



MEPHC Newsletter

Nutrition Presentation in Reading

In January, Liv Bartolomei (Reading Public Health Nurse) and Lea Anne Pero (Shared Services Public Health Nurse) presented **Fresh, Affordable, Local: Your Guide to Better Nutrition** at the Reading Pleasant Street Center. This presentation focused on nutrition tips as well as how to shop smart and take advantage of SNAP and WIC benefits. The presentation highlighted local food pantries and farmers markets.

The presentation was followed by a group activity of The Price Is Right. This encouraged conversations and thoughtful engagement. Read more in [The Reading Observer](#).



Flu Clinic in North Andover

In response to recent influenza cases rising, Carolyn Lam (North Andover Public Health Nurse) decided to host a flu shot clinic. Lea Anne and Lydia were able to assist with this event creating a flyer and being onsite for help with registration. This collaboration helped ensure the clinic was accessible, well-organized, and able to serve community members efficiently.



Upcoming Events

MEPHC Nurses Workgroup
Virtual
February 5 at 9 AM

MEPHC Advisory Board
Virtual
February 9 at 1 PM

MEPHC Inspector Meeting
Virtual
February 2 at 3 PM

Steady Hands, Steady Teams: Leading with Confidence and Composure
February 11 at 4 PM

MEPHC Opioid Workgroup
Lynnfield | In-person
April 30 at 10 AM

ASTHO Leading Change Workshop
March 24-25

Check out the training calendar!

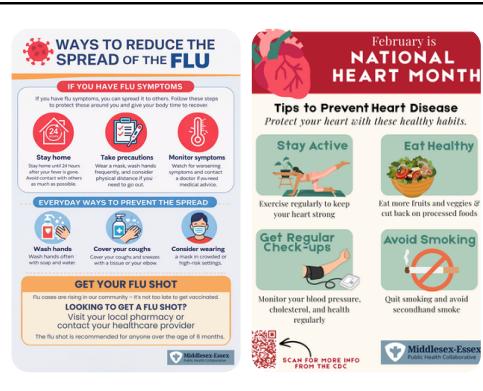


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Middlesex-Essex Public Health Collaborative

mephc@northandoverma.gov
www.mephg.org

Resource Center



WAYS TO REDUCE THE SPREAD OF THE FLU

IF YOU HAVE FLU SYMPTOMS:

- Stay Home
- Take medicine
- Monitor symptoms

EVERYDAY WAYS TO PREVENT THE SPREAD:

- Wash hands
- Cover your coughs
- Consider wearing a mask

GET YOUR FLU SHOT:

Flu vaccines are offered at no cost to everyone 6 months and older to get vaccinated.

LOOKING TO GET A FLU SHOT?

Visit your local pharmacy or contact your healthcare provider.

February is NATIONAL HEART MONTH

Tips to Prevent Heart Disease:

Protect your heart with these healthy habits.

- Stay Active
- Eat Healthy
- Get Regular Check-Ups
- Avoid Smoking

Middlesex-Essex

SCAN FOR MORE INFO

Monthly Health Topic

We highlighted National Heart Month with some heart health tips and there is general flu flyer with tips to reduce the spread. For this health education flyer and more click the link below! Need an image created? Reach out to Lea Anne (lpero@northandoververma.gov).

[Access Resources Here](#)



Looking to Host an Intern?

If you would like to host a local health intern during the summer 2026 the deadline for applying is February 6th. For more information and to complete the application, click the link below.

[Access the Application](#)



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](#)



