

METROWEST SHARED PUBLIC HEALTH SERVICES

April 2024



It's National Public Health Week !

Happy NPHW to all our fellow Public Health colleagues!

The theme this year is "Protecting, Connecting and Thriving: We Are All Public Health." The focus is not just on the ways public health serves our communities, but the ways our communities flourish when they have their needs met.

NPHW is a chance to celebrate, highlight and appreciate all the life-changing and life-saving work you do as public health professionals. So, thank you!

Ideas on how to show appreciation during NPHW:

- Promote Public Health daily themes throughout the week on your social media
- Spotlight health department staff with a social media appreciation post
- Encourage a team building activity
- Print, distribute and play "Public Health Bingo" (by Yale's School of Public Health) with your community and/or staff
- Access National Public Health Week shareable materials for social media here.

Protecting, Connecting and Thriving
We Are All Public Health

APRIL 1 - 7 2024



National Minority Health Month



April is National Minority Health Month! This year's theme is "Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections".

This observance allows us to build awareness about the health disparities that persist among racial and ethnic minority and American Indian/Alaska Native (AI/AN) populations and encourages everyone to take action to end these inequities.

So, why is this important?

Because when our community is provided with culturally and linguistically appropriate information, they are better able to create healthier outcomes for themselves, their families, and their communities!

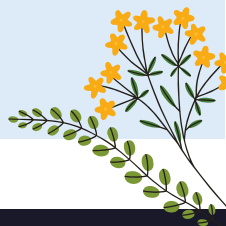
National Minority Health Month Toolkit:

Use the resources in this year's toolkit to spread the word about National Minority Health Month with your communities.

Participate in conversations about health equity on social media by tagging @MinorityHealth on X (Twitter) , Facebook , and Instagram and using the hashtags such as:

#SourceForBetterHealth, #MinorityHealth, and #NMHM24.

Access the toolkit [here](#).



**NATIONAL
MINORITY
HEALTH
MONTH**

Webinar and Training Opportunities:

29th Annual Massachusetts Adult Immunization Conference

About: This year's conference theme is 2024: Confidence & Compassion in a Complex Vaccine World. Hosted by The Massachusetts Adult Immunization Coalition (MAIC), which is a statewide partnership dedicated to increasing adult immunizations through education, networking, and sharing innovative and best practices.

When: Tuesday, April 2 from 8 a.m. to 4:30 p.m.

Where: Boston Marriott, 2345 Commonwealth Ave, Newton, MA

[Register here.](#)

MHOA Housing Refresher Course - Spring 2024

About: MA PHIT Housing Refresher is strategically designed to provide an overview of the updates to the Massachusetts Housing Code, and refresh participants' knowledge of conducting housing inspections. This program aims to assist LPH professionals in preparing to meet field training requirements for housing.

When: April 23rd (pt. 1) and April 25th (pt. 2)

Where: Virtual sessions

***Application deadline is April 8th 2024**

[Register here to attend.](#)



Protecting, Connecting and Thriving

We Are All Public Health

APRIL 17, 2024

MASSACHUSETTS
PUBLIC HEALTH
DEPARTMENT

Webinar and Training Opportunities:

Understanding Adverse Childhood Experiences: Virtual 101 Training

About: This upcoming training will educate participants about adverse childhood experiences (ACEs) and address risk and protective factors in their communities. During the 101, jurisdictions will consider their agency's current ACEs prevention efforts and where they want to head.

When: April 22nd from 1-2:30pm

Interested? [Click here.](#)

MHOA/MDPH Community Sanitation Program 2024 Seminars

About: This year's conference theme is 2024: Confidence & Compassion in a Complex Vaccine World. Hosted by The Massachusetts Adult Immunization Coalition (MAIC), which is a statewide partnership dedicated to increasing adult immunizations through education, networking, and sharing innovative and best practices.

When: April 30th from 1-4pm and May 2nd from 9am-12pm

Where: Virtual sessions

[Register here.](#)



Measels Outbreak

As of March 28, 2024, a total of 97 measles cases have been reported. 59% of cases are reported to be unvaccinated for MMR and 52% of total cases are children under 5 years of age.

