

**NASHOBA
ASSOCIATED
BOARDS OF
HEALTH
(NAHB)**

**NASHOBA
NURSING
SERVICE &
HOSPICE**



Inside this issue:

Shingles Information	2,3
Pneumococcal Vaccine infor- mation	4
Sharps Disposal	5
Flu Clinic Schedule	6

Community Connections

Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Devens, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend



Shirley, MA

The Flu Clinics are Coming in October!

The Nashoba Associated Boards of Health will be providing flu clinics throughout the district during the month of October. Therefore, there will be NO regular blood pressure clinics held during October. Our clinics are open to everyone ages 6 months and up. We will have High Dose Flu Vaccine available for those ages 65 and older. Residents are asked to bring their insurance cards/information. If a resident doesn't have insurance or their card is unavailable, a \$ 20 fee will be collected.

Our goal is to vaccinate as many residents as possible so we provide a variety of clinic options for the community's convenience. For this reason, clinics are scheduled to cover different times of the day (morning, afternoon, early evening s) and in diverse venues including libraries, schools, senior/community centers, churches and town halls. All of our clinics are open to ALL of our community residents. A full list of clinic dates, times and locations will be posted on our website soon: www.nashoba.org

For residents who cannot attend a clinic, call to schedule an appointment with the nurse to receive an immunization at our office for as long as vaccine supply is available.

Office location: 51 Cambridge St Office in Ayer, MA

*Upon referral, and with a doctor's order, we will vaccinate any homebound resident who is unable to attend a clinic.

Thank you for your continued support and cooperation. We look forward to working with you to promote healthy communities in the 2018/2019 year.

Warm regards,

Tamara Bedard, RN

Community Health Manager

978-772-3335 ext.340



Shingles: The Herpes Zoster Virus

Shingles is a blistering, itchy, painful skin rash caused when the Herpes Zoster Virus reactivates. The Herpes Zoster Virus is the same viral infection that causes Chickenpox. After an initial infection of Chickenpox, the virus never completely leaves the body; it remains dormant and hides in sensory nerves. With age, stress or a compromised immune system, the virus may reactivate and present as Shingles. Shingles is most common in persons 50 – 70 years of age.

The Shingles rash presents on one side of the body or face and can last for 7-10 days before scabbing over. Most people experience a tingling sensation, pain or itching 1-5 five days prior to the rash appearing. The rash most commonly appears in a single stripe on the left or right side of the body. In some cases, the rash may appear on one side of the face or on/near the eye which can cause vision changes or even blindness. Headache, fever, chills, stomach upset may also be symptoms. Persistent nerve pain may happen even after the rash disappears.



It is important to contact your healthcare provider as soon as possible to discuss the treatment options for Shingles. Antiviral medicine is available by prescription and may help shorten the length and severity of the illness. To be most effective, the medication should be taken as soon as the rash appears. Analgesics (pain medication) are often taken to reduce the pain caused by Shingles. Applying cool, wet compresses, taking a colloidal oatmeal (oatmeal that has been ground and then suspended in liquid) bath and applying a topical anti-itch cream may help alleviate itching.

People don't catch Shingles from other people. Only people who have had chickenpox can get Shingles. While someone with Shingles cannot give someone else Shingles, they can pass the Herpes Zoster Virus (Chickenpox virus) to others. (The virus is spread by direct contact with fluid from the rash blisters.) In this case, a person who has never had Chickenpox, or the Chickenpox vaccine, could become infected and develop Chickenpox. A person is not contagious before the rash blisters or once the blisters have crusted and scabbed.

To prevent spreading the virus, keep the skin clean, cover the rash with dressings or clothing, and avoid itching or touching the affected area. Refrain from contact with pregnant women who have not had Chickenpox or the Chickenpox vaccine along with people that have weakened immune systems.

In 2017 a new Shingles vaccine, Shingrix, was licensed by the Food and Drug Administration. Shingrix is recommended by the CDC (Centers for Disease Control) as the preferred Shingles protection for adults aged 50 and over due to its 90% effectiveness. The vaccine is administered in two doses 2-6 months apart. This vaccine is recommended even if a person has already received Zostavax (the first Shingles vaccine that came out in 2006).

