

JULY 2023

HEALTHY CONNECTIONS



**Central
Connecticut
Health
District**

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

Welcome to Central Connecticut Health District's Healthy Connections 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.

Walk This May Results



High Stepper Trophy goes to:
Rocky Hill with 43,580,530 steps!

Impact Award goes to: 
Rocky Hill with 169 participants

Team Standings:

2nd Place Wethersfield - 33,016,311 steps
Berlin - 21,756,964 steps
Newington - 15,847,783 steps
CCHD - 3,032,114 steps

The Million Step Club has two repeat members ...

Laurie Cabral on Team Newington
Miguel Robles on Team Wethersfield

Cheers to you, Laurie & Miguel!

In total, we took...

117,233,702 steps + activities

That equals about...

4,409,026 calories burned
1,260 pounds of calories
2 trips around Earth

Sun Exposure

The highest levels of sun exposure occur between 10:00AM and 4:00PM. Overexposure can cause serious health problems including skin cancer. One way to protect your skin in the sun is with sunscreen. The CDC recommends:

- Using an SPF 15 or higher
- Using sunscreens with “blocks UVA and UVB” or “broad spectrum” on the label
- Applying at least 20 minutes before sun exposure
- Reapplying at least every 2 hours or each time you leave the water or sweat

Sun exposure can also increase your risk of a heat-related illness, including heat stroke, exhaustion, or cramps. Stay safe by:

- Staying hydrated with water
- Avoiding exposure to high temperatures
- Wearing loose fitting clothes

To learn more about the differences between heat-related illnesses, and what to do when experiencing symptoms please go to:

<https://tinyurl.com/34exr4bc>

*Written by: Katelyn Kostakis, our Masters of Public Health student intern.



**FOR MORE
INFORMATION,
EVENTS AND
RESOURCES,
PLEASE GO TO:**

WWW.CCTHD.ORG



FREE RAPID PCR COVID TESTING

July 5 & July 18
10am-2pm

at our NEW clinical health services location:
506 Cromwell Avenue, Rocky Hill.

- No appointment needed
- Please bring ID & insurance information
- Results in about 30 minutes

FREE!

Free home COVID-19 test kits, N-95 masks and condoms are available in the CCHD office lobby.