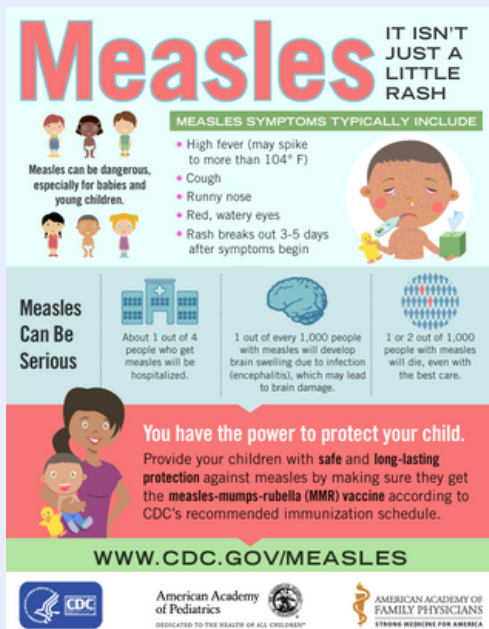
According to the CDC, vaccination coverage among U.S. kindergartners has decreased from 95.2% to 93.1% in the 2022–2023 school year, leaving **approximately 250,000 kindergartners** at risk each year over the last three years.

At local levels, we should:

- Highlight to the community the importance of getting vaccinated for MMR
- Consider hosting MMR clinics or childhood vaccine clinics
- Promote Measels education materials (in multiple languages!)
- Host a Q&A (in person or on social media) for people with questions about Measles

View the report in full detail [here](#).

Access CDC's outbreak response communications toolkit [here](#).



Measles IT ISN'T JUST A LITTLE RASH

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin

Measles can be dangerous, especially for babies and young children.

Measles Can Be Serious

- 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 due to infection (encephalitis), which may lead to brain damage.
- 1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child. Provide your children with **safe and long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES

CDC American Academy of Pediatrics AMERICAN ACADEMY OF FAMILY PHYSICIANS

Access this flyer in [English](#).



Sarampión NO ES SIMPLEMENTE UN SARPULLIDO LEVE

LOS SÍNTOMAS DEL SARAMPIÓN INCLUYEN POR LO GENERAL LOS SIGUIENTES:

- Fiebre alta (puede subir hasta más de 104° F)
- Tos
- Moqueo
- Ojos enrojecidos y llorosos
- Sarpullido que aparece 3 a 5 días después de que empiezan los síntomas

El sarampión puede ser peligroso, sobre todo en los bebés y niños pequeños.

El sarampión puede ser grave

- Cerca de 1 de cada 5 personas que contraen el sarampión será hospitalizada.
- 1 de cada 1000 personas con sarampión presentará inflamación del cerebro por la infección (encefalitis), lo cual puede causar daño cerebral.
- 1 o 3 de cada 1000 personas con sarampión morirán, aun cuando reciban la mejor atención.

Usted tiene el poder de proteger a su hijo. Dele a su hijo una **protección segura y duradera** contra el sarampión al asegurarse de que reciba la **vacuna contra el sarampión, las paperas y la rubéola (MMR)**, según el calendario de vacunación recomendado por los CDC.

WWW.CDC.GOV/MEASLES/ESPAÑOL

CDC American Academy of Pediatrics AMERICAN ACADEMY OF FAMILY PHYSICIANS

Access this flyer in [Spanish](#).



MetroWest Food Collaborative Update

The MetroWest Food Collaborative has now updated their food access calendars and food resource flyers to include Haitian Creole! Materials can also be found in English, Spanish and Portuguese.

DISTRIBISYON MANJE MILFORD, MA



PWOVIZYON

REPA

Milford Daily Bread Food Pantry

21 Exchange St, Milford | (508) 478-4225

- Li ede fanmi ki rete Milford, Hopedale ak Upton yo grasa yon sèvis manje siplemantè si yo bezwem èd pou jwenn pwovizyon.
- Nouvo fanmi yo bezwen prezante yon prèv adrès ki valid.

Salvation Army of Milford

29 Congress St, Milford | (508) 473-0786

- Depo manje ki genyen manje, rad, manto pou sezon livè ak atik pou ijyèn pèsonel si sa nesèsè.
- Li ka ede moun peye pou lwaye kay yo tou, sou randevou nan jou madi sèlman.
- Epitou, li ka ede moun ranpli aplikasyon pou yo jwenn kupon pou achte manje ("food stamp").