*Author: Susan Hoag, LPN
Community Health Nurse
Nashoba Associated Boards of Health*

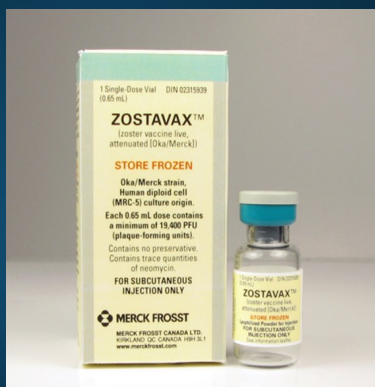
https://www.medicinenet.com/shingles_herpes_zoster/article.htm
<https://www.cdc.gov/shingles/about/transmission.html>
<https://www.healthline.com/health/shingles-contagious#limiting->

Prevention: Shingles Vaccines



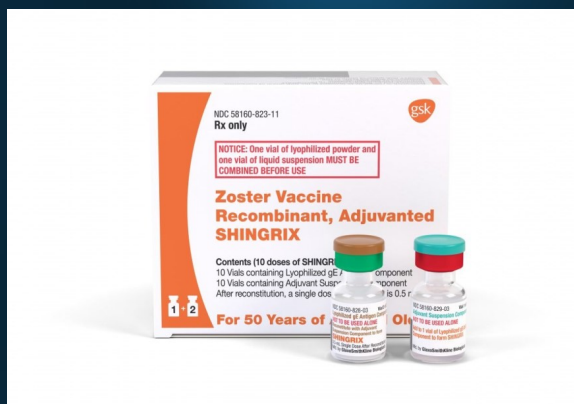
Zostavax

- Live
- Subcutaneous (SQ)
- 60 & older
- Single dose



Shingrix

- Non-Live (recombinant)
- Intramuscular (IM)
- 50 & older
- 2 dose series (2-6 months apart)



No guarantees! But these vaccines can reduce risk of complications, severity of illness and chance of developing post herpetic neuralgia

DOCTOR

Seniors should contact their primary health care providers if they are in need of immunization, or if they have questions about their vaccination needs. Depending on vaccine availability, some doctors may refer their patients to local pharmacies.



Extra Protection with Pneumococcal vaccine

Each year in the United States, about 18,000 adults 65 years or older die and thousands more end up in the hospital because of infections caused by pneumococcal bacteria. Since the 1980s, older adults have been recommended to get the pneumococcal polysaccharide vaccine (PPSV23, Pneumovax®23), which protects against blood and certain other pneumococcal infections. CDC now recommends that adults 65 years or older **also** receive the pneumococcal conjugate vaccine (PCV13, Prevnar-13®), which provides added protection against pneumonia caused by pneumococcal bacteria. Getting both vaccines offers the best protection we have available against pneumococcal disease.



Talk to your healthcare professional to make sure you are up-to-date on flu and pneumococcal vaccination, as well as other vaccines that may be recommended for you based on your age, health condition, job, lifestyle, or other factors.

Pneumococcal disease is an infection caused by *Streptococcus pneumoniae* bacteria. Pneumococcal bacteria spread from person-to-person through coughing and sneezing. People sometimes have the bacteria in their nose and throat without feeling sick, but can still spread it to other people.

When pneumococcal bacteria spread from the nose and throat to ears or sinuses, it generally causes mild illness. When the bacteria spread into other parts of the body, it leads to severe health problems such as infections of the lungs (pneumonia), blood (bacteremia), and lining of the brain and spinal cord (meningitis). These illnesses can lead to disability like deafness, brain damage, or loss of arms or legs. These illnesses can also be life-threatening.

People with certain health conditions or who are taking medications that weaken the body's immune system are at increased risk for complications from pneumococcal disease. This is why CDC recommends that these adults (19 years or older) get pneumococcal vaccination as well.

"Thousands of older adults die and many more are hospitalized from pneumococcal disease every year, but many adults aren't aware that there are vaccines that can prevent it," said Dr. Anne Schuchat, principal deputy director for CDC. "A lot of adults get their flu vaccine this time of year, which is a great time to get pneumococcal and other vaccines as well."

Pneumococcal vaccines may be available at private doctor offices, public or community health clinics, or pharmacies. Check with your doctor or pharmacist or use the <http://vaccine.healthmap.org> to help find places that provide pneumococcal vaccines near you.

Most private health insurance covers pneumococcal vaccines. Check with your insurance provider for details on whether there is any cost to you and for a list of in-network vaccine providers. Medicare Part B covers the cost of both pneumococcal vaccines (when administered at least 1 year apart).

