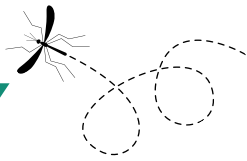


August 2024 HEALTHY CONNECTIONS



2080 Silas Deane Highway, Suite 100
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www.ccthd.org

Welcome to Central Connecticut Health District's Healthy Connections monthly newsletter. We hope that the information we have included will help you make healthy lifestyle choices and provide you with the latest information in community health.

Emergency Preparedness: Build-a-Bag & Be Prepared

Tuesday September 10
10AM-12PM

2080 Silas Deane Hwy, Suite 100 Rocky Hill

Central Connecticut Health District (CCHD) invites residents of the district (Berlin, Newington, Rocky Hill, Wethersfield) to join our community health team for a free emergency preparedness information session and the opportunity to build your own starter emergency preparedness go-bag. This event is FREE, but spots are limited. Pre-registration required.



To register for this event, please go to:
ccthd.org/chs or call us at 860-785-8380 x 216.

Bicycling Safety

Cycling is one way to see the sights, while reducing your carbon footprint. It's important to be prepared and responsible when riding, in order to ensure the safety of both yourself and others.

- **Check your bike:** Before heading out, check your brakes, check and oil your chain and fill your tires with air.
- **Protect your head:** Bikers should always wear a helmet that fits level on the head and low on the forehead — one or two finger-widths above your eyebrow.
- **Be visible:** To make it easier for drivers to see you, have reflectors and lights on your bike, and wear retroreflective and bright clothing.
- **Follow the rules of the road:**
 - Ride in a straight line, single file, in the same direction as traffic.
 - Obey all traffic signs and signals.
 - Stop and look left-right-left for traffic before entering a street.



to learn more, please go to:
nhtsa.gov/road-safety

Mosquito-borne Illnesses

West Nile Virus (WNV) positive mosquitoes and birds have been detected in the town of Wethersfield. CT has also had one case of EEE (Eastern Equine Encephalitis) this year. Make sure to practice the 4 D's for safety against mosquito-borne illnesses.



Defend: Use an EPA registered repellent

Dress: Wear loose, long sleeved, light colored clothing

Drain: Drain any standing water where mosquitoes may lay eggs

Dusk/Dawn: Limit your time outdoors when mosquitos are most active

Open Clinic Hours: Tuesdays in August 9am-3pm at 506 Cromwell Ave, Suite 202, Rocky Hill

Offerings include blood pressure screenings, Hepatitis C antibody testing, substance use disorder including resources for treatment and support. Plus, Naloxone kits and training on its use. [Appointments not necessary.](#)

Don't Be a Plastic: A Mean Girls themed event August 14th, 3-4:30pm at Cora J. Belden Library, Rocky Hill

An interactive workshop for girls 11-18, where we explore self-love, our own values, beliefs and boundaries to "stay human" and have healthier relationships. Instead of a "Burn Book" that focuses on gossip, girls at this workshop will work on a "Be Better" book, that focuses on self-reflection and self-love. Snacks will be provided. This event is free of charge- sponsored by CCHD & Interval House. Pre-registration required: ccthd.org/chs. Limited spots available.

