

City of Newton, MA



Public Health
Prevent. Promote. Protect.

SUMMER NEWS FROM HHS
JUNE 2021

**NEWTON CELEBRATES
PRIDE MONTH**

Pride Flag Raising
Ceremony

**Tuesday June 1
at 6:00 PM**

Attend in person or stream
the ceremony LIVE at
www.newtonma.gov/hrc

Show your **#NewtonPride**
by hanging a rainbow or pride flag
in your window!

HONOREES:

LGBTQ+ health care workers at
NWH and cofounders of
Sunbowzine

NEWTON HUMAN
RIGHTS
COMMISSION

Pride Flag Raising Ceremony

Every year for Pride Month the Newton Human Rights Commission raise the
Pride flag and honor an individual or individuals for their contributions and

commitment to the LGBTQ+ community in Newton. Attend in person or stream the ceremony live at www.newtonma.gov/hrc.

This year the HRC will be honoring LGBTQ+ health care workers at Newton-Wellesley Hospital and cofounders of Sunbowzine.

Summer Food Resources

Grab & Go

Newton residents can pick up a bag containing 3 days worth of breakfast and lunch at the following locations on Mondays, Wednesdays, and Fridays from 10am-12pm:

Newton North (theater entrance)

Newton South (entrance to the right from the first parking lot- follow signs)

www.newtonma.gov/grabandgo

Food Pantries

Newton Food Pantry

1000 Commonwealth Ave.

Bagged grocery pickup

Wednesdays, 1:30-5:30pm

www.newtonfoodpantry.org, 617-796-1233

Centre Street Food Pantry

11 Homer St.

Bagged grocery pickup

Tuesdays 2:30-6 pm and 1st Saturday of the month 11:30 am - 2 pm

www.centrestfoodpantry.org, 617-340-9554

Arabic Baptist Church Food Pantry

187 Church St.

2nd and 4th Friday's 11am-1pm

Twice per month

www.arabicbaptist.org, 508-561-4319

Mobile Market

American Legion Nonantum Post 440

295 California Street

10 AM to 11 AM

To register, call Ken Poirer at 617-244-0440.

Leave a voicemail with your name and phone number.

COVID-19 Vaccines

The COVID-19 vaccine is free, safe, and effective.

People age 12+ who live, work, or study in Massachusetts can get vaccinated.

People ages 12-17 can receive the Pfizer vaccine. People age 18 and older can receive any vaccine.

It's free! You don't need an ID or insurance to get it.

Find a location using www.vaxfinder.mass.gov

No computer access or having trouble navigating the state website? Please call 617-796-1666 for assistance scheduling a vaccination appointment.

Questions about vaccine safety? Check out these resources:

[Massachusetts Department of Public Health](#)

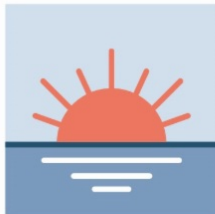
[Center for Disease Control and Prevention](#)



Fight the Bite!

