



# West Haven Health Department Health Notes

May 1, 2018

## Special points of interest:

- Fishing
- Ticks

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## Be Active and Get Outdoors: Healthy Tips for Your Next Fishing Trip

Opening Day for fishing was April 14, 2018. Anglers from all over Connecticut are excited to be able to fish in trout stocked ponds and streams. It's also an exciting and pleasant time of year to go fishing in our beautiful Long Island Sound.

West Haven is a wonderful place to walk along the beach or fish along the piers. Make sure before you go fishing you get your fishing license. It's really easy, you can go to [www.ct.gov/deep](http://www.ct.gov/deep) and select the fishing icon to pay and print your license.

Before you go fishing make sure to wear the appropriate safety gear. Apply sunscreen and wear a hat and sunglasses to protect yourself from harmful UV rays and sun glare.

Sometimes if you are fishing in a wooded or grassy area be sure to use proper precaution- ticks this time of year are really hungry after being dormant all winter. Your best bet is to wear insect repellent to avoid getting bitten by these blood thirsty disease carrying parasites.

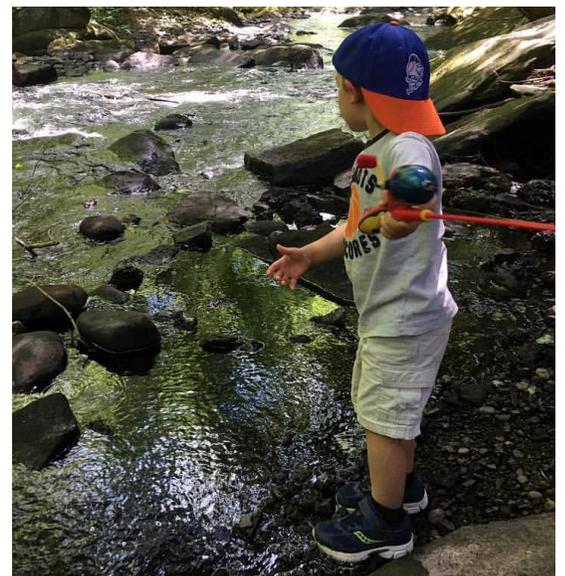
If you plan on fishing to catch your dinner there are a few guidelines for the different bodies of water you fish in. You should go to [www.ct.gov/dph/fish](http://www.ct.gov/dph/fish) or call 1-877-458-FISH (3474) to find out if your catch is contaminated.

Fish absorb chemicals such as mercury and polychlorinated biphenyls (PCBs).

The chemicals can build up in your body and increase health risks. The developing fetus and young children are most sensitive. Long term exposure to PCB's may increase cancer risk.

Mercury and PCB's can build up in fish to levels that are thousands of times higher than in water. The chemicals enter the water from chemicals spills that happened in the past or mercury in the air that is emitted from pollution.

Make sure before you eat your fish you remove and do not eat the organs, head, skin and the dark fatty tissue along the back bone, lateral lines and belly (these areas accumulate the most mercury/PCB contaminants).



# SNAP4CT RECIPE OF THE MONTH

Enchiladas

Yield: 8 servings



## Ingredients

- 2 tsp **olive oil**
- 1 medium **onion**, chopped
- 2 **garlic** cloves, minced
- 3 **yellow banana chile peppers**, seeded and minced
- 3 pounds **mushroom**, sliced
- 1 (14oz) can **enchilada sauce**, preferably green
- 8 **corn tortillas**, 6 inch, cut in half
- ¼ tsp **salt**
- ½ tsp **oregano leaves (dried)**
- 2 (10oz) packages **frozen chopped spinach**, thawed
- 6 ½ ounces reduced fat **Monterey jack cheese**, grated



## Instructions

1. Heat oil in a very large non-stick skillet.
2. Add onion, garlic and peppers and stir.
3. Add mushrooms and cook about 15 minutes. (If pan is not large enough, cook mushrooms in batches.)
4. Pour half of the enchilada sauce into a 13x9-inch baking dish.
5. Arrange 8 tortilla halves over the sauce in the baking dish.
6. Preheat the oven to 350°F.
7. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves.
8. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture.
9. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
10. Set aside ¼ cup (about 1 ounce) of grated cheese.
11. Sprinkle the rest of the cheese on top of the mushroom mixture.
12. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining ¼ cup cheese.
13. Cover baking dish with foil and bake for 30 minutes, or until casserole is

### Nutrition Information

Serving Size: 2 cups

**Calories: 220**  
**Total Fat: 9g**  
**Saturated Fat: 4g**  
**Protein: 15g**  
**Sodium: 630mg**  
**Carbohydrates: 25g**  
**Added Sugar: 0g**  
**Fiber: 6g**

Visit [SNAP4CT.org](http://SNAP4CT.org) for healthy recipe ideas!

