

WHD Town of Wallingford Health Department Newsletter



What Have We Been Up To:

The Wallingford Health Department received 3 additional AEDs from In A Heartbeat Foundation to add to the town hall.

One of our health educators, Nina, spoke about the health department's role in water/pool safety at the Wallingford YMCA's water safety proclamation event.



**The Wallingford Health Dept
attended the 9th Annual
International Celebration event
presented by SCOW and WPS.**



Employee Spotlight

Our Public Health Nurse, Anne, was this year's recipient of the 2025 CT Association of Public Health Nurses-Public Health Nurse of The Year Award!



Our public health educator, Michelle, completed training on "A Matter of Balance" program taught by WHD's public health nurse, Anne, who is a master trainer. This falls prevention program is designed to reduce fear of falling and improve activity levels in older adults.

HOW TO DISPOSE OF SHARPS/NEEDLES AT HOME



Sharps/needles **CAN NOT** be disposed of at medication drop boxes

1. Seal them in a rigid, puncture-resistant container that you cannot see through (bleach or detergent bottles, coffee cans, etc.)



2. Label the container "Do Not Recycle".



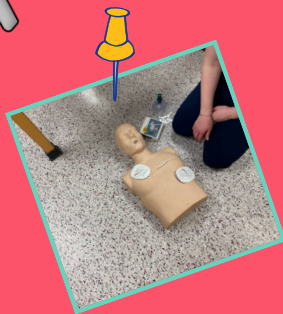
3. Reinforce container with heavy-duty tape before throwing it away in your household trash



Past Trainings

WHD has held 8 CPR
Trainings since January

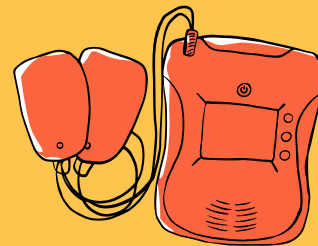
WHD held Narcan
training on April 9th for
save a life day



Upcoming Training

Adult/Child/Infant
CPR

July 24th
5:30 PM



BEE SAFE THIS
SUMMER

LEARN CPR

With The Wallingford Health
Department

When

Thursday
July 24th
5:30 PM

Where

143 Hope Hill Road
Wallingford

Call Us To
Reserve A Spot!

Phone: 203-294-2065
Course will review
Adult/Child/Infant



Beat The Heat This Summer



Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve <p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Dizziness Thirst Heavy Sweating Nausea Weakness</p>	<p>Confusion Dizziness Becomes Unconscious</p>

Stay Cool, Stay Hydrated, Stay Informed!

Logos: NIOSH, CDC, MOSH, NIOSH

Stay Hydrated



Healthy Recipe

Cod With Cucumber, Avocado & Mango Salsa Salad

Cod fillets
1 lime
 zested and juiced
 1 small mango
 peeled, and chopped
 (or 2 peaches, chopped)
 1 small avocado
 peeled and sliced
 ¼ cucumber
 chopped
cherry tomatoes
 quartered
 1 red chilli
 deseeded and chopped
 2 spring onions
 sliced
 handful chopped coriander



step 1

Heat oven to 350F-375F. Put the cod fillets in a shallow ovenproof dish and pour over half the lime juice, with a little of the zest, then grind over some black pepper. Bake for 8 mins or until the fish flakes easily but is still moist.

step 2

Meanwhile, put the rest of the ingredients, plus the remaining lime juice and zest, in a bowl and combine well. Spoon onto plates and top with the cod, spooning over any juices in the dish.



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Protect. Promote. Improve.

