



Wellesley Health Department

NEWS FLASH

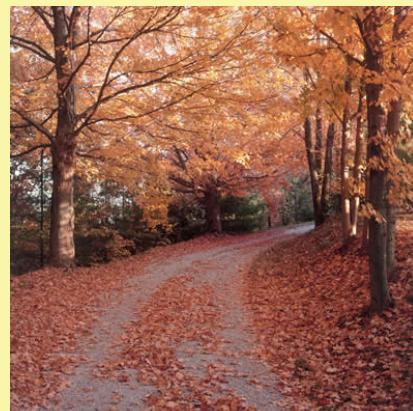


NOVEMBER 2025

Greetings from the Wellesley Health Department! In this issue:

- Holiday Food Safety
- The Great American Smokeout-Quitting Info!
- Scooter and Electric Bike Safety
- November Flu Clinic Dates/Registration
- And more!

As always, please reach out to us with questions or suggestions for how we can better serve you by emailing us at health@wellesleyma.gov. We love to hear from you!



Don't forget to subscribe to receive future Newsflashes by clicking the "Subscribe" button below.

We've Moved!

Starting May 12th, the Health Department will be temporarily located at 888 Worcester Street while our current building undergoes an HVAC replacement project. We anticipate moving back to 90 Washington in November. All services will be available at our temporary



November Health Observances

[National Diabetes Month](#)

[National COPD Awareness Month](#)

[Antibiotic Awareness Week \(November 18–24\)](#)

The Great American Smokeout!

Although cigarette smoking rates have been declining for decades, cigarette smoking remains the most preventable cause of serious illness and death. Smoking and exposure to secondhand smoke cause more than 480,000 deaths in the US every year.

- Smoking cigarettes increases the risk of at least 12 different cancers.
- In the US, cigarette smoking causes about 3 of every 10 cancer deaths. This number is higher in parts of the South and Appalachia.
- Some groups of people smoke more heavily or at higher rates. These populations tend to be those who face barriers to care and inequities in multiple areas of their lives,



It's not too late to quit using tobacco. No matter your age or how long you've been smoking, quitting improves some aspects of your health immediately and even more over the long term.

[Learn more about quitting smoking.](#) [Learn more about vaping and how to find support.](#)



Electric Scooter and Bike Safety

We've all seen them around town: electric bikes and scooters zooming in and out of traffic and on sidewalks. Did you know [E-bicycle injuries doubled every year from 2017 to 2022, while e-scooter injuries rose by 45 percent each year?](#) A recent

[study](#) noted that injured e-riders tended to be slightly older and wore helmets less often than conventional riders. And e-scooter riders were more likely to sustain internal injuries than conventional scooter riders, while upper extremity injuries were more common among non-EV riders.

Being safe on e-bikes and e-scooters requires more than just putting on a helmet—it also involves knowing how to ride responsibly and understanding traffic rules, which many new riders lack. As these vehicles have quickly become popular, especially in cities, safety education hasn't kept pace. Many riders, particularly first-timers, are unaware of basic rules like which side of the road to ride on, how to signal turns, or when to yield to pedestrians. This lack of formal training or instruction can lead to risky behavior, such as weaving through traffic, riding on sidewalks where it's not allowed, or ignoring stop signs and signals.

Without proper education, riders also often underestimate the power and speed of

e-bikes and e-scooters. These machines can accelerate quickly and handle differently than traditional bike and scooters, making it easy to lose control if you're not familiar with how they operate. Safety programs—whether offered through schools, rental apps, or local governments—are needed to close this gap. Until then, riders must take the initiative to learn safe riding practices, wear proper protective gear, and stay alert to their surroundings.

[Learn more about E-bike and E-scooter safety...](#)

FLU CLINICS: SAVE THE DATE

- Flu clinics are for ages 16+.
- Save time by pre-registering at the links below! Registration is encouraged but walk-ins are welcome.
- You can also register by calling the health department at 781-235-0135.



HIGH DOSE AVAILABLE!

-11/4/25, Council on Aging/Tolles-Parsons Center, 500 Washington St., Wellesley, 10:00AM-12:00PM: [REGISTER WITH THIS LINK](#)

-11/25/25, Health Department, 888 Worcester St., Wellesley, 10:00 AM-11:30 AM
[REGISTER AT THIS LINK](#)



When preparing your Thanksgiving dinner, proper food handling is essential to keep your guests safe. Start by keeping raw meats, especially turkey, separate from other foods to avoid cross-contamination. Always wash your hands, utensils, and surfaces with hot, soapy water before and after handling raw poultry. Thaw your turkey safely in the refrigerator, never on the counter, allowing 24 hours of thawing time for every 4–5 pounds. If you're brining the turkey, keep it refrigerated the entire time. These precautions help reduce the risk of foodborne illnesses caused by harmful bacteria like Salmonella.

