Quabbin Health District News and Happenings:

Behavioral Health Network (BHN) has launched their mobile methadone program in Ware! It is the first of it's kind in western Massachusetts to offer methadone treatment from a mobile treatment unit!

Call 413-272-1333 for location and details!

Community education / training opportunities:

The Quabbin Health District offers CPR/First Aid/AED through the American Red Cross or American Heart Association, Stop the Bleed, Opioids and Opioid Rescue Training (free with naloxone kit), and health education topics including sun safety, emergency preparedness, ticks and mosquitos, nutrition and more!

Visit www.quabbinhealthdistrict.com for more information!

Diabetes and Diabetes Management:

Join us at the Ware Family Resource Center, 82 Main Street, Ware, MA, on July 19, 2024, at 2:00 pm for an educational talk about diabetes! It is free and open to the public! Please RSVP to 413-277-6601.

State Public Health Officials Announce Season's First EEE-Positive Mosquito Samples

The State Dept of Public Health announced that, on June 30, in the town of Carver in Plymouth County, EEE was detected in mosquitos. No human or animal cases of EEE have been detected so far this year. Please visit Mosquito-borne Diseases | Mass.gov for information about EEE and protecting yourself.

Trivia: Who is the only US President to be born on July 4th? The answer is hidden somewhere in this newsletter!

July 2024



Quabbin Health District Public Health Nurse Newsletter

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Know the Signs of Heat-Related Illness

Heat Cramps: Mildest form of heat stress

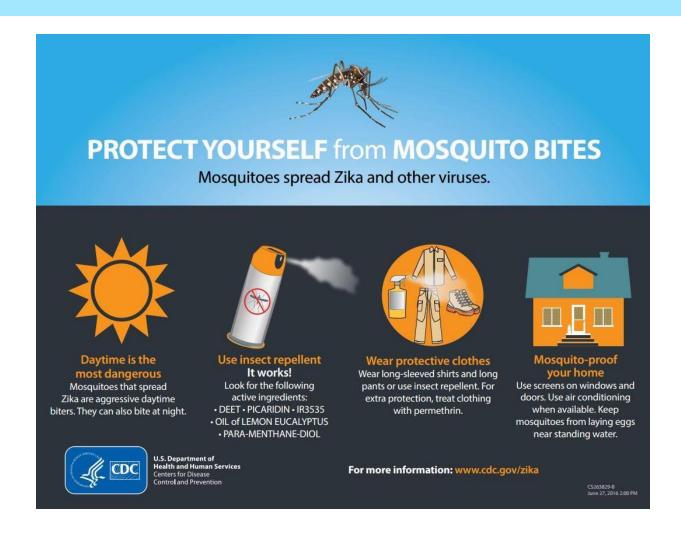
- Symptoms: muscle cramps, pain, or spasms in the abdomen, arms, or legs
- Treatment: Stop activity and sit in a cool place, drink clear juice, sports beverage, or have water with a snack (avoid salt tablets)
- Seek medical attention if you have heart problems, are on a low sodium diet, or if the cramps don't stop within one hour of resting in a cool place.

Heat Exhaustion: Moderate form of heat stress

- Symptoms: fast heart rate, heavy sweating, extreme weakness or fatigue, dizziness, nausea, vomiting, irritability, fast shallow breathing (like panting), slightly elevated body temperature
- *Treatment:* Rest in a cool area, drink plenty of water, clear juice, sports beverages, cool shower or sponge bath
- Seek Medical attention if symptoms do not begin to resolve within one hour

Heat Stroke: Serious, life-threatening heat stress

- Symptoms: high body temperature, confusion, loss of coordination, hot, dry skin or profuse sweating, throbbing headache, seizures, coma
- Treatment: Request immediate medical assistance (dial 911), move person to a cool, shaded area, remove excess clothing and apply cool water to their body while waiting for EMS





Stigma implies social
disapproval and can
lead unfairly to
discrimination against
and exclusion of the
individual.

July 21st marks Zero HIV Stigma Day, spearheading a movement and uniting people, communities, organizations, and entire countries to raise awareness and act against HIV stigma, which reinforces and amplifies the HIV pandemic and related inequalities.

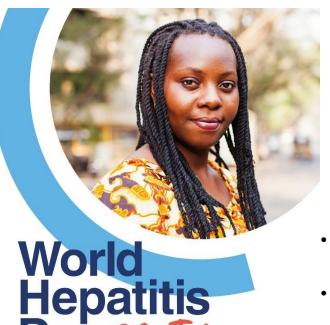
What you can do to help:

Talk about HIV with your friends and family – talk openly about HIV to help normalize the subject. Be mindful of your own misconceptions, learn more about HIV, and be aware that how you talk about HIV and people with HIV can lead to discrimination, shame, and fear about getting tested, treated, or seeking prevention methods.

Talk about HIV prevention and safer sex practices – even if you don't have HIV or know someone who does, you can learn about HIV prevention (PrEP), safe sex practices, and how to get tested. Talk to your partner(s), friends, and family about prevention and safety.

Take action to end HIV stigma – Learn and use person-first language that is respectful to those living with HIV. The CDC has a Stigma Language Guide to help located here: https://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop.html#Stigma-Language-Guide

Encourage testing - At-home tests can be ordered confidentially via https://takemehome.org/.



Take action. Test. Treat. Vaccinate.





Every year, 1.3 million people lose their lives to hepatitis. And new data from the World Health Organization shows the number of deaths is rising. It's time for action.

(World Hepatitis Alliance)

- Hepatitis is now the world's deadliest virus, after COVID-19.
- There are over two million new cases of hepatitis every year.
- Over 300 million people are living with hepatitis.
- Hepatitis is the leading cause of liver cancer.
- There are only six years left to meet the global goal of eliminating hepatitis by 2030 – but we are moving backwards.

Hepatitis is an inflammation of the liver that is caused by a variety of infectious viruses and noninfectious agents. It leads to a range of health problems -- some of which can be fatal. There are 5 main strains of the hepatitis virus, types A, B, C, D and E.

While they all cause liver disease, they differ in important ways including modes of transmission, severity of the illness, geographical distribution and prevention methods. Types B and C lead to chronic disease and together are the most common cause of liver cirrhosis, liver cancer and viral hepatitis-related deaths.

Vaccination is available for Hepatitis A and B. Hepatitis B vaccine helps prevent Hepatitis D (only those infection with Hepatitis B can develop Hepatitis D). There is no vaccine for Hepatitis C. Prevention includes using condoms during sex and practicing safe hygiene such as hand-washing with soap and water and avoiding using a infected person's personal items. Avoid sharing needles. Get tested and treated – Hepatitis A and C are curable.