

AUGUST NEWS

From Newton HHS



**The National Suicide Prevention Lifeline is now:
988**



988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

This Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

If you or someone you know needs support now,
call or text **988** or chat 988lifeline.org.

[Learn More about 988](#)

Back to School

School is just around the corner! Check out these resources for your student.



School Supplies & Backpacks

Contact your Newton Public School Social Worker to request a backpack with school supplies. [Find your school.](#)

Clothing

If you need some new clothes for your student, contact **Newton Social Services at 617-796-1420** for referrals to local resources!

- The Arabic Baptist Food and Clothing Pantry is open every 2nd and 4th Friday of the month.
- Cradles to Crayons offers clothing packs to eligible families.
- The Salvation Army, Goodwill, and Savers offer discounted clothing items.

Healthy Food

Every student in the NPS system can access free breakfast and lunch at their school. You can also visit Newton's [food pantries](#) and the [freedge](#) for free, healthy food!

*If you are not currently receiving P-EBT benefits for your student, call the Social Services Department at 617-796-1420 to discuss eligibility.

Low-Cost Internet

- [Federal Affordable Connectivity Program](#): Eligible households could receive a discount on internet services and a one-time discount for a laptop, tablet or desktop computer.
- [Lifeline Program](#): Massachusetts program with low-cost telecommunications service
- [Comcast Internet Essentials Program](#)
- [RCN Internet First Program](#)

After-School

Does your student need somewhere safe and fun to go after school? View a list of [After-School Programs](#) in the Newton community.

**Some programs are closed or have waitlists. Reach out to the program directly to inquire about availability.*

Bats

Warm summer weather in mid-July through August is also the time when bats may make their way into the living spaces of our homes.

Most bats are harmless, but a very small percentage may carry rabies, which makes any direct contact with a bat cause for action. Rabies is a very serious viral disease that can be prevented by getting vaccinated after exposure.

If a person or pet has had contact with a bat, capture the bat without damaging its head so it can be tested for rabies. [You can do this yourself](#), or call the non-emergency line at the Newton Police Department, 617-796-2100, to find out if an Animal Control Officer is available to capture the bat and transport it to a lab for testing. Private pest control companies also provide this service.



Find more information about rabies and bats [here](#).

Monkeypox Update

On July 23, 2022, the World Health Organization (WHO) [declared the ongoing multi-country outbreak of monkeypox to be a public health emergency of international concern](#). Since early May 2022, the WHO and US Centers for Disease Control and Prevention (CDC), as well as state and local health departments, have been tracking an outbreak of monkeypox that has spread across multiple countries, including the US, that don't normally have cases of monkeypox. As of August 11, 2022, [31,800 cases have been confirmed worldwide](#), including 31,425 in countries that have not historically reported monkeypox. As of August 11, 2022, [10,392 cases have been confirmed in the US](#), including 174 in Massachusetts.

What is Monkeypox?

Monkeypox is part of the same family of viruses as smallpox, with similar, but milder symptoms. [Symptoms](#) include rash, fever, headache, muscle aches, swollen lymph nodes, chills, and exhaustion. Infections with the type of virus identified in this outbreak – the West African type – are rarely fatal.

How Does it Spread?

The monkeypox [virus spreads mostly through close, intimate contact](#) with someone who has monkeypox. At this time risk to the general public is low, but you should talk to your healthcare provider if you develop symptoms of monkeypox, even if you don't think you had contact with someone who has monkeypox. You can take steps to [prevent getting monkeypox](#) and [lower your risk during social gatherings and sex](#).

Vaccines

Vaccines can help protect against monkeypox illness when properly administered before or soon after exposure. In the US, there is currently a limited supply of [monkeypox vaccine](#). MA is following the CDC eligibility criteria which currently prioritize known contacts and those who are most at risk of exposure to an individual

with monkeypox. More information about monkeypox vaccination in MA can be found [here](#).

Mosquitoes



During these hot, humid summer days when mosquitos flourish, it's important to take precautions against bites that can cause illness. Mosquitoes in our area, including Newton, have recently tested positive for West Nile Virus (WNV). The WNV risk level for Newton has been raised to Moderate. The risk level in Newton for Eastern Equine Encephalitis (EEE), another mosquito borne illness, is currently listed as remote. You can monitor Newton's mosquito-borne disease risk level and the risk level in other Massachusetts communities [here](#).

Here are some simple steps to protect yourself and your family from bites and the illnesses they can cause:

- Use an [EPA-registered insect repellent](#) when outdoors.
- Avoid scheduling outdoor activities from dusk to dawn during peak mosquito activity.
- Remove standing water around your residence since mosquitos can breed in even small amounts of water.

Find more information from the Massachusetts Department of Public Health on mosquitoes and mosquito-borne diseases [here](#).

Catch Up On Immunizations!

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all

aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.



Are You a Nurse Looking to Join a GREAT Team?

Our School Health Services division is hiring full time and substitute school nurses for the upcoming school year. Find a rewarding career and excellent benefits with our School Health Services team!

[School Nurse](#)

[Substitute School Nurse](#)

Save a Life. Be the Match!

We're helping to spread the word about the Be The Match campaign to help grow the registry of potential bone marrow donors. 70% of patients don't have a blood stem cell donor match in their family. A bone marrow transplant may be the best or only hope for someone who has been diagnosed with blood cancers, like leukemia and lymphoma, and other life-threatening diseases.

When you join the Be the Match Registry, your tissue type is added to the registry. If you're called to donate, the typical time commitment for the donation process is 20-30 hours spread out. Most adult donors (85%) are asked to provide blood stem cells collected from circulating blood and is similar to donating platelets or plasma. Some donors (15%) are asked to provide blood stem cells collected from the donor's pelvic bone while under anesthesia. You can join the registry today if you are between the ages of 18-40 years old and able to meet certain health guidelines.

To join the Be The Match registry, use the following link: <https://my.bethematch.org/CityofNewton>. Those who register will receive a free cheek swab kit in the mail. After swabbing your cheek, you simply mail the swab with the pre-paid envelope and you will be added into the registry.



The Newton Youth Commission is seeking new members! The Newton Youth Commission seeks to engage and empower Newton's youth through civic participation and by elevating youth voice in government. Interested young people must be Newton residents enrolled in grades 8 – 12. Meetings are held the second Wednesday of every month at the Newton Free Library. If interested in applying or learning more, please contact Youth Services at mmurtagh@newtonma.gov or visit www.newtonma.gov/youth.

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Public Health
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