health District at 860-352-2333.

## DO YOU KNOW YOUR NUMBERS??



What does it mean to know your numbers?

Why should you care?

According to the American Heart Association, there are specific numbers representative of test results which tell a great deal about one's health. These numbers are also known as "critical health markers" because in most cases these numbers help predict the likelihood of an individual developing a chronic disease such as diabetes, high blood pressure, heart disease and stroke.

### **Critical health markers include:**

- **Blood Sugar:** a measure of the amount of glucose in the blood
- **Blood Pressure:** a measure of the force of blood on the arterial walls as the heart beats and rests
- **Blood Cholesterol:** refers to the amount of waxy substance produced by the liver
- **Body Weight**

Your annual physical and blood tests can help you and your healthcare professional know what "your numbers" are and help you make smart decisions when it comes to your health.

It is never too late to reduce the risk of disease or make lifestyle changes that support better health--it's as simple as 1,2,3!

- 1. See your doctor annually and Know Your Numbers!**
- 2. Don't smoke or quit smoking if you do**
- 3. Maintain a healthy diet and exercise routine**

Knowing your personal risk factors for disease and ensuring you know what 'numbers' are normal is the first step in maintaining a healthy body. Be sure to follow your health care providers guidance about additional tests and screening tools that can help you better monitor your health.

Call the FVHD today to get your "Know Your Numbers" wallet card and begin to take the first step in maintaining good health.. 860-352-2333

## HEALTH PROGRAMMING IN YOUR DISTRICT



"It's Your Life...Live it Well"

**No cost to attend**

**Workshop is held once a week for six weeks**

**Caregivers are welcome**

### CHRONIC PAIN SELF MANAGEMENT

**Starting April 3rd, 2019**

**Every Wednesday**

**1-3:30**

**Simsbury Senior Center**

754 Hopmeadow St # 1

Simsbury, CT 06070

**Are you an adult with chronic pain?**

**Do you care for someone who lives with chronic pain?**

This workshop can help you be in control and feel better.

#### **You will learn:**

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- Communication techniques to help make your needs known

**To Register Call Simsbury Senior Center at: (860) 658-3273**

photo & information source: [cthealthyliving.org](http://cthealthyliving.org)

## NOT TOO LATE TO TEST FOR RADON!!

The District still has a limited supply of FREE radon test kits.

Kits can be picked up at our office: 95 River Road, Canton from 8:00-4:00 M-F, closed



between 12-1.



## Resilience Grows Here: Promoting Family Support

The oath of service taken upon enlistment into the armed services contains unspoken text that harnesses itself to the family of the brave soldier, airman, sailor or marine. In pledging their allegiance to protect our freedoms, our warriors, in fact, are enlisting their families to be unsung heroes.

As we strive to honor and support our service members and our veterans, the due diligence of our efforts must also entail recognizing the sacrifices their families make and will make in their role as loved ones.

According to the 2018 Military Family Lifestyle Survey, the top challenges faced by military families are the prolonged times of separation, military spouse employment, military child education, the impact of deployments on children and military pay and benefits.

“Supporting military families strengthens national security and local communities. The DoD is not alone in providing strong family support. The majority of military families live in their local communities, not on military installations. Communities play a joint role in ensuring the building blocks of community health and well-being are firmly in place for all military families.”

At Resilience Grows Here, we are striving to lessen the ever-growing divide between the military and civilian lives of our warriors and their families. Through community engagement, education and our increasing cadre of reliable resources, we welcome the citizens of the Farmington Valley Health District to join us in this effort. Our communities are enriched by the strengths, values and dedication that our courageous service members and their families bring home. Veterans & Community. Together we thrive! Learn more about military families in the RGH video “Raising awareness about the needs of families” Currently, our outreach initiatives are Veteran Coffee Houses in Canton, East

Granby and Simsbury. The Military Family Connect Group meets twice a month in East Granby. Follow this link to see dates and times:

<http://www.resiliencegrowshere.org/event-calendar.html>

We also offer QPR Suicide Awareness training to groups as an effort to derail the mounting numbers of service members, veterans and their families dying from suicide. QPR saves lives!

Should you need assistance or know of a service member, veteran or military family in need, it is our privilege to guide you to the services that will address your concerns and reflect our community's deep gratitude for the service and sacrifices made for our nation. Please call 860-352-2333 and ask to speak to a Resilience Grows Here peer. Visit us at [ResilienceGrowsHere.org](http://ResilienceGrowsHere.org) or on our Facebook page, <https://www.facebook.com/resiliencegrowshere/>



**The health department strives to prevent disease outbreaks and conditions that give rise to poor health, promote health programs and policies that support good health, and protect members of our community from health threats.**

