

City of Newton, MA



**Public Health**  
Prevent. Promote. Protect.



## NEWTON HEALTH & HUMAN SERVICES



JULY 2020 NEWSLETTER

### The latest on COVID-19

While new COVID-19 cases are as high as they were a few months ago in Massachusetts, it doesn't mean vigilance to guidelines should be ignored. It remains incredibly important for all to:

- [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](#)

Massachusetts also issued a new COVID-19 Travel Order effective Aug. 1. [Details are available here.](#)

Additionally, consider checking out some of these COVID-19 focused mental health resources. This pandemic is ongoing, and brings significant uncertainty as we look toward fall and what life under this new normal might look like. It's important to check in about your mental health and that of your loved ones.

**Mental Health Resources**

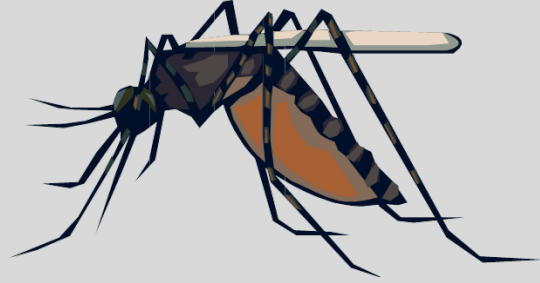
### West Nile Virus Detected in Newton Mosquitoes

West Nile Virus (WNV) has been detected in Newton mosquitoes collected on 7/21/20, the City's Health & Human Services Department recently announced. There have been no reports of human infection in Massachusetts

so far this year.

Mosquitoes carrying the virus have been trapped in Newton and nearby communities (Brookline, Boston and Belmont), so residents should take precautions regardless of which part of Newton they live in.

[Read on...](#)



**CITY OF NEWTON  
HEALTH & HUMAN SERVICES**

**NEED  
NARCAN?**

**FREE CURBSIDE  
PICKUP AT CITY HALL**

**617-796-1420**

**[WWW.NEWTONMA.GOV/NEWTONPATH](http://WWW.NEWTONMA.GOV/NEWTONPATH)**

Do you know someone who needs Narcan? We are now offering "grab & go" Narcan distribution. If you or someone you know struggles with substance use and want Narcan call 617-796-1420 for a FREE kit.



# Hot Weather Tips

Your Summer 2020 extreme heat safety plans likely look different this year due to COVID-19 prevention recommendations. Make a plan now for how you will stay cool, hydrated and informed this summer.



## Stay cool

- Avoid strenuous activity & stay out of the sun as much as possible
- Avoid sunburn. Wear SPF 15+ sunscreen and a hat to protect your head and face if you must be outside.
- Use a fan at night to bring in cool air from outside
- Close curtains and blinds during the day to cool rooms
- Wear lightweight, loose clothing
- Avoid extreme temperature changes, like taking a cold shower immediately after overheating
- Do not leave children or pets in cars which can overheat quickly to deadly temperatures.
- Consider your options for a cool space that allows for physical distance from others, and how you will get there/back



## Stay hydrated

- Drink plenty of water, even if you don't feel thirsty
- Replace soda, alcohol, and juice with water when possible



## Stay informed

- Keep in touch with family & friends virtually or over the phone
- Learn the symptoms of heat illness
- Check local news and the City of Newton website for heat info

[www.newtonma.gov](http://www.newtonma.gov) • Newton Health & Human Services • (617) 796-1420

