



Health Newsletter



Note from The Nurses

We will start out by saying, "Happy 'meteorological' Spring!"

Given the rainy days of March we're hopeful that we will see the sun soon and

all of us can get out to breathe some fresh Spring air. Hoping this April newsletter finds all of you happy and well. March was a very busy month for the Quincy Health Department but then again, every day is different and what sometimes seems like a "lull" in the world of Public Health turns around in the blink of an eye.

In April, our continuing education will be focused on two topics, Stroke and Parkinson's Disease. On April 4th we will be presenting an educational program on Stroke at 1000 Southern Artery and on Thursday, April 11th we will have an informational table on Parkinson's Disease in the lobby at the Kennedy Center. April 11th is [World Parkinson's Day](#).

Measles	COVID-19 Snapshot & Wastewater Surveillance	QHD's Smoking Cessation Program	South Shore Healthy Homes	Upcoming Events
Learn more about measles, how it spreads & preventative measures, ect.	Check the city snapshot and South System wastewater surveillance updates.	Spring forward into better health by quitting smoking or vaping with QHD's new program.	Learn about the City of Quincy's Office of Healthy Homes FREE Lead Abatement Program.	Check out the various events happening at QHD and come visit us!
Check Pages 3-5	Check Page 6	Check Pages 7	Check Page 8	Check Pages 9+10

On that day as well as throughout the month many organizations around the world work together to raise awareness of this debilitating disease. Please stop by and pick up some information from our table. Also, keep an eye out for Quincy Access Television (QATV) channel 9 for Katelyn's conversation with Mark Crosby, QATV Government Access Coordinator, highlighting [Parkison's Disease](#) on the next episode of "[For your Health.](#)" (If there is a topic you'd like to see on upcoming episodes of "*For your Health,*" make sure to let us know!)

Recently, all three of us have become CPR (cardiopulmonary resuscitation) Certified Instructors! We are very proud of this accomplishment as it can only benefit our city employees and people in the community. This month we will be certifying the employees of the City Public Works Department. This will bring an added sense of safety to our community as we continue to certify the city employees who serve you as a Quincy resident every day. We are working on a plan and a schedule to be able to offer these classes to the public so stay tuned.

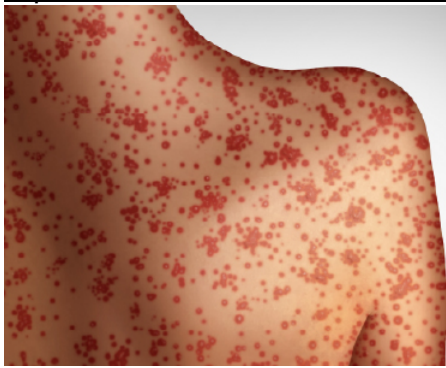
As always, we continue to offer the blood pressure clinics on Wednesdays & Thursdays from 10am-11am. Our office hours are Monday – Friday 8:30am-4:30pm so please let us know if we can be of assistance to you. We wish you a Happy Easter, Happy Passover, and Happy Spring!

As always, it is our honor to serve you, the citizens of Quincy.

[Stay well!](#)

Katelyn, Karen & Deb

QUINCY HEALTH DEPT NURSES



Get the facts about
MEASLES

What do you need to know about measles?

Measles is disease caused by a virus and is very contagious. It usually lasts one to two weeks. Symptoms typically begin like a cold or flu, with cough, high fever, runny nose, and red, watery eyes. A few days later, a red, blotchy rash starts on the face, and then spreads to the rest of the body.

Is measles dangerous?

Yes, measles can be very dangerous. Along with the symptoms above, measles can often also cause diarrhea, ear infections and pneumonia. Deafness, blindness, seizure disorders, and other brain diseases are less common to occur. Measles can also cause swelling of the brain and death, although this is rare in the United States. Measles is most dangerous for children under 5 years of age, adults over 20 years of age, pregnant women, and individuals with weakened immune systems.

How is measles spread?

Measles is more easily spread than almost any other disease. The virus that causes measles lives in the nose and throat and is sprayed into the air when an infected person sneezes, coughs or talks. It can stay in the air for up to 2 hours. Other people nearby can then inhale the virus. Touching tissues or sharing a cup used by someone who has measles can also spread the virus. People with measles can spread the disease 4 days before the rash begins until 4 days after rash onset. The first symptoms appear 10 - 14 days after a person is exposed.

Who is at risk?

