



MEPHC Newsletter

Coming Soon! Shared Nurse Google Drive

The MEPHC Nurses Workgroup is beginning work on a new shared drive to collect and organize public health nursing resources that can be used across the region. The goal is to make it easier for communities to share tools, align messaging, and avoid duplicating efforts — creating a stronger, more connected public health network.

The shared drive will include materials on topics like seasonal health messaging, community resources, and emergency preparedness.

💡 Have resources or templates you think would be valuable to add? We'd love to include them! Please send them to mephc@northandoverma.gov.

Stop the Bleed



MEPHC partnered with the Lawrence General Trauma Unit to host a Stop the Bleed course for 15 local professionals, including public health staff, nurses, health directors, inspectors, school nurses, and EMT/firefighters.



Participants learned hands-on skills to control life-threatening bleeding: applying firm pressure, packing wounds, and using tourniquets. The session also certified attendees as instructors, allowing them to bring these lifesaving skills back to their communities.

Upcoming Events

Check out the training calendar!

MEPHC Nurses Workgroup
In-person
December 4 | Haverhill

MEPHC Advisory Board
In-person
December 8 | North Andover

MEPHC Inspector Office Hours
Virtual
December 11 | 2 PM

One Big Beautiful Bill Act (OB3): Key Health Care Provisions and Impacts in Massachusetts
December 3 | Zoom

Alternative Response Teams: Building a Program That Fits your Community's Needs
December 9 | Virtual

Retail Tobacco Inspection Training
December 16 | Virtual

December



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Middlesex-Essex Public Health Collaborative

mephc@northandoverma.gov
www.mephg.org

Resource Center



Monthly Health Topic

The health topic chosen for December was holiday food safety. Both the image created and blog post focused on this topic. For this health education flyer and more click the link below! Need an image created? Reach out to Lea Anne (lpero@northandoverma.gov)!

[Access Resources Here](#)



Monthly Blog Post Highlight

December's blog post highlights the importance of food safety during holiday gatherings. It provides practical tips and resources to ensure you and your community members avoid food-borne illness.

[Access Blog Posts](#)



Youth Mental Health First Aid Sign-up

Christine Shaw, Ph.D., will lead a Mental Health First Aid class focused on youth (ages 12–18). Participants will gain practical tools to recognize and respond to mental health challenges, learn to identify early warning signs, provide appropriate support, and connect youth to resources, enhancing community outreach and crisis prevention efforts.

[Sign-up Form](#)



Broadening the Lens Training

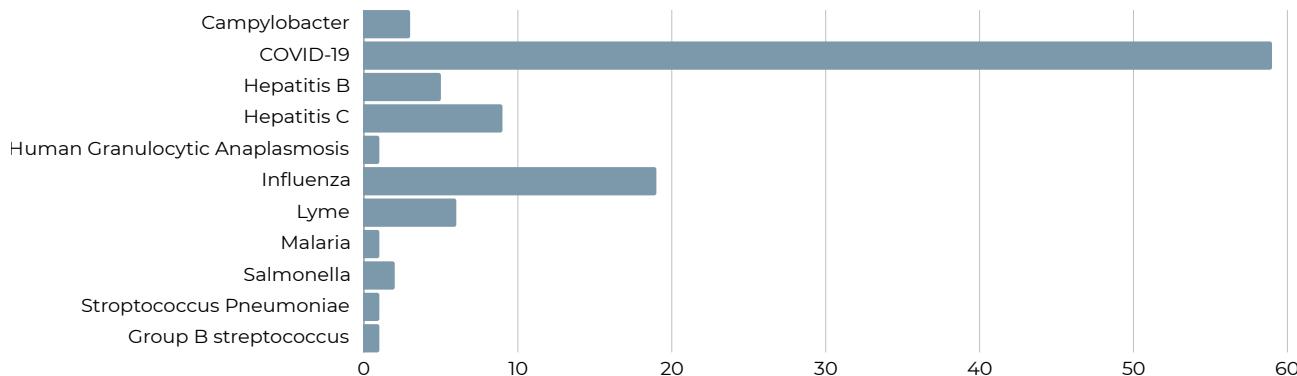
This workshop helps public health professionals understand how our country's history continues to shape health outcomes today. Participants will learn core racial and health equity concepts and explore practical approaches for strengthening equity-focused public health work in MA.