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# JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10-12 Grab & Go 1:30-5:30 Newton Food Pantry	2 10-12 Grab & Go	3 Grab & Go CLOSED for the holiday	4
5	6 10-12 Grab & Go YMCA- Kids meals	7 10-12 Grab & Go 2:30-6:00 Centre St. FP YMCA- Kids meals	8 10-12 Grab & Go 1:30-5:30 Newton Food Pantry YMCA- Kids meals	9 10-12 Grab & Go YMCA- Kids meals	10 10-12 Grab & Go 11-1 Arabic Baptist Food Pantry YMCA- Kids meals	11 11:30-2:00 Centre St. FP
12	13 10-12 Grab & Go YMCA- Kids meals	14 10-12 Grab & Go 2:30-6:00 Centre St. FP YMCA- Kids meals	15 10-12 Grab & Go 1:30-5:30 Newton Food Pantry YMCA- Kids meals	16 10-12 Grab & Go YMCA- Kids meals	17 10-12 Grab & Go 10-11 Mobile Market (Post 440) 1-2 CSFP- APPT ONLY YMCA- Kids meals	18
19	20 10-12 Grab & Go YMCA- Kids meals	21 10-12 Grab & Go 2:30-6:00 Centre St. YMCA- Kids meals	22 10-12 Grab & Go 1:30-5:30 Newton Food Pantry YMCA- Kids meals	23 10-12 Grab & Go YMCA- Kids meals	24 10-12 Grab & Go 11-1 Arabic Baptist Food Pantry YMCA- Kids meals	25
26	27 10-12 Grab & Go YMCA- Kids meals	28 10-12 Grab & Go 2:30-6:00 Centre St. FP YMCA- Kids meals	29 10-12 Grab & Go 1:30-5:30 Newton Food Pantry YMCA- Kids meals	30 10-12 Grab & Go YMCA- Kids meals	31 10-12 Grab & Go YMCA- Kids meals	

<p><b>NEW!</b> <b>YMCA Kids Meals Program</b>  <b>Weekdays 12-1pm, 3-4pm</b>          Kids 18 and under  <b>CSFP-APPT ONLY (Commodity Supp. Food Pgm)</b>          Residents age 60+, Income guidelines          Call Emily Kuhl for info: 617-796-1672</p>	<p><b>Grab &amp; Go Meals: Mon-Fri 10am-Noon</b>  <b>Newton North</b> (theater entrance)  <b>Newton South</b> (main entrance)  <b>150 Jackson Rd.</b> (rear parking lot)</p>	<p><b>Newton Food Pantry-</b> 1000 Comm. Ave.          (shop 2x/month)  <b>Centre St. Food Pantry-</b> 11 Homer St.          (shop 1x/month)  <b>Arabic Baptist Food Pantry-</b> 187 Church St.          (shop 2x/month)</p>
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## Reusable Bags are Back

The Massachusetts Department of Public Health Commissioner recently rescinded statewide orders affecting bags in retail and grocery stores.

What you need to know:

- Recognizing the lack of advance notice for the statewide order rescission, the City of Newton will delay enforcement of its plastic bag and polystyrene bans until September 1, 2020. You may continue to see plastic bags and polystyrene in retail stores until this time as retailers adjust to this change.
- You may see the 10-cent minimum bag fee return for customers who choose to purchase a paper/reusable bag from the store. This will also be required again beginning Sept. 1.
- Reusable bags brought by customers are again allowed in retail settings effective immediately.



[More Bag Information](#)

## Water Safety

With many public pools closed this summer due to COVID-19, many families have purchased backyard pools from small to large. Hanging out at the pool, lake,



or beach on a hot day is a great way to beat the heat. But before you dive in, consider these water safety tips.

**Keep watch.** Always watch children when they're in or near a pool or spa. If multiple adults are present, designate one of them to watch the children for a designated amount of time and then rotate. When everybody's watching, nobody's watching. Taking turns being on official "water-watching duty will prevent lapses in supervision.



**Buddy up!** Always swim with a partner, every time — whether you're swimming in a backyard pool or in a lake.

**Know your limits.** If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.

**Don't forget kiddie pools.** A child can drown in less than 2 inches of water. Even the most shallow wading pool requires constant supervision and should be drained and placed well out of reach when it's not being used.

**Don't rely on inflatables.** Water wings, floaties, inner tubes or noodles are pool toys. These items are no substitute for life jackets or other personal flotation devices. Kids playing with inflatables, especially large ones, still need supervision, as they can pose a risk for children becoming stuck underneath them.

**Talk about it.** Talk with your kids about all aspects of water safety. Nearly 70% of childhood drownings happen when kids aren't swimming; they may wander over to a neighbor's yard, slip through an unlocked back door during playtime, or tumble into a kiddie pool filled with rain water. Teach young children that water can be dangerous and they should not go in or near it without an adult.

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## COVID-19 Compliance

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.

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[Newton HHS Website](#)

**Questions or Feedback?**  
**E-mail [health@newtonma.gov](mailto:health@newtonma.gov) or call (617) 796-1420**

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