- Anyone who never had measles and has never been vaccinated.
- Babies younger than 12 months old, because they are too young to be vaccinated.
- Adults who were vaccinated before 1968, because some early vaccines did not give lasting protection.

- A very small percentage of vaccinated children and adults who may not have responded well to the vaccine.

How is measles diagnosed?

Because measles can look like other diseases that cause a rash, the only sure way to know if you have measles is to get tested. Testing is usually done on a swab from your nose or throat, and on blood.

Prevention

- **Get vaccinated.** Measles vaccine is usually given in a shot called MMR, which protects against measles, mumps and rubella. There are now many fewer cases of these three diseases because children get the MMR vaccine. Protect your children by having them vaccinated when they are 12 - 15 months old, and again when they are about to enter kindergarten. According to the US Centers for Disease Control and Prevention (CDC), two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.
- State regulations require certain groups to be vaccinated against measles. Some health care workers and all children in kindergarten – 12th grade and college need to have 2 doses of MMR vaccine for school entry. Children in child care and preschool need 1 dose of MMR and childcare workers also need to have 1 or 2 doses of measles containing vaccine, depending on their age and other factors. A blood test or other laboratory result that provides evidence of immunity can also be used to fulfill this requirement for all groups.
- People in high risk groups such as health care workers, health science students and international travelers should have 2 doses of MMR, regardless of year of birth. Infants six months through eleven months of age should receive one dose of MMR vaccine prior to international travel.
- Adults born in or after 1957 should have at least 1 dose of MMR.
- Women who plan to have children and are not immune should get MMR at least 4 weeks before getting pregnant.

- **If you have been exposed to someone with measles**, talk to your doctor or nurse right away to see if you need a vaccination. If you get the vaccine within 3 days (72 hours) after being exposed, it will help protect you against measles. People who cannot be vaccinated can be treated with immune globulin (IG antibodies) up to 6 days after exposure. IG may not prevent measles, but it does make the disease milder.
- **People with measles** should avoid **all** public activities until they are well again. State regulations require anyone who catches measles to be isolated for 4 days after the rash appears. That means they stay away from public places like day care centers, school and work.

Protection for travelers

Because measles is more common in other parts of the world, people who travel to other countries should make sure that they are protected before traveling.

- All travelers 12 months of age and older should have 2 doses of MMR given at least 28 days apart or a blood test showing immunity.
- Children 6 through 11 months of age should receive 1 dose of MMR before traveling. These children will still need to get their 2 routine doses of MMR at 12-15 months and 4-6 years of age.

Is MMR vaccine safe?

Yes. It is safe for most people. However, a vaccine, like other medicines, can cause side effects in some people. The MMR vaccine can cause fever, mild rash, temporary pain or stiffness of the joints. More severe problems, such as seizures, bleeding problems or allergic reactions are very rare. Getting MMR vaccine is much safer than getting measles, and most people do not have any problems with the vaccine. Talk to your healthcare professional to inquire about your vaccine status and their recommendations if a dose is recommended for you.

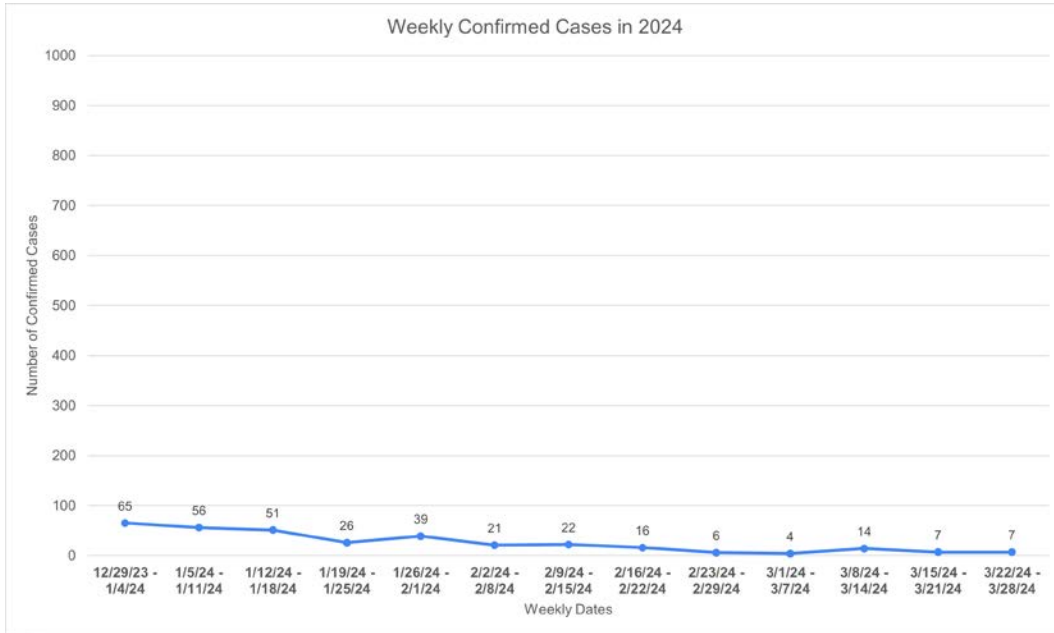
Resources/For more information:

