

Welcome to the Central Connecticut Health District's Healthy Connections newsletter, aimed at helping you make healthy lifestyle choices and providing the latest community health information.

Stay Informed on Product Safety & Recalls

Central Connecticut Health District tracks recalls, safety alerts, and product safety warnings to keep the community informed.

An example of a recent recall:

Legend Brands recalled hair dryers found exclusively at Burlington Stores due to electrocution & shock hazards

The hair dryers lack an immersion protection device, which poses a serious risk if they come into contact with water while plugged in.

To learn more:

www.ccthd.org/alerts

June is Pride Month Join Us on June 4th

All are welcome to Rocky Hill Pride Day! To honor the lesbian, gay, bisexual, queer transgender, & other LGBTQ+ community Celebrate resilience, & achievements towards equality, inclusion, & acceptance.

For more info:

<https://rockyhilldems.org/event/rocky-hill-pride/>



Matter of Balance

DO YOU HAVE concerns about falling?

This program emphasizes practical strategies to manage falls.

Join our free eight-week course:
Wednesdays, June 11 to July 30
10 am to 12 noon.

Held at our main office:

2080 Silas Deane Hwy, Suite 100, Rocky Hill
Maximum of 12 participants.

Only three spots are left.

Call 860-785-8380 extension 216 for more information or to register.

Found a Tick?

As the weather warms up, ticks are out and searching for a meal.

If you removed a tick from a person, you can bring it to CCHD at the address above. We will send it to the Connecticut Agricultural Experiment Station (CAES) for identification and testing.

If you work or live in our district, please fill out and bring the [Tick Submission Form](#) with your tick, found at: ccthd.org/ticksubmission.

Enjoy the Outdoors—safely! Learn how to protect yourself with tips from the [CDC](https://www.cdc.gov/ticks) : [cdc.gov/ticks](https://www.cdc.gov/ticks).

Mosquito Control

The best way to manage mosquitoes around the home is to eliminate standing water where mosquitoes can lay eggs.

<https://portal.ct.gov/mosquito/management/control-around-the-home>

Free N-95 Masks
Available outside the office:
2080 Silas Deane Hwy, Suite 100,
Rocky Hill, CT
Weekdays 7am-7pm.