MOSQUITO BITE PREVENTION

REDUCE YOUR CHANCES OF GETTING BITTEN AND PREVENT DISEASE



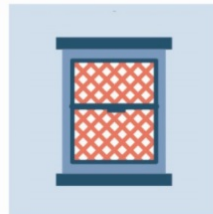
AVOID GOING OUT AT DUSK/DAWN WHEN MOSQUITOES ARE MORE ACTIVE



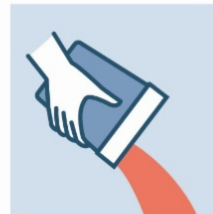
WEAR PROTECTIVE CLOTHES



USE INSECT REPELLENT



USE WINDOW SCREENS

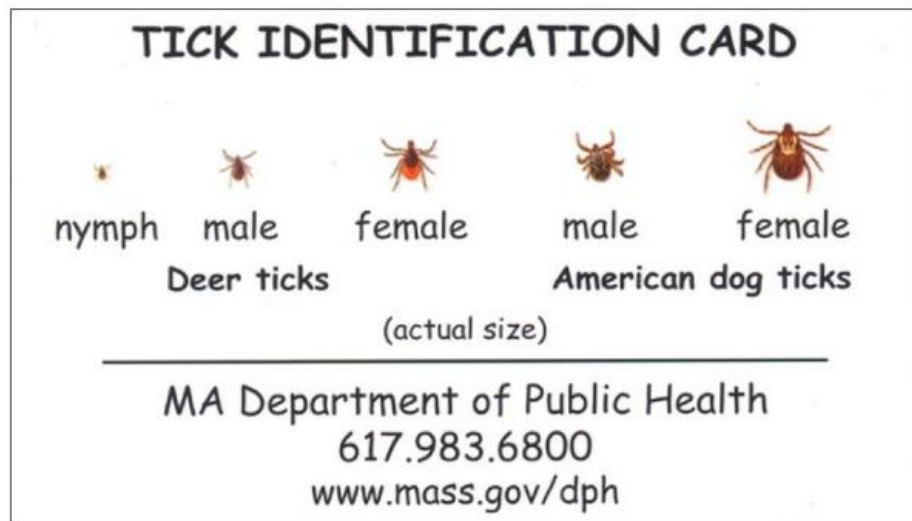


REMOVE STANDING WATER AT HOME

There are simple steps that you can take to protect yourself and your family from mosquito bites, and the illnesses they can cause.

- Use insect repellents any time you are outdoors
- Wear long-sleeved clothing
- Schedule outdoor activities to avoid the hours from dusk to dawn during peak mosquito season

- Repair damaged window and door screens
- Remove standing water from the areas around your home



One of the most important things you can do is check yourself for ticks once a day. Favorite places ticks like to go on your body include:

- Inside and behind the ears
- Along your hairline
- Back of your neck
- Armpits
- Groin
- Legs
- Behind your knees
- Between your toes

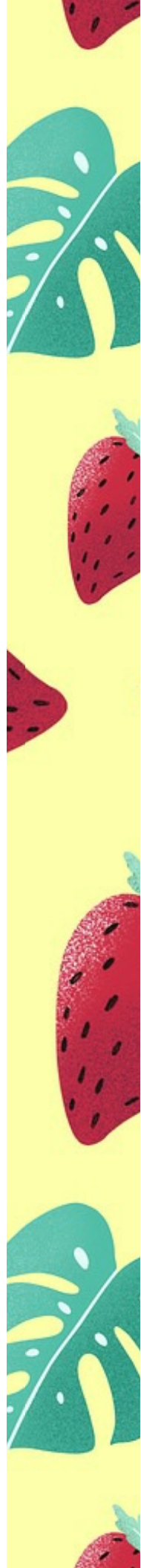
Remember to check your children and pets, too. Remove any attached ticks as soon as possible.

Find more information on mosquitoes and ticks in Massachusetts [here](#).

Water Safety

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. Here are some tips you should be aware of before you head out to the pool or beach:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water
- Have young children or inexperienced swimmers wear life jackets around water, but do not rely on life jackets alone.
- Maintain constant undistracted supervision. Stay within arms reach!
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.



KEEP YOUR COOL IN HOT WEATHER!

www.newtonma.gov

Newton Health & Human Services

STAY HYDRATED

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



Especially during midday when the sun is the strongest

WEAR LOOSE CLOTHES



Wear lightweight, loose clothing and a hat to protect your skin and prevent overheating.

FIND A COOL SPACE



Consider your options for a cool space that allows for physical distance from others, and how you will get there/back

AVOID THE SUN

STAY COOL

Use a fan at night to bring in cool air from outside. Close curtains and blinds during the day to cool rooms. Avoid extreme temperature changes, like taking a cold shower immediately after overheating.



Keep in touch with family & friends. Learn the symptoms of heat illness. Check local news and the City of Newton website for heat info

DO NOT LEAVE CHILDREN OR PETS UNATTENDED

Cars can overheat quickly to deadly temperatures.



Avoid sunburn. Wear SPF 15+ sunscreen to protect your head and face if you must be outside.



BE INFORMED

USE SUNSCREEN

Thank You!

Find more useful tips and information at www.newtonma.gov/health.

Questions or Feedback?
health@newtonma.gov or call 617-796-1420

(617) 796-1420