The above information has been obtained from the Massachusetts Department of Public Health. To access website: <https://www.mass.gov/info-details/measles>

To obtain additional information, you can also visit the Center for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/measles/cases-outbreaks.html>

COVID-19 Snapshot of City of Quincy

The City of Quincy confirmed COVID-19 cases has a slight downward trend.



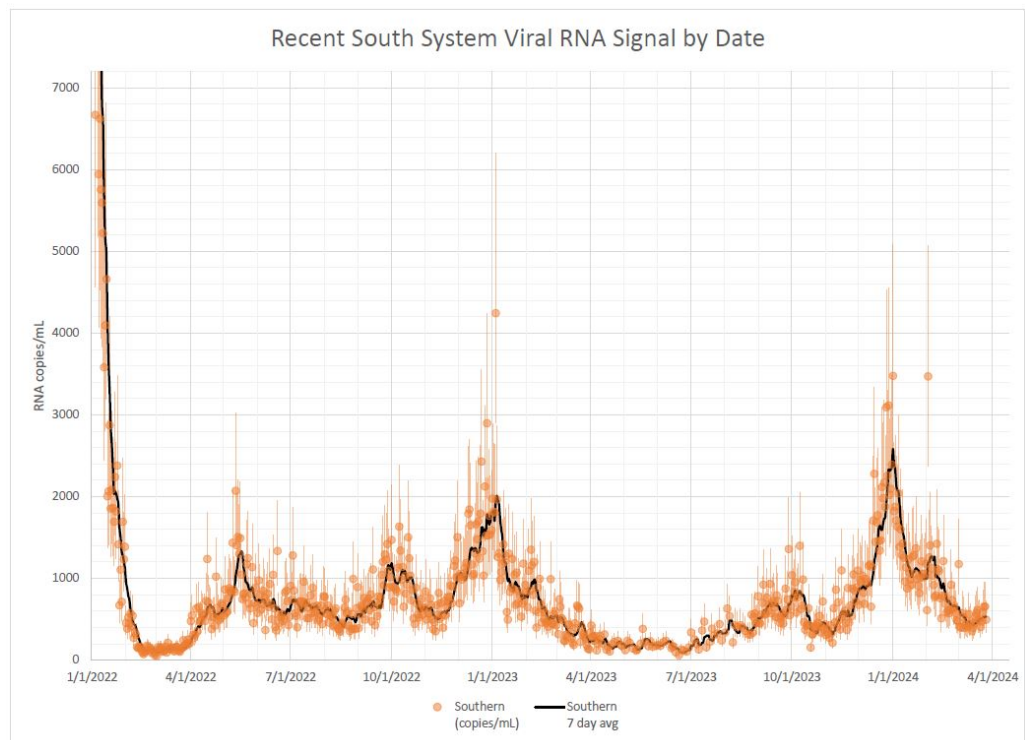
South System COVID-19 Wastewater Surveillance System

Currently, the state conducts COVID-19 wastewater surveillance for the state. There is data regarding the North and South Systems. There is a decrease in the COVID-19 RNA copies/mL found in the wastewater surveillance that the State has been conducting. The City of Quincy is part of the South System wastewater surveillance system for the state of MA.

Snapshot numbers as of 03/26/2024.

Southern (copies/mL):
494

Southern 7-day average:
532



READY TO QUIT SMOKING?



The Quincy Health Department's Stop Smoking Program is ready to help with counseling and support. Nicotine patches, gum and mints are available for those who medically qualify. For more information contact Christine Coscia, Tobacco Treatment Specialist at: 617-376-1233.

South Shore Healthy Homes Program

Did you know that over half of the homes in Quincy and Weymouth have lead paint?

