

JANUARY 2024

# HEALTHY CONNECTIONS



2080 Silas Deane Highway  
Suite 100  
Rocky Hill, CT 06067  
860-785-8380

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.

## January is Radon Awareness Month

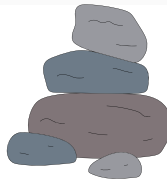
Radon is the second leading cause of lung cancer in the United States after smoking.

Radon is an odorless and invisible radioactive gas naturally released from rocks, soil, and water.

In outdoor environments, radon levels are very low and generally not considered harmful. Radon can get into homes or buildings through small cracks or holes and build up to higher levels. Over time, breathing in high radon levels can cause lung cancer.

Learn more at: [www.cdc.gov/radon/index.html](http://www.cdc.gov/radon/index.html)

CCHD has a limited number of radon test kits at no cost to residents. Call 860-785-8380 x216 if you are interested in receiving a free radon home test kit.



## We still have calming and sensory tool kits available for FREE

CCHD main office  
2080 Silas Deane Hwy,  
Rocky Hill  
8:30am-4:30pm  
Monday - Friday

## Did you know?

We have FREE naloxone (Narcan), naloxone & overdose education classes, and fentanyl test strips available to our community residents.

Please call Sara at: 860-249-6340 for more information.

## Free Respiratory Protection

### Covid - 19 Test Kits

Although, CCHD no longer has at-home COVID-19 test kits; Go to [www.covid.gov/tests](http://www.covid.gov/tests) to order four free at-home tests if you did not order kits this fall. or call: 860-786-8380 x216

In addition, school districts will soon be able to order at-home tests for distribution in schools.

### Covid- 19 PCR Testing

If you would like to get tested for COVID-19; contact Lisa Coakley, Clinical Health Supervisor to schedule a rapid PCR test.

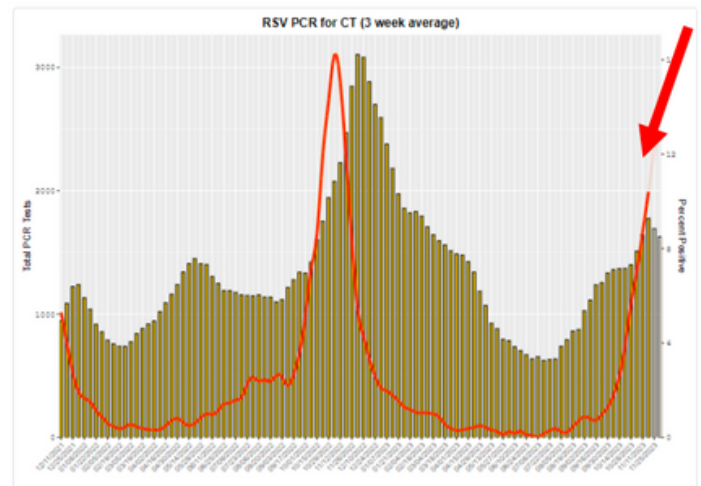
(860) 335-7158 or email [lcoakley@ccthd.org](mailto:lcoakley@ccthd.org)

### Free N-95 Masks

Two different types of N-95 masks are available for free at our main office: 2080 Silas Deane Hwy, Rocky Hill

## Respiratory Syncytial Virus (RSV)

Connecticut RSV PCR test positivity (red line) is on the upward trend as of December 7th. Please continue to stay home when you are sick, washing your hands and wearing a mask if you are experiencing symptoms such as a cough, congestion or runny nose.



Please find CCHD's Weekly Epidemiologist Report here:

[ccthd.org/the-weekly-epidemiologist-report](http://ccthd.org/the-weekly-epidemiologist-report)