Catholic Charities

200 Main St, Milford | (508) 234-3800

- Depo manje pou sityasyon ijans. Li bay pwodui ki pa ka gate nan yon sak. Moun yo kapab vini chak de semèn.
- Li genyen yon ti kantite kòb ki piti anpil pou ede moun yo peye pou bôdwo kouran, gaz oswa dlo yo.
- Pwodui pou ijyèn, manje ak atik pou ti bèt k ap viv lakay, manje pou tibebe ak lèt nan bwat, ak kouchèt.
- Li ka ede moun yo ranpli aplikasyon pou yo jwenn èd pou achte gaz pou chofaj yo nan sezon livè, pou SNAP oswa pou RAFT.

Project Just Because

77 South St, Hopkinton, MA | 508-435-6511

- Li bay pwoteyin, pwodui ki fèt ak lèt, pwodui sèk ki pa gate rapid, fwi, legim, bwason, manje dous, pen ak pwovizyon ki pa gen glitèn pou moun ki nan rejim.
- Ou pa bezwen randevou/li ouvè pou tout rezidan MA yo.
- Tanpri vini ak papyè idantifikasyon w si se pou premye fwa w ap vini.
- Epitou, li ofri rad ki tounèf ak rad ki prèske pa itilize pou adilt ak timoun yo. Tout atik yo gratis.
- Tanpri vini ak sak ou ka itilize plizyè fwa pou pran atik yo.

Beacon of Hope Food Pantry

360 Water St, Framingham | 508-877-2151

- Tout rezidan MetroWest yo envite.
- Ou pa bezwen ni randevou ni okenn papyè.

Meals on Wheels

508-473-8334

- Moun ki kalifye yo se: granmoun ki genyen 60 lane oswa plis yo, konjwen yo ansanm ak moun ki andikape ki sout kont yo e ki gen: yon twoub fizik, emosyonèl oswa entelektyèl (gade kalandriye manje a pou jwenn lòt kondisyon moun dwe ranpli pou kalifye).

St Mary of the Assumption Church

17 Winter St, Milford | (508) 473-2000

- Li bay repa kote ou ka manje kont manje w ansanm avèk bwason ak desè.
- Tout patisipan yo sipoze prezante yon prèv ki kontre yo vaksinen kont COVID-19 la.

Milford Senior Center

60 N Bow St, Milford | (508) 473-8334

- Li bay granmoun yo yon soupe pou yo ale avè l chak twazyèm jedi nan mwa a, chak mwa.

Sacred Heart of Jesus Church

45 E Main St, Milford, MA | (508) 634-5435

- Li bay dejene gratis pou moun ale avè l epi se yon kote ki respekte prensip distansyasyon sosyal la.
- Epitou, chak semèn pandan dejene a, li bay atik twalet/atik debaz, chosèt, chapo, gan, DVD ki prèske pa itilize, kas-tèt ak jwèt.

Trinity Episcopal Church

17 Congress St, Milford | (508) 473-8464

- Li bay soupe pou moun ale avè l chak jedi a 4è nan apremidi.
- Li sevi soupe a jiskaske pa genyen ankò.

Unitarian Universalist Church

23 Pine St, Milford | (508) 473-3589

- Li bay yon repa cho ki bay bonjan nitrisyon epi li pèmèt moun ki vini yo pase yon bèl ti moman ansanm nan jou dimanch.



ESKANE KÒD QR LA POU KONSILTE KALANDRIYE POU JWENN MANJE A!

METROWESTFOODCOLLABORATIVE.ORG/FIND-FOOD-1





To access town specific food access calendar and resource flyer, click [here!](https://METROWESTFOODCOLLABORATIVE.ORG/FIND-FOOD-1)



Reminders:

- *If you need any documents to be copied in another format (pdf, jpeg, png, etc.) please feel free to email them to Thalita (tcampelo@townofhudson.org)*
- *All available communication materials and campaigns can be found [here](#).*
- *Materials may be used on social media and can be updated upon request.*
- *Please reach out to Thalita directly for any additional communications requests, questions or needs.*

THANK YOU!