[Sign up here](#)

This disease trend report aggregates data from the communities of North Andover, Andover, Reading, North Reading, Haverhill and Lynnfield.

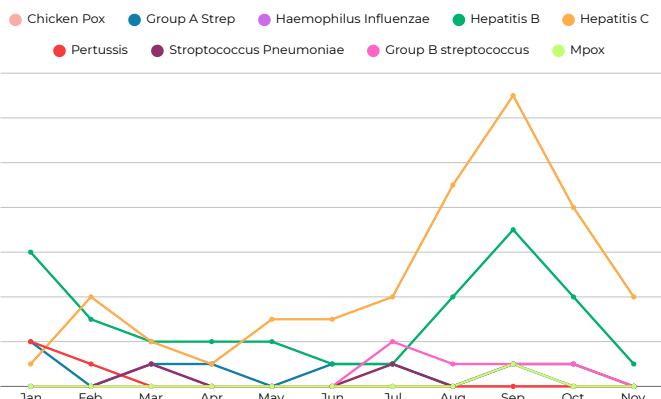
Confirmed & Probable Diseases Reported

October 15, 2025 to November 15, 2025



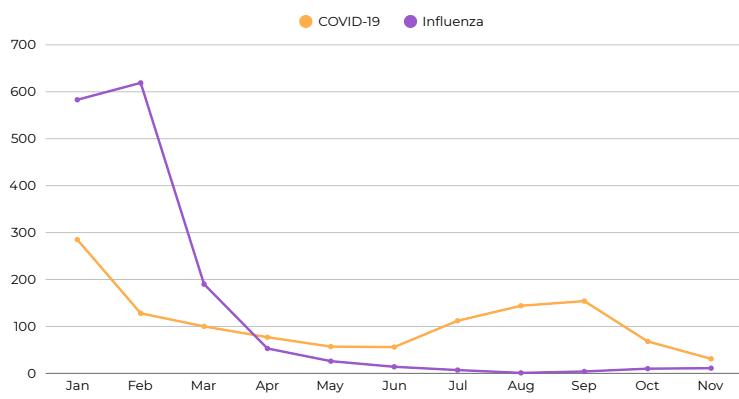
Confirmed & Probable Communicable Diseases

January 1 - November 15, 2025



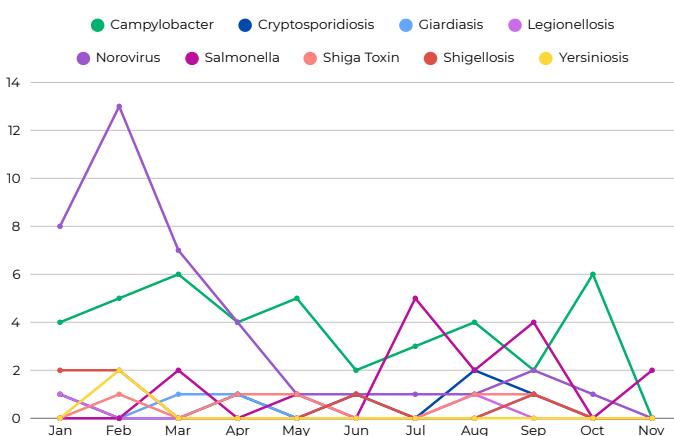
Confirmed & Probable Influenza & COVID-19 Cases

January 1 - November 15, 2025



Confirmed & Probable Foodborne Diseases

January 1 - November 15, 2025



Confirmed & Probable Vectorborne Diseases

January 1 - November 15, 2025

