

Housatonic Valley Health District (HVHD)

September 22, 2025



Respiratory Virus Season



What you Need to Know

- Getting your shots each year is the BEST way to stay healthy and avoid getting very sick
- Flu, COVID, and RSV are viruses. Viruses are tiny germs that spread when they are inside a host, like a person or an animal
- These germs change over time, so the shots you got last year don't work as well
- That's why you should get your shots every year
- October is the best month to get your shots so that the benefits last all season
- If you recently had COVID, you should wait 3 months before getting your shot
- If you got your first series of COVID shots, or just got last year's shot, you should wait 8 weeks before getting this year's shot

What Shots to Get

- Babies (up to 2 years old):
 - **COVID-19:** Babies should start getting their COVID shots after they turn 6 months old
 - Babies who have never gotten a COVID shot AND babies who have a higher chance of getting very sick should get 2 or more shots
 - Babies who got a COVID shot, but did not finish the first series, should get one or more shots
 - Babies who got the first series of COVID shots should get one shot
 - **RSV:** Babies can be protected from RSV through their mom. Pregnant women should get the RSV shot between 32-36 weeks
 - If mom did not, or could not, get the shot, babies can also get the RSV shot before they are 8 months old, or at the beginning of their first RSV season
 - Babies who are 8-19 months old AND have a higher chance of getting very sick from RSV should also get the RSV shot right before their second RSV season
 - **Flu:** Most babies should start getting their flu shots after they turn 6 months old
 - Babies should get the new flu shot every year, unless you are told by your baby's doctor that they cannot get the shot

What Shots to Get

- Kids (2 – 18 years old)
 - **COVID-19:** Most kids can get one shot each year
 - Kids who are at a higher risk of getting very sick should get 2 or more shots
 - It is very important for kids to get a COVID shot if:
 - They are at risk for getting very sick from COVID
 - They have never gotten a COVID shot before
 - They live in a group setting, such as a long-term care facility
 - They live with family members who are high-risk
 - **RSV:** Kids do not need to get another RSV shot
 - **Flu:** Most kids should get their flu shot each year
 - Kids should get the new flu shot every year, unless you are told by your child's doctor that they cannot get the shot

What Shots to Get

- Adults (19 – 65 years old)
 - **COVID-19:** Most adults can get one shot each year
 - Adults who are at a higher risk of getting very sick should get two or more shots
 - It is very important for adults to get a COVID shot if
 - They are at risk of getting very sick from COVID
 - They have never gotten a COVID shot before
 - They live in a group setting, such as a long-term care facility
 - They work in healthcare settings
 - They live with family members who are high-risk
 - They are pregnant or expecting to become pregnant, recently had a baby, or are breastfeeding or pumping breast milk
 - **RSV:** Most adults do not need to get another RSV shot
 - Adults who are 50-74 years old and are high-risk should get one RSV shot, ONE TIME. This is not an annual shot and should not be repeated every year
 - **Flu:** Most adults should get their flu shot each year
 - Everyone should get the new flu shot every year, unless you are told by your doctor that you cannot get the shot

What Shots to Get

- Seniors (65+ years old)
 - **COVID-19:** Most seniors should get at least one shot every 6 months (2 shots per year)
 - Seniors who are high-risk may need more than two shots
 - **RSV:** All seniors 75 years and older should get one RSV shot, ONE TIME
 - This is not an annual shot and should not be repeated every year
 - Seniors who already got the RSV shot when they were 50-74 years old because they are high-risk should NOT get the shot again
 - **Flu:** Most seniors should get their flu shot each year
 - Everyone should get the new flu shot every year, unless you are told by your doctor (or your loved one's doctor if you are a caregiver) that you cannot get the shot

What Does it Mean to be “High-Risk”

- High-Risk Babies and Kids (6 months – 18 years old)
 - Newborns and babies up to 2 years old
 - Those who live in long-term care facilities or other group settings
 - Babies and kids who have never had their shots, or are behind in getting their shots
 - Those who live with family members who are high-risk
 - Babies and kids who have a sickness or health problem that makes it hard for them to breathe
 - Babies and kids whose heart doesn't work as well as it should
 - Those who have a health problem or medicine that they take which makes it difficult for their body to fight germs and sicknesses
 - Those who have been told by their doctor that they are overweight

What Does it Mean to be “High-Risk”

- High-Risk Adults and Seniors (18 years and older)
 - Seniors who are 65 years or older
 - Those who live in long-term care facilities or other group settings
 - Those who work in healthcare or other group care settings
 - Those who live with family members who are high-risk
 - Adults and seniors who have cancer, or have had cancer in the past
 - Those who have had a stroke or a heart attack, or those whose heart doesn't work as well as it should
 - Those who have a health problem or medicine that they take which makes it difficult for their body to fight germs and sicknesses
 - Those who have been told by their doctor that they are overweight
 - Adults and seniors who have a sickness or health problem that makes it hard for them to breathe
 - Those who have memory loss or other brain health problems
 - Those who have a mental health condition
 - Adults and seniors who are current or former smokers, or who have a substance use disorder
 - Women who are pregnant or recently gave birth

