



TICK SEASON

Spring 2023

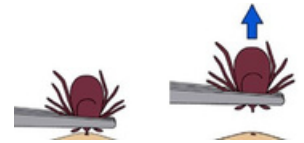
As the warm weather increases and the days in which we reach below-freezing temperatures are behind us, tick season is officially here. Tick awareness is critical as they can spread diseases including Lyme disease, anaplasmosis, and babesiosis.

For a fee*, QVHD may mail & submit ticks on behalf of **Bethany, Hamden, North Haven** and **Woodbridge** residents to the Connecticut Agricultural Experiment Station (CAES) for identification and/or testing for the causative agents for Lyme disease, anaplasmosis, and babesiosis. Residents are encouraged to bring the tick to the CAES themselves to ensure delivery. If submitting yourself, the CAES Tick Submission Form is required to be completely filled out (a blank copy can be found on our website). For complete information, please visit: www.qvhd.org/ticks

*\$10 fee plus service fee depending on payment

THE BEST WAY TO REMOVE A TICK FOUND ATTACHED TO THE BODY

- Grasp it close to the mouth parts near the skin surface.
- With gentle, steady pressure, pull the tick upward away from the skin until it releases.
- Once the tick is removed, wash the area of the bite with an antiseptic or rubbing alcohol.
- For more information on ticks, visit: <https://www.cdc.gov/lyme/prev/index.html>



Missed Medication Take Back Day?

Fake pills are on the rise, the Drug Enforcement Administration (DEA, 2023) reports that on average, every 6 of 10 counterfeit pills analyzed contained a lethal dose of illicitly manufactured fentanyl. Monitoring and cleaning out your home medicine cabinet on a **regular basis** is a key component of prevention to ensure medications in the home are not misused or diverted. Often, people become dependent on a legitimate prescription medication and turn to the street drug supply to maintain that addiction, not realizing how dangerous pills purchased on the street can be. Track how many of each medication you have on hand and drop off any unneeded medications for safe disposal at your local police department.

Visit www.youthinkyouknowct.org to learn more about counterfeit pills & resources for prevention.

Med Drop Boxes:

Open 24/7
No questions asked

- Bethany Troop 1
- Hamden Police Department
- North Haven Police Department
- Woodbridge Police Department



Property Search Update: Bethany & Woodbridge Files Now Available ONLINE

Save time by searching for files from your office or from home.

You can now search our files for:

- Woodbridge and Bethany septic system and well documents
- Most Bethany, Woodbridge, Hamden, and North Haven restaurants and cosmetology shops (barber shops, nail salons, hair salons, tattoo shops, aesthetic shops, massage businesses)

***To access, visit www.qvhd.org/search**

*For best viewing results it is recommended to access the website above on a desktop or laptop computer using Google Chrome, Firefox or Microsoft Edge browser.

National Fentanyl Awareness Day

Fentanyl is now involved in more deaths of Americans under 50 than any other cause of death, including heart disease, cancer, homicide, suicide & other accidents. May 9th has been declared National Fentanyl Awareness Day to raise awareness following more than 107,000 deaths between August 2021 & August 2022.

Learn more on **Tuesday, May 9th** by registering for any of the virtual webinars on fentanyl: www.fentanylawarenessday.com/speaker-series
Recommended: 12PM - 1PM *what parents need to know about fentanyl*

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@qvhd.org.

NEED A COVID-19 HOME TEST KIT?

QVHD has a **new supply** of the **iHealth COVID-19 test kits** available to any resident of the district.

If you are interested in getting a new kit to have on hand, please contact **QVHD** at 203-248-4528.

If you still have iHealth test kits at home, scan the QR code to verify the updated expiration date of your test kit based on the lot number provided on the back of the test kit box: www.ihealthlabs.com/pages/news#expiration



Training Opportunity

Suicide Prevention Training



Ask A Question,
Save A Life.

QUESTION. PERSUADE. REFER.

Tuesday May 16, 2023

6:30-8:00 PM

Miller Memorial Library

Thornton Wilder Hall
2901 Dixwell Avenue Hamden, CT

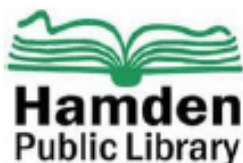
Learn three steps to help prevent suicide

- How to Question, Persuade and Refer someone who may be suicidal.
- Common causes of suicidal behavior.
- Warning signs of suicide.
- How to help prevent suicide.
- How to get help for someone in crisis.

The event is free and must be at least 18 yrs old.

Space is limited and registration is required.

Register online at www.hamdenlibrary.org (click on "Programs")
or call 203-287-2680.



Scan to register



@qvhd



Quinipiack Valley
Health District

QUINNIPIACK VALLEY HEALTH DISTRICT
1151 HARTFORD TURNPIKE, NORTH HAVEN
WWW.QVHD.ORG | 203-248-4528 | INFO@QVHD.ORG



mental health challenge

Join **South-Central's Suicide Advisory Board** Mental Health Challenge by prioritizing your own self care throughout **May's Mental Health Awareness Month**. We invite you to participate in our Mental Health Matters **Bingo & Walking Challenge!**

Self-Care Bingo

B I N G O				
Enjoy some quiet time & "unplug"	Try something new.	Be Active.	Give yourself permission to take a break.	Make a gratitude list.
Validate your own feelings.	Get 8 hours of sleep.	Cook a healthy & delicious meal.	Drink enough water.	Take a bath or hot shower.
Take 10 deep breaths.	Accomplish 1 item on your "to-do" list.	Be kind to yourself & give yourself a FREE space.	Compliment yourself.	Set a new goal for yourself.
Spend time outdoors.	Ask for help.	Declutter or organize your space.	Listen to music.	Go for a walk.
Allow yourself to rest.	Catch up with a friend.	Laugh.	Be kind to someone.	Read a book.

Participants should mark the square once a self-care activity is completed. Once a player gets a full line (vertical, horizontal or diagonal) or a FULL card you have won your game of BINGO and have done an excellent job of practicing self-care!

Walking Challenge



Walking is proven to: reduce anxiety & stress, improve your mood, sleep, energy & memory, and helps prevent/ manage chronic disease.

Use the hashtag #iwalkformentalhealth on social media any time you step out to walk.

When you participate in BINGO and/or the walking challenge, submit your entries using the link, <https://bit.ly/MHMay23>, or email Taylor Gainey at TGainey@bhcare.org to let us know which activity you completed and would like to be entered to win a gift card.

Scan the QR Code to access all the information specific to the Mental Health Challenge including the bingo card, submission form & calendar.



MENTAL HEALTH matters



Enjoy some quiet time & "unplug."	Try something new.	Be Active.	Give yourself permission to take a break.	Make a gratitude list.
Validate your own feelings.	Get 8 hours of sleep.	Cook a healthy & delicious meal.	Drink enough water.	Take a bath or hot shower
Take 10 deep breaths.	Accomplish 1 item on your "to-do" list.	Be Kind to yourself & give yourself a <u>FREE</u> space.	Compliment yourself.	Set a new goal for yourself.
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