During cooking, use a food thermometer to ensure your turkey reaches an internal temperature of 165°F (74°C) in the thickest part of the breast and thigh. If you're stuffing the bird, make sure the stuffing also reaches 165°F, or consider cooking it separately for better safety and consistency. After the meal, refrigerate leftovers within two hours to prevent bacteria growth—divide them into shallow containers for quicker cooling. Consume or freeze leftovers within 3–4 days. These simple steps can help ensure a delicious and safe Thanksgiving for everyone at your table.

[Learn more...](#)

Vaccine Update

It can be hard to keep up with the news about vaccine eligibility and insurance access. Visit our website for the latest information on recommendations and guidelines, and be sure to check back regularly for updates.

[Learn more about the latest vaccine recommendations.](#)



Introducing Human Relations Service- Providing mental health counseling for residents of all ages.



Human Relations Service (HRS) has partnered with the Wellesley Health Department to connect residents with mental health counseling. HRS offers a broad range of outpatient diagnosis and treatment to residents and sliding-scale self-pay fees for those who qualify.

HRS can provide counseling services for all ages.

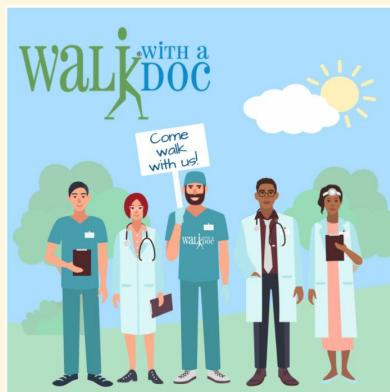
[Learn more about HRS services available, insurance coverage, and more.](#)

Introducing..."Skip The Stuff"!

On April 14th, 2025, the Wellesley Town Meeting approved a Board of Health bylaw known as "Skip The Stuff". The purpose of "Skip The Stuff" is to reduce the waste created by single-use articles such as plastic utensils and single-serving packaged condiments. **This bylaw is effective January 1, 2026**, requiring all food service establishments to only provide single-use articles upon customer request or

at a self-service counter.

[Learn more about Skip The Stuff and what this means for Wellesley here!](#)



Announcing Walk With a Doc!

A free community walking program! Each event is led by a local healthcare provider and is open to people of all ages and abilities. The program allows participants to safely take a walk, learn about current health topics, and meet new people.

Our November walk will be held on Friday November 7 at 8:45am! We will start in our usual location: Down the street from the Wellesley Whole Foods parking lot in Wellesley, in the State Street parking lot next to the High School track/Football Field at the Map House. Check out [this flyer](#) for details about the Fuller Brook Path and where we meet.

As always, we will start out with a brief talk on a health topic, and then walk along the Brook Path for around 40-45 minutes.

[Learn more!](#)

Tick and Mosquito Prevention-Fall Months

Ticks and mosquitos can be found year-round, including Fall and Winter! It's still important to take precautions because exposure to bites from both insects can be carriers of serious diseases.

Ticks

One of the most common tick-borne diseases in the U.S. is Lyme disease. Ticks are found in wooded areas, high grass, or leaf litter. Take precautions when outdoors, especially during yard work and leaf clean-up.



Mosquitos

Mosquitoes generally remain active throughout late summer and into fall. Common mosquito-borne illnesses include West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). Health officials urge all individuals to take precautions to prevent mosquito bites, especially when outdoors in the early morning and at dusk. Wellesley is part of the [East Middlesex Mosquito Control](#) Commission which conducts testing for mosquito-borne illnesses throughout peak periods during the year. [Learn more about mosquito prevention here...](#)



JOIN THE MEDICAL RESERVE CORPS!

The Wellesley Medical Reserve Corps (MRC) is a group of residents with medical and non-medical skills who assist the town's health department and other responders in a local public health emergency, as well as at scheduled events.

[Get more info >](#)

UPCOMING EVENTS/CALENDAR

Keep Well Clinics: October-December The Health Department offers weekly Keep Well sessions for residents. Get your blood pressure checked and have your health questions answered. [Click for schedule.](#)

Flu Clinics: Ages 16+, Walk-Ins welcome, High Dose Available!

-11/4/25, Council on Aging/Tolles Parsons Center, 10:00AM-12:00PM: [REGISTER WITH THIS LINK](#)

Social Work Office Hours. [November dates/times.](#) Need social work support? Come meet with Joyce Saret, a Town of Wellesley social worker! She will be open for drop-in meetings at the Wellesley Free Library in conference room 211, 2:30-3:30.

Program-Holiday Food Safety, November 20th, Tolles/Parsons Center, 1:30 PM. [REGISTER HERE.](#)



LATEST HEALTH NEWS AND ALERTS

Questions about vaccines? Trying to make sense of the latest health news? Read up on the information, recalls, and urgent health alerts you need to know!

[Visit our website to read more.](#)

Wellesley Health Department | (781) 235-0135 | [Visit our Website!](#)
Email: health@wellesleyma.gov



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