HVHD Highlights



HVHD Key Highlights FY 24/25

- Launched Phase I and Phase II of our **online property file integration project**, allowing community members to access property files online and complete/submit online applications for expedited review with **over 160 online forms submitted** since the online form launch in May 2025
- Expanded **community health programming** to include mobile clinic physical exams; falls prevention programming; home visits; Narcan training; Question, Persuade, Refer (QPR) training; teen driving safety training; diagnostic heart health screening; CPR certification; blood pressure screening; community conversations on various topics; radon test kit distribution; lead education; mental health first aid training; and the Gizmo curriculum for youth mental health with **over 660 attendees** across all program types
- **Reduced turnaround time** for building applications, change of use applications, subsurface sewage disposal plan review applications, and well applications to **less than 5 days**
- Distributed **11 monthly newsletters** to over 200 of subscribers with a **45.1% open rate** (industry standard open rate between 15-25%)
- Maintained **four public data dashboards** with an estimated **4,420 number of viewers**
- Administered over **1,300 flu vaccines across 7 towns and over 30 routine immunizations**

PFAS Update



PFAS Rule and Updates



Public Water Systems and Community Wells:

- In April 2024, the EPA established legally enforceable levels for PFAS in drinking water
- Public water systems (including community wells) were given until 2027 to complete initial monitoring and until 2029 to comply with the Maximum Contaminant Levels (MCLs)
- As of May 2025, EPA plans to develop a rule to provide additional time for compliance, including a proposal to extend the compliance date to 2031
- EPA plans to issue a proposed rule this fall and finalize this rule in the Spring of 2026

Current Status of PFAS in New Milford



Private Wells:

- HVHD is informed by DEEP when DEEP is made aware of an elevated PFAS test result in a private well
- To date, DEEP and HVHD have been made aware of three private well result/residence with PFAS above the DWAL
- To date, DEEP and HVHD have been made aware of four private well results/residences with PFAS above the new EPA MCL, but below the DWAL

Updated Reports for Public Water Systems: <https://www.aquarionwater.com/water-quality/water-quality-reports/ct-water-quality-reports>

- ND: Laurel Ridge, Park Glen, Twin Oaks
- Below MCLs: Carmen Hill, Forest Hills, New Milford Regional, Pleasant View
- Over MCLs below DWAL: Dean Heights (PFOS: 5), Meadowbrook (PFOA: 7) (PFOS: 6)

Community Wells



- HVHD has reached out to owners of community wells within our jurisdiction to share guidance regarding the EPA's new MCLs and provide information regarding funding opportunities
- Funding Opportunities:
 - CT Green Bank: <https://www.ctgreenbank.com/home-solutions/smart-e-loans/>
 - New England Water Infrastructure Network:
<https://docs.google.com/forms/d/e/1FAIpQLSfswAW4Rk4GZAi4HILcktE0tyC33H4Z2-no20Zul4ZlpuUjvA/viewform>
 - Drinking Water State Revolving Fund: <https://www.epa.gov/dwsrf>



WATER QUALITY AND YOUR PRIVATE WELL WEBINAR



Topics of Discussion:

- Well Types and Construction
- Testing
- PFAS
- Septic Maintenance



June 4th



6:00 pm



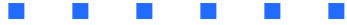
Online: <http://bit.ly/4k20Qci>

DEEP Response Update



- At this time, DEEP will continue to respond to homes where there is a documented exceedance of one or more PFAS Drinking Water Action Levels (DWAL)
- The laboratory utilized must be a DPH certified laboratory and confirm that there are no quality control issues with the sample
- When such a report is received, DEEP will offer to have a DEEP consultant retest the drinking water for PFAS
- If the retest confirms there is one or more DWAL exceedances, DEEP will proceed with offering installation of a filter to remove the PFAS.
- Bottled water service will also be offered until the filter is installed and confirmed to be working effectively

How has DEEP response changed?



- DEEP will not respond to laboratory results that do not indicate that there are one or more PFAS DWAL exceedances. In other words, detections of PFAS alone will not initiate a DEEP response – only those above an action level
- DEEP will also not be reaching out to neighboring properties to offer testing, only the homeowner that initially contacted us. The exception would be if evidence is shared that indicate there is a probable PFAS release in the area that is likely to have resulted in widespread groundwater contamination and would therefore warrant opening an investigation
- After the filter is installed and tested to confirm proper functioning, it will be gifted to the homeowner. All ongoing maintenance and water testing will be the responsibility of the homeowner. They will be advised to obtain a water treatment professional to develop a testing and maintenance plan specific to their residence and water usage
- As the PFAS landscape is ever evolving, the above plan is subject to future change. We will do our best to keep you informed of any changes as they arise

Contacts



- Local Health Department:
Amy Bethge, MPH
abethge@hvhdct.gov
- CTPFAS@ct.gov
- Emerging Contaminants Unit:
Margaret.Harvey@ct.gov
Patricia.Bisacky@ct.gov
- CT DEEP:
Meghan.Lally@ct.gov

