

# Community Connections

Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Devens, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend

NASHOBA  
ASSOCIATED  
BOARDS OF  
HEALTH  
(NABH)

NASHOBA  
NURSING  
SERVICE &  
HOSPICE



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Greetings from the Nashoba Associated Boards of Health!

We hope that you had a wonderful, safe and relaxing summer. Fall is fast approaching which means that cold and Influenza (Flu) season are beginning to start up again. Now is the perfect time to get your Influenza vaccine to help prevent infections from occurring this fall and winter season. Please see the attached Flu clinic schedule to obtain your Flu vaccine at your local area clinic. If you, or someone you know is unable to leave home to get your vaccine or cannot attend a local immunization clinic, please call us to schedule an appointment. We look forward to seeing you at one of our upcoming immunization clinics!

Warm regards,

Tamara Bedard, RN  
Community Health Manager



## EEE (Eastern Equine Encephalitis)



### IMPORTANT COMMUNITY ADVISORY

#### PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITO-BORNE ILLNESS

The Massachusetts Department of Public Health (DPH) has tested and identified mosquitos infected with Eastern Equine Encephalitis (EEE) in the Towns of Bolton, Harvard and Shirley and West Nile Virus (WNV) in Littleton.

Based on the weather conditions it is likely additional mosquitos will be found to be infected with WNV or EEE until the first hard (killing) frost.

The public is advised to remain vigilant in protecting themselves and their family members from mosquito-borne illness until the first hard (killing) frost.

By taking a few precautions, you can help protect yourself and your loved ones:

**\*Be Aware of Peak Mosquito Hours** – The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during the evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.

**\*Clothing Can Help** reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

**\*Apply Insect Repellent** when you go outdoors. Use a repellent with DEET (N, N-diethyl-m-toluamide), **permethrin**, **picaridin** (KBR 3023), IR 3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be in concentrations of 30% or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

#### ***Mosquito-Proof Your Home***

**\*Drain Standing Water** – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.

**\*Install or Repair Screens** – Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

\*Information about EEE and WNV and reports of current and historical virus activity in Massachusetts can be found on the DPH website at [www.mass.gov/dph/mosquito](http://www.mass.gov/dph/mosquito).



## **SHARPS PROGRAM UPDATE** *(revised 7/26/19)*

### **NASHOBA ASSOCIATED BOARDS OF HEALTH SHARPS COLLECTION PROGRAM**

In an attempt to provide an inexpensive method to properly dispose of syringes and lancets (Sharps) the Nashoba Associated Board of Health has established the following program for its 16 member communities.

**Fees per container: \$5.00 (4 quart)**

1. Sharps containers will be available for purchase at your local Town Hall and the Nashoba Associated Board of Health (the purchase price covers the cost of disposal). **SHARPS CAN'T BE ACCEPTED AT TOWN HALLS or COUNCIL ON AGING FACILITIES – the drop off location is listed below.**
  
2. Sharps can only be accepted in approved containers; persons who bring loose sharps or sharps in unapproved containers (i.e. detergent bottle or coffee can) will be provided an approved container, as part of the disposal cost, and will need to transfer the sharps into that container before they can be accepted.
  
3. **THIS OFFICE CAN'T ACCEPT EPI-PENS THAT ARE UNUSED AND EXPIRED.** If your community belongs to the Devens Regional Household Hazardous Products Collection Center you can bring unused, expired EPI-PENS, in their original packaging, to them for disposal (THERE IS A FEE FOR DISPOSAL). EPI-PENS that have been used (contents discharged) can be accepted by the Nashoba Associated Boards of Health; proof of use (inspection of by staff) required.
  
4. You will need to complete an informational label that gets affixed to the container prior to disposal to verify payment.
  
