

Hopkinton Health Nursing Department

Winter 2023



Dear Community Members,

We are thrilled to present the inaugural edition of the Hopkinton Nursing Department newsletter. We hope to be your go-to source for all things related to public health in our vibrant community. As your dedicated public health nurses, we are committed to keeping you informed, engaged, and empowered on your journey to optimal well-being.

In this quarterly newsletter we'll be diving into the heart of public health and exploring topics that touch every aspect of our lives. From health promotion and disease prevention to community advocacy and global health perspectives, we aim to be your compass on the path to a healthier, happier community.

Thank you for joining us on this exciting journey!

Simone, Emilia & Kasey

Hopkinton Health Nursing Department



About Us

Simone Carter

Simone is the full time public health nurse and responsible for overseeing all operations of the nursing department. Her office is located in Town Hall on the Lower Level at 18 Main Street. Simone has created and led many health initiatives for residents such as the the Narcan program, our healthy brain program, and all vaccine clinics. She is passionate about health and eager to provide more programs to improve the overall health of our community.

Emilia Muanya

Emilia has been employed by the town since 2019. She stepped up during a critical time to assist with COVID-19 contact tracing and now runs free screening and blood pressure clinics at the Senior Center every Wednesday.

Kasey Mauro

Kasey created the nursing department after accepting the new role in 2019. The town has benefited tremendously from the creation of this role and subsequent services. She continues to seek ways to improve existing programming and communication.

CONTACT US

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**18 Main Street
Hopkinton, MA**



Time is of the essence

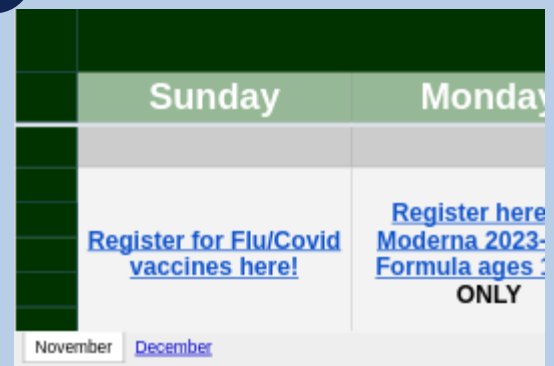
There is still time to receive your flu or covid vaccine! Vaccines are an important tool used to prevent illness and potential serious health complications.

View the nursing department event calendar for upcoming vaccination clinics or contact the nursing department directly.

Look at the [new respiratory illness dashboard](#) to see risk trends specific to .Massachusetts



Double click to visit our calendar!



View your digital vaccine record



Updated COVID-19 Vaccine Information



Everyone aged 5 years and older should get 1 dose of an updated COVID-19 vaccine to protect against serious illness from COVID-19. There are three updated 2023-2024 COVID-19 vaccines. There is no preference for one over another.

Recommended doses vary by age and immune status*:

12 years and older

- 1 updated Pfizer or Moderna vaccine or the updated Novavax vaccine. If someone chooses to get the Novavax vaccine and they have never been vaccinated with any COVID-19 vaccine at all, they should get 2 doses of the Novavax vaccine.

5 to 11 years

- 1 updated Pfizer or Moderna vaccine.

6 months to 4 years

- 1-3 updated Pfizer and Moderna vaccines. Recommended number of doses for children depends on the brand and the number of doses they have had in the past.

Infectious Disease Highlight:



Although temperatures are starting to fall, there is still some risk from mosquito-borne diseases. Review these tips to protect yourself against West Nile Virus (WNV).

The infographic is centered around a dark green circle with the text "Tips to protect against WNV" in white. It is divided into four quadrants, each with a different background color and an icon. The top-left quadrant (dark green background) has an icon of a yellow long-sleeved shirt and blue and white striped socks. The top-right quadrant (light green background) has an icon of a yellow bottle of DEET repellent with a mosquito on it. The bottom-left quadrant (light green background) has an icon of a window with a mosquito on the screen. The bottom-right quadrant (dark green background) has an icon of a green bucket with water splashing out. The text in each quadrant provides specific advice related to the icon.

Tips to protect against WNV

When outdoors, wear long pants, a long-sleeved shirt and socks. This may be difficult to do when the weather is hot, but it will help keep mosquitoes away from your skin.

Use a repellent with DEET. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children.

Keep mosquitoes out of your house by repairing any holes in your screens and making sure screens are tightly attached to all your doors and windows.

Remove areas of standing water by doing things around your home such as turning over containers that collect water, cleaning clogged roof gutters, and keeping swimming pools clean.

More information, including all WNV and EEE positive results, can be found on the [Arbovirus Surveillance Information web page at Mosquito-borne Diseases](#)

Narcan (Naloxone) Program



The nursing department provides narcan trainings each month at the Hopkinton Public Library. This event is free and open to all.

The program provides information on how to recognize an opioid overdose, administer naloxone, and care for the individual until emergency services arrive. Individuals who complete the training program will receive a naloxone (Narcan) kit.

Each kit come complete with:

- Two Doses of Naloxone
- Gloves
- Fentanyl test strips
- CPR mouth guard
- Quick guide



Narcan is provided free of charge from the state community naloxone program. The goal of the CNP is to prevent death from opioid overdose by increasing distribution of free naloxone to community bystanders across Massachusetts. For more information about the program, please [visit their site.](#)

WINTER SAFETY TIPS



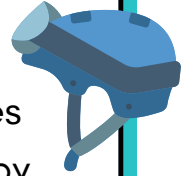
Snow Shoveling

Shoveling snow is strenuous exercise. People who have a medical conditions such as high blood pressure or heart disease should talk to their healthcare provider before shoveling snow. The combination of cold temperatures and strenuous exercise can trigger a heart attack.



Winter Sports Safety

Most winter sports injuries can easily be prevented by wearing protective gear, maintaining good physical condition, staying alert, drinking plenty of water and resting when tired or in pain.



Slips & Falls

Prevent many cold weather injuries & falls by keeping your steps and walkways as free of ice as possible. Use rock salt, another chemical de-icing compound or sand to help prevent slips.

Free sand for residents is available by the DPW building off Fruit Street.



Cold Exposure



Bundle up and dress in layers !

Hypothermia Symptoms

- Shivering
- Exhaustion
- Confusion
- Slurred Speech
- Drowsiness
- Seek immediate medical attention if body temperature is below 95 degrees Fahrenheit