

November 2024



HEALTHY CONNECTIONS



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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.

An autumn health and safety reminder

Heart attacks and strokes often result from cold weather exertions such as raking leaves or shoveling snow.

Muscle aches and back pains are common occurrences when we over use unprepared bodies. Seek medical advise before beginning, especially older adults who are not normally physically active.

Free inclusive teen & parent Narcan training

Join Newington Youth Services & Central CT Health District (CCHD) for an evening of education, dinner & conversation.

CCHD's Recovery Coach will lead a presentation regarding opioid overdose and how to administer naloxone (Narcan). Then the group will split into two, where teens and adults will both have their spaces to ask questions and make comments in a more private setting.

When: November 6, 5-7PM
Where: Newington Senior Center
120 Cedar Street Newington

To register: ccthd.org/chs or call us at: 860-785-8380 x 216
Dinner included

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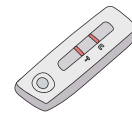
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Can leaves grow mold?

Mold is a type of fungus that produces spores that float through the air. It can grow on almost anything when moisture or damp environments are present. It can be found indoors and outdoors. Mold is also a common cause of allergy and asthma symptoms.

Many molds grow on rotting logs and fallen leaves, in compost piles, and on grasses and grains. Unlike pollen, molds do not die with the first killing frost. Most outdoor molds become inactive during the winter. To learn more, please go to: cdc.gov/mold-health

All U.S. households can NOW order up to four no cost COVID-19 at-home tests via COVIDtests.gov.



Call 860-785-8380 ext. 216 if assistance is needed ordering the at-home kits. In addition, stop by CCHD's main office weekdays between 8:30am-4:30pm for no cost N-95 masks.

November Vaccine Clinics:

November 4, November 12, November 19th at 506 Cromwell Ave, Suite 202, Rocky Hill

Receive your pediatric, adult or senior high-dose flu vaccine. Additionally, Beacon Prescriptions is offering COVID-19, RSV, Pneumococcal & Shingles vaccines on these dates.

To make an appt go to: ccthd.org/flu. Walk-ins accepted, but preference will be to appointments.

For assistance in scheduling or questions call 860-785-8380 ext. 216

If you are in need of any mobility or sensory accommodations, call our director at 860-335-7158 to speak with her prior to your appointment.

Open Clinic Hours: Tuesdays in November 9am-2pm at 506 Cromwell Ave, Suite 202, Rocky Hill

Offering blood pressure checks and Hepatitis C antibody screenings. Also, information on substance use disorders: including resources, treatment, support, Naloxone kits & training on its use available. Appointments not necessary.

December Vaccine Clinics: December 13 (1PM-5PM), December 16th (12PM-4PM) Monday December 30, 3-7PM

Receive your flu (pediatric, adult or senior high-dose) vaccine by one of our CCHD nurses. Go to: ccthd.org/flu for more information and to make your appointment. Walk-ins accepted, but preference will be to appointments. For assistance in scheduling or questions call 860-785-8380 ext. 216

*If you are in need of any mobility or sensory accommodations, please call our director at 860-335-7158 to speak with her prior to your appointment.