5. Listed below are companies that provide mail-back sharps disposal (this office does not endorse any of these companies; the information is provided for your convenience)
  
6. **NO PRESCRIPTION DRUGS OR EPI-PENS CAN BE PLACED IN THE SHARPS CONTAINER.**
  
7. This program is not for the disposal of sharps from commercial operations.

**SHARPS 800-772-5657 [www.sharpsinc.com](http://www.sharpsinc.com)**

**GRP & Associates 800-207 0976 [www.sharpsdisposal.com](http://www.sharpsdisposal.com)**

**Sharps Assure 855-974-2777 [www.sharpsassure.com](http://www.sharpsassure.com)**

#### **DROP OFF LOCATION FOR SHARPS CONTAINERS**

Nashoba Associated Boards of Health

30 Central Avenue

Ayer, MA 01432

**(978) 772-3335 or 1 800-427-9762**





## The Flu Clinics are Coming in October!

The Nashoba Associated Boards of Health, in partnership with your local board of health, will be providing public flu clinics throughout the district during the month of October.

**WHO:** These clinics are open to **ALL** residents including:

- infants aged 6 months & up
- children
- adults
- Seniors

**WHAT:**

- Seasonal quadrivalent flu vaccine
- We will have High Dose Flu Vaccine available for those aged 65 and older.

**BRING:** Insurance cards/information. For those who do not have insurance, and are able to pay, a \$ 20 fee will be collected to cover costs.

**WHEN:** Clinics are scheduled on different days, times and venues to provide a variety of clinic options for the community's convenience. To find a clinic near you, please visit our website for a full listing of specific dates, times and locations: [www.nashoba.org](http://www.nashoba.org)

For residents who cannot attend a clinic, call to schedule an appointment with the nurse to receive an immunization at our office for as long as vaccine supply is available.

Office location: 51 Cambridge St Office in Ayer, MA

*\*Upon referral, and with a doctor's order, we will vaccinate homebound residents that are unable to attend a clinic.*

**Thank you for your continued support. We look forward to working with you to promote healthy communities in the 2019/2020 year.**

## 2019 FLU CLINIC SCHEDULE

**\*\*This is a list of clinics that are confirmed as of 9/12/19.** Please check our website for more information: [www.nashoba.org](http://www.nashoba.org) OR feel free to call: Tamara at: 978-772-3335 ext.340. Our clinics, as well as other immunization clinics throughout the state are also listed on: [www.vaccinefinder.org](http://www.vaccinefinder.org).

DATE	TOWN	CLINIC LOCATION	TIME	ADDRESS
10/1 Tuesday	Ashby	Library	2-4	812 Main St
10/2 Wednesday	Lancaster (Health Fair)	Community Center	2:30-6	39 Harvard Rd
10/3 Thursday	Berlin	First Parish Church	9:30-11	24 Central St
10/3 Thursday	Boxborough	Blanchard Memorial Elementary	3-6	493 Mass Ave
10/5 Saturday	Dunstable	Town Hall	10-12	511 Main St
10/7 Monday	Lunenburg	Library	3-6	1023 Massachusetts Ave
10/8 Tuesday	Littleton	Town Offices (Room 103)	10-12	37 Shattuck St
10/8 Tuesday	Littleton	Littleton Middle School Cafeteria	3-6	55 Russell St
10/9 Wednesday	Berlin	Berlin Memorial Elementary School	4:30-6:30	34 South St
10/10 Thursday	Shirley	Senior Center	9-11	9 Parker Rd
10/10 Thursday	Townsend	Library	3-6	12 Dudley Rd
10/15 Tuesday	Harvard	Senior Center (Hildreth House)	9-11	13 Ayer Rd
10/15 Tuesday	Ayer	Library	3-6	26 East Main St
10/16 Wednesday	Pepperell	Senior Center	10-12	37 Nashua Rd
10/16 Wednesday	Pepperell	Nissitissit Middle School Cafeteria	3-6	33 Chace Ave.
10/17 Thursday	Bolton	Safety Building	9-11	15 Wattaquadock Hill Rd
10/17 Thursday	Bolton	Nashoba Regional High School (cafeteria)	3-6	12 Green Rd
10/19 Saturday	Stow	Community Center	10-1	509 Great Rd
10/21 Monday	Ashburnham (Health Fair)	Town Hall	10-1	32 Main St
10/22 Tuesday	Boxborough	Town Hall	10-12	29 Middle Rd
10/22 Tuesday	Groton	Public Library Sibley Hall (2 <sup>nd</sup> floor)	3-6	99 Main St.
10/24 Thursday	Ashburnham	Oakmont Regional High School Cafeteria	3-6	9 Oakmont Dr.