# Ticks and Icks!

Spring is finally in full swing and the birds, bees and other critters are active. It's an amazing time of year to go out into nature to get exercise, explore and get inspired. But be careful, there are some critters out there who are just as excited about Spring as you are and they are the size of a pinhead, the notorious tick!

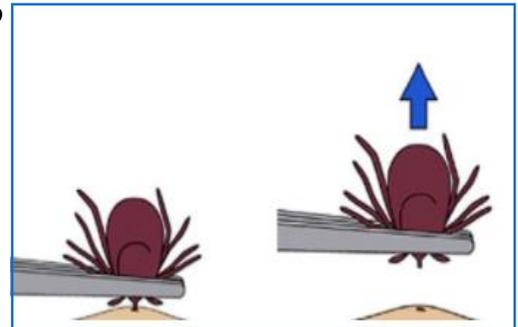
Believe it or not, but a tick is not an insect, in fact it is a type of arachnid. This blood sucker has a long history of harboring and transmitting diseases such as Lyme, Babesiosis, Bartonellosis, Ehrlichiosis, Anaplasmosis, STARI (Southern tick-associated rash illness), Rocky Mountain Spotted Fever, Tularemia, Powassan Virus, Borrelia miyamotoi, and other diseases.

Ways to prevent tickborne dis-

eases include wearing repellent, checking for ticks daily, shower within two hours of being outdoors, calling your doctor if you get a fever or rash following a tick bite.

It's important that if you do find a tick on your body that you remove it as soon as possible. If the tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days. DO NOT use nail polish, petroleum jelly, or a hot match to make the tick detach.

When removing a tick use fin-tipped tweezers to grasp the tick as close to the skin's surface as possible. The pull upwards with steady, even pressure to remove the tick. Avoid twisting or jerking. Finally clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.



Remember, get outside, explore nature and have fun while practicing disease and injury prevention. Information for this article was taken from [www.cdc.gov/ticks](http://www.cdc.gov/ticks).

## National Physical Fitness and Sports Month

West Haven Health Department is recognizing the President's Council on Sports, Fitness & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities ó like lifting weights or using exercise bands ó at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!



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## West Haven Health Dept. Medical Reserve Corps (MRC)

### What is the MRC?

The mission of the Medical Reserve Corps is to engage volunteers to strengthen public health, emergency response and community resiliency by:

- Supporting local public health education
- Promoting disease prevention
- Enhancing local public health emergency preparedness
- Training with local emergency responders
- Participating in community emergency preparedness activities

### Who can join the MRC?

Currently we are recruiting skilled medical professionals such as:

- Doctors
- Nurses
- Pharmacists
- Mental Health Professionals
- Certified Nursing Assistants
- Emergency Medical Technicians (EMTs)
- CPR and First Aid Instructors



Volunteers must be over 18 years old and may be required to undergo a background check and interview.

### What kind of training is available to volunteers?

All MRC volunteers undergo basic MRC training, which includes an overview of the System in which MRC's activities occur. In addition, we provide training in some of the following areas:

- Mass Dispensing and Vaccination
- Disaster Sheltering
- Bioterrorism awareness
- Pandemic Awareness
- CPR and Basic First Aid

In addition, all training and equipment is provided at NO COST to the volunteer!

Find out more by contacting the MRC Coordinator

**MRC Coordinator:**  
**Joseph Soto**  
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In the Connecticut Department of Public Health's most recent Influenza Update (posted April 23, 2018) geographic activity of influenza is still classified as widespread. Influenza activity had decreased in early February, but increased during the previous several weeks due to the increased circulation of influenza B viruses. This influenza activity appears to be decreasing, though there have been several new flu-associated deaths during the past week in Connecticut. For this influenza season (August 27-April 14, 2018) a total of 3, 135 hospitalized patients with laboratory confirmed influenza have been admitted and there has been a total of 141 influenza associated deaths (98 associated with influenza A and 42 with influenza B, 1 of unknown type). Three new flu-associated deaths have been reported during the week of April 14, 2018. In the State total of 10, 624 influenza positive laboratory tests have been reported this season with New Haven County having 2, 957 of those cases. It is important to note that the cases of influenza A are decreasing, but the cases of influenza B infections are increasing. So keep practicing preventative measures for influenza. <http://www.portal.ct.gov/DPH/Infectious-Diseases/Flu/Influenza-Surveillance-and-Statistics>