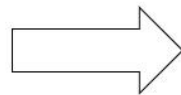
This invisible, and often ignored, hazard is dangerous to everyone, especially for children under the age of 6 and women who are pregnant and can cause severe neurological damages.

To tackle this problem, the City of Quincy's Office of Healthy Homes offers a FREE Lead Abatement Program to low/moderate income residents in Quincy and Weymouth who have homes built before 1978. This income range qualifies a good number of residents in both areas.

Eligible applicants will receive assistance from the grant program, which includes a full home assessment that often results in new windows, doors, interior and exterior painting, and updated safety appliances and adds significant value to the property. They will also receive a \$1,500 tax credit and, if necessary, provisions for relocation. The program is open to tenants, landlords, and homeowners, as well as individuals with vacant units!

Help us keep the community in which we live a little safer by ensuring that all are lead-safe and healthy homes. Please visit our website at <https://www.officeofhealthyhomes.org/> to apply for the program or call us at (617) 376-1054 if there are any questions!

Here are a few before & after photos of previously completed projects:



Upcoming Events – April and May 2024



Health Links with Tufts Medical Center

When? Every 2nd and 4th Tuesday of the month. 10:00 am – 11:00 am

Where? On Zoom through Quincy Access Television.

Meeting ID: 831 3882 3548



**City of Quincy
Health Department**

Prevent. Promote. Protect.

Weekly Blood Pressure Clinics

When? Every Wednesday & Thursday, 10am – 11am

Where? The Kennedy Center, 440 East Squantum St.

The Council on Aging in collaboration with the Health Department offers free blood pressure clinics. Please come down and get your blood pressure checked with one of our nurses at The Kennedy Center!

Flu Vaccines

When? Appointment based.

Where? The Kennedy Center/Health Department Nursing Office, 440 East Squantum St.

Typically reserved for homebound residents, the QHD still has Flu vaccines (regular dose only) available. Residents are required to provide health insurance information for billing purposes. For further information and to schedule an appointment, *please call 617-376-1023.*

 Continued Upcoming Events – April and May 2024


Caring for Your Vision as You Age: Age-related Macular Degeneration & Diabetic Retinopathy

When? Wednesday, April 24th. 10:00 am – 11:00 am

Where? The Kennedy Center 440 East Squantum St.

The Division of Ophthalmology at Beth Israel Deaconess Medical Center provides comprehensive medical and surgical treatment of eye diseases. Dr. Li will discuss how to care for your eyes as you age and common issues that may arise. Learn more about symptoms and treatment options for Age-related Macular Degeneration and Diabetic Retinopathy. Presented by Yafeng Li, MD Ophthalmology.

Limited seating for this presentation, to reserve your spot *please call 617-376-1023*.

Presentation will be recorded for Quincy Access Television programming as well!



Dana-Farber
Cancer Institute

Need a Mammogram?

When? Thursday, May 30th. 8 am – 4 pm

Where? The Kennedy Center 440 East Squantum St.

If you are due for your breast cancer screening, please join us on *Dana-Farber's Mammogram Van!* The American College of Radiology recommends a mammogram every year if you are age 40 and older. The mammogram van offers digital screenings (3D mammography). The van comes to you, and our friendly, professional staff provides easy access to a vital screening. The entire process takes less than 20 minutes. **Pre-registration is required**, and most forms of insurance are accepted. *To schedule your mammogram or learn more*, please call **617-632-1974** or email mammo_van@dfci.harvard.edu.

List of Departments



Assessors: 617-376-1170

Constituent Services: 617-376-1500

Elder Services: 617-376-1506

Health Department: 617-376-1275

Inspectional Services: 617-376-1450

Library: 617-376-1300

Mayor's Office: 617-376-1990

Natural Resources: 617-376-1253

Planning: 617-376-1362

Public Schools: 617-984-8700

Public Works: (617) 376-1959

Treasures: 617-376-1095

TPAL: 617-376-1936

Veteran Services: 617-376-1192

Are you interested in staying up to date on important Quincy Public Health Issues?

If so, please scan the QR code and follow our Facebook page for more information!



City of Quincy Health Department



Public Health®
Prevent. Promote. Protect.

Quincy Health Department

440 East Squantum Street
Quincy, MA, 02171

617-376-1275



<https://www.quincyma.gov/departments/health/index.php>

Hours: Monday-Wednesday & Friday 8:30 AM – 4:30 PM

Thursday 8:30 AM – 7:30 PM