Winter PSAs available

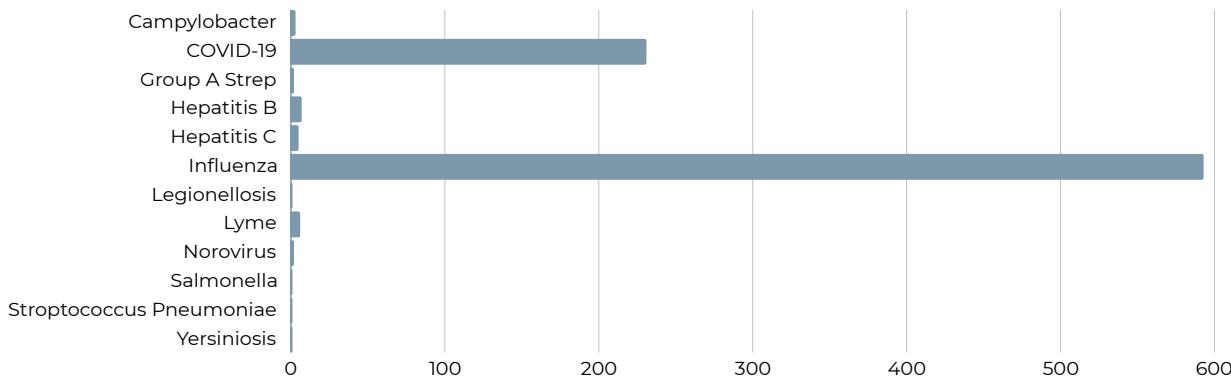
PSAs are developed seasonally and upon request to ensure consistent messaging across the region regarding public health alerts. They cover topics such as Extreme Cold Advisory, home heating and carbon monoxide safety, safe snow removal, and winter preparedness.

[Access PSAs here](#)

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

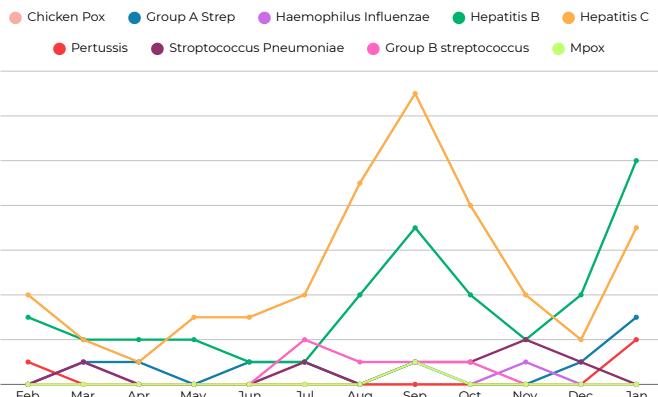
Confirmed & Probable Diseases Reported

December 15, 2025 to January 15, 2026



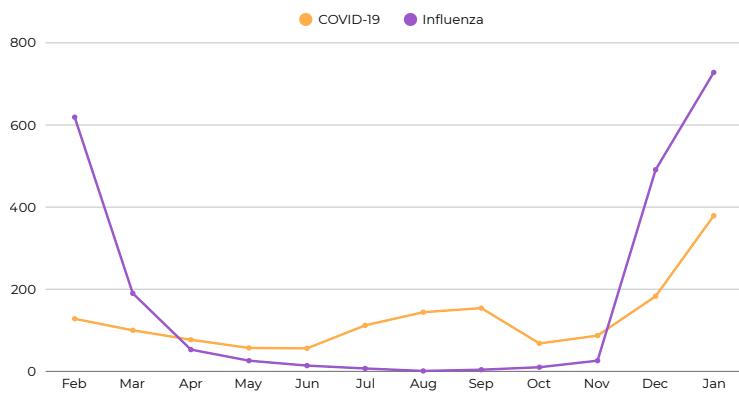
Confirmed & Probable Communicable Diseases

February 1, 2025 - January 15, 2025



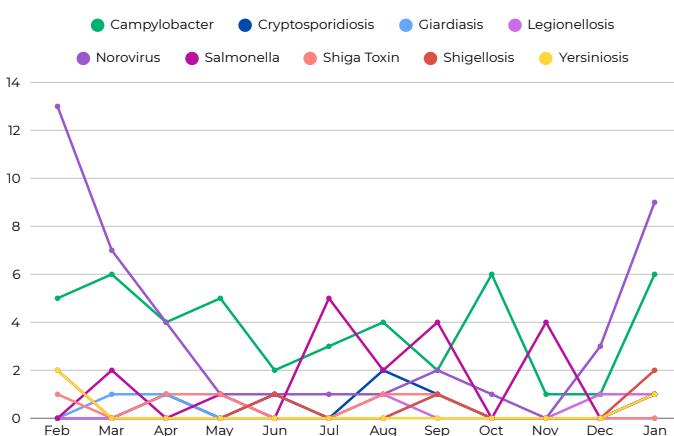
Confirmed & Probable Influenza & COVID-19 Cases

February 1, 2025 - January 15, 2025



Confirmed & Probable Foodborne Diseases

February 1, 2025 - January 15, 2025



Confirmed & Probable Vectorborne Diseases

February 1, 2025 - January 15, 2025