For more information, visit: www.cdc.gov/features/adult-pneumococcal/

NASHOBA ASSOCIATED BOARDS OF HEALTH SHARPS COLLECTION PROGRAM

SHARPS CAN'T BE ACCEPTED AT TOWN HALLS or COUNCILS ON AGING FACILITIES

(The drop-off location is listed below)



SHARPS DISPOSAL

In an attempt to provide an inexpensive method to properly dispose of syringes and lancets (Sharps) the Nashoba Associated Board of Health has established the following program for its 16 member communities.

Fees per container: \$5.00 (4 quart)

1. Sharps containers will be available for purchase at your local Town Hall and the Nashoba Associated Board of Health Office (purchase price covers the cost of disposal).
2. Sharps can only be accepted in approved containers; persons who bring loose sharps or sharps in unapproved containers (i.e. detergent bottle or coffee can) will be provided an approved container, as part of the disposal cost, and will need to transfer the sharps into that container before they can be accepted.
3. You will need to complete an informational label that gets affixed to the container prior to disposal to verify payment.
4. Listed below are companies that provide mail-back sharps disposal (this office does not endorse any of these companies; the information is provided for your convenience)
5. This program is not for the disposal of sharps from commercial operations.

SHARPS 800-772-5657 www.sharpsinc.com

GRP & Associates 800-207 0976 www.sharpsdisposal.com

Sharps Assure 855-974-2777 www.sharpsassure.com

DROP OFF LOCATION FOR SHARPS CONTAINERS:

Nashoba Associated Boards of Health
30 Central Avenue
Ayer, MA 01432

(978) 772-3335 or 1 800-427-9762

For questions please call or visit our website at:

(978) 772-3335
www.nashoba.org

This program is supported by a grant from the Massachusetts Department of Public Health

2018 FLU CLINIC SCHEDULE

****This is a list of clinics that are confirmed as of 8/30/18.** Please check our website for more information: www.nashoba.org OR call: Tamara at: 978-772-3335 ext.340.

DATE	TOWN	CLINIC LOCATION	TIME	ADDRESS
10/2 Tuesday	Ashby	Library	2-4	812 Main St
10/3 Wednesday	Lancaster (Health Fair)	Community Center	2-7	39 Harvard Rd
10/4 Thursday	Berlin	First Parish Church	9:30-11	24 Central St
10/4 Thursday	Boxborough	Blanchard Memorial Elementary	3-6	495 Mass Ave
10/6 Saturday	Dunstable	Swallow Union Elementary School	10-1	522 Main St
10/9 Tuesday	Littleton	Town Offices (Room 103)	10-12	33 Shattuck St
10/9 Tuesday	Littleton	Littleton Middle School Cafeteria	3-6	55 Russell St
10/10 Wednesday	Pepperell	Nissitissit Middle School Cafeteria	3-6	33 Chace Ave.
10/11 Thursday	Shirley	Senior Center	9-11	9 Parker Rd
10/11 Thursday	Townsend	Library	3-6	12 Dudley Rd
10/13 Saturday	Littleton (Health Fair)	Littleton Middle School	10-2	55 Russell St
10/15 Monday	Ashburnham (Health Fair)	Town Hall	10-1	32 Main St
10/15 Monday	Lunenburg	Library	3-6	1023 Massachusetts Ave
10/16 Tuesday	Harvard	Senior Center (Hildreth House)	9-11	13 Ayer Rd
10/16 Tuesday	Ayer	Library	3-6	26 East Main St
10/17 Wednesday	Pepperell	Senior Center	10-12	37 Nashua Rd
10/17 Wednesday	Harvard	The Bromfield School (High School)	3-5	14 Massachusetts Ave
10/18 Thursday	Bolton	Safety Building	9-11	15 Wattaquodock Hill Rd
10/18 Thursday	Bolton	Nashoba Regional High School (cafeteria)	3-6	12 Green Rd
10/20 Saturday	Stow	Community Center	10-1	509 Great Rd
10/23 Tuesday	Boxborough	Town Hall	10-12	29 Middle Rd
10/23 Tuesday	Ashburnham	Oakmont Regional High School Cafeteria	3-6	9 Oakmont Dr.
10/24 Wednesday	Groton	Public Library	3-6	99 Main St.