

City of Newton, MA



Public Health
Prevent. Promote. Protect.

Welcome to Summer...

The latest on COVID-19

As Massachusetts moves into phase 2, step 2 of reopening, guidance continues to change and evolve. Whether you're a resident looking for answers about your own health or a small business owner seeking guidance, we encourage you to check out these COVID-19 websites for updated information: [Newton Health and Human Services Department](#), [Massachusetts Department of Public Health](#) and the [Centers for Disease Control and Prevention](#).

And most importantly, here are some important COVID-19 prevention steps we can all take to protect our community.

- [Wear a face covering when appropriate](#)
- **Stay 6 feet away from anyone outside your household**
- **Stay home if you have [COVID-19 symptoms](#)**
- [Get tested if you're symptomatic or are a contact of someone who has COVID-19](#)

Newton Health and
Human Services
Department

Massachusetts
Department of Public
Health

Centers for Disease
Control and
Prevention

Tick and Mosquito Disease Prevention

Mosquito and tick bites can be more than just annoying and itchy. They can spread viruses that make you sick such as West-Nile, EEE, or Lyme disease.

Massachusetts health officials are preparing for another season of significant mosquito disease activity. [Click here](#) to stay updated about risk levels in Newton, and in areas you may visit.



The best way to prevent tick/mosquito bites is to prevent them from coming into contact with your skin. This can be accomplished by...

- [Using an EPA-registered insect repellent](#) (e.g., DEET)
- Avoiding the outdoors during peak mosquito biting times (usually between dusk and dawn)
- Wearing protective clothing such as long-sleeved shirts/pants when practical
- Wearing light colored clothing (increases ability to spot any ticks on you)

- Tucking your pants into your socks
- Keeping the grass in your yard short
- When in the woods or other places where ticks might reside, keeping to the center of the trail (ticks tend to stay in the shrubs)
- Frequently emptying or removing items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home where mosquitoes can lay eggs.
- Finding ticks before they bite or quickly after a bite is key to preventing tick-borne disease. (A tick must be attached for 36 hours to transfer Lyme disease). After returning from outdoor activities, check yourself and your loved ones, clothing, or pets for ticks.
- Ticks tend to migrate to warm areas of the body so make sure to check:
 - Under the arms
 - In and around the ears
 - Inside belly button
 - Back of the knees
 - In and around the hair
 - Between the legs
 - Around the waist

Community Resources

The Newton Health and Human Services Department is here to help residents in need. COVID-19 has amplified need for many families, and has created new needs for others. HHS has outlined a variety of resources online for Newton residents, and has Social Services staff members available to help residents' access these resources. Reach out if you need help. 617-796-1420.

[Visit the Community Resources page for more information about Grab & Go meals, food pantries, SNAP benefits, unemployment and more](#)

See our food resources calendar below.

JUNE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-12 Grab & Go	2 10-12 Grab & Go	3 10-12 Grab & Go 1:30-5:30 Newton Food Pantry	4 10-12 Grab & Go	5 10-12 Grab & Go	6 11:30-2:00 Centre St. Food Pantry
	7	8 10-12 Grab & Go	9 10-12 Grab & Go 2:30-6:00 Centre St. Food Pantry	10 10-12 Grab & Go 1:30-5:30 Newton Food Pantry	11 10-12 Grab & Go	12 10-12 Grab & Go 11-1 Arabic Baptist Food Pantry	13
	14	15 10-12 Grab & Go	16 10-12 Grab & Go 2:30-6:00 Centre St. Food Pantry	17 10-12 Grab & Go 1:30-5:30 Newton Food Pantry	18 10-12 Grab & Go	19 10-12 Grab & Go 10-11 Mobile Market (Post 440)	20
	21	22 10-12 Grab & Go	23 10-12 Grab & Go 2:30-6:00 Centre St. Food Pantry	24 10-12 Grab & Go 1:30-5:30 Newton Food Pantry	25 10-12 Grab & Go	26 10-12 Grab & Go 11-1 Arabic Baptist Food Pantry	27
	28	29 10-12 Grab & Go	30 10-12 Grab & Go 2:30-6:00 Centre St. Food Pantry				

Grab & Go Details:
Mon-Fri 10am-Noon
Newton North
(theater entrance)
Newton South
(main entrance)
150 Jackson Rd.
(rear parking lot)

Food Pantry Locations:
Newton Food Pantry
1000 Comm. Ave.
(shop twice/month)
Centre St. Food Pantry
11 Homer St.
(shop once/month)
Arabic Baptist Food Pantry
187 Church St.
(shop twice/month)

Newton Youth - Let's Get to Work



Let's Get to Work Registration

Do you have a student in grades 9 - 12 interested in key work skills - resume writing, interviewing skills, workplace communication and financial literacy?

There's a free online course, *Newton Youth – Let's Get to Work*, created by the City of Newton's Youth Services Department, in partnership with Newton Public Schools. It's a self-directed workshop and includes a space for mindfulness, community building, and sharing experiences of our altered world.

Students will choose the level of engagement that works best for them. To learn more and to register, visit www.newtonma.gov/gettowork.

Sign up by Friday, July 10th.

Questions? Call 617-796-1420

City Hall Medication Kiosk

Drop off your unused or expired medication at our new medication kiosk at City Hall. The bright red kiosk is located to the right of the steps in the front of the City Hall building. Medications only, no sharps or liquids.

Here are some important reasons to clean out your medicine cabinet:

1. Medicines in the home are a leading cause of accidental poisoning.
2. More than 50% of people who misuse prescription painkillers get them for free or took them without asking from a friend or relative who had a prescription.
3. 80% of new heroin users started out misusing prescription painkillers.

How to safeguard your medications:

- Keep prescription painkillers in a secure and safe place. Locked or hidden is best.
- Dispose of unused or expired medications right away.
- Don't flush medications unless the label specifically instructs you to do so.
- Dispose of liquid medications by mixing them with inedible materials.



For information on the city-wide substance use task force, and for substance use resources and referrals visit www.newtonma.gov/newtonpath

Do you have a specific COVID-19 compliance concern? [Report it here.](#) Please be aware that we regularly check these messages and follow-up with the business as appropriate. However, we're unable to follow up individually with the complainant. Thank you for bringing this to our attention.

[Newton HHS Website](#)

Questions or Feedback?
E-mail health@newtonma.gov or call (617) 796-1420

Health and Human Services
1000 Commonwealth Ave
Newton, MA
(617) 796-1420

