

Town of Colchester to Launch Initiative to Help Stop Spread of COVID-19

Colchester, Connecticut 1/11/2021--The Town of Colchester, under the direction of the First Selectman, Mary Bylone is launching an initiative to help stop the spread of the COVID-19 pandemic. The initiative, developed by nurses and Viven Health, a nationally recognized

education technology creator, will offer the public a free, online health education program that teaches people how to avoid getting infections.



“As a nurse and a resident of our town, I recognize the tremendous impact this virus has had on our community. We have lost community members and many of us have lost personal friends and family members to the disease. I have worked to bring up to date and factual information to our community and recognize the role ongoing education plays in the prevention of infectious diseases like COVID-19. It is exciting to be part of the launch of this public education program, designed by nurses to help flatten the COVID-19 curve,” said First Selectman, Mary Bylone, RN, MSM.

Dr. Tom Ahrens, founder of Viven Health, originally developed the public health program to help individuals learn how to stop infections, especially sepsis, a condition that kills over 25,000 people every year. “Some of the sickest people you see in a hospital’s Intensive Care Unit are there because of an infection,” Ahrens said. “Our program helps protect the public by teaching people how to prevent infections. Some simple tweaks in a person’s hygiene habits have the power to make an enormous difference. This is extra important during the pandemic.”

Colchester residents will be able to access this free and informative program through our website at ColchesterCT.gov, on our Facebook Page and through links we will provide in our weekly emails. Our community has responded to previous requests for each of us to do our part to help provide safety to

our fellow residents and to ourselves. This program will provide us with a very practical approach to understanding the spread of the virus, and what we can do to protect ourselves and our family.

The program is self-directed and web-based. Users can access the program by visiting Stopbadgerms.com. It provides simple, real-life scenarios to teach a person how to act responsibly while learning basic protocols for practicing healthier behavior. The Viven Health public health program follows a simple principle: "Change a behavior. Change a life."

Created by nurses in 2013 to help educate the public about their health, the program's content is based on Dr. Ahrens's 30+ years as a research scientist at Barnes Jewish Hospital in St. Louis. He has been widely published in the application of technology to clinical practice. In 2004 Dr. Ahrens was inducted into the American Academy of Nursing. Viven Health is based in St. Louis, Mo.