

January 2026 HEALTHY CONNECTIONS



Central
Connecticut
Health
District

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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.

January is Radon Awareness Month

Starting Jan. 5, 2026, CCHD is offering a limited number of FREE home Radon test kits to Berlin, Newington, Wethersfield, & Rocky Hill residents.

Facts about Radon:

- A radioactive gas released from rock, soil, and water as the uranium naturally breaks down.
- Enters homes through surrounding soil.
- Cannot be seen or smelled.
- High levels may affect the health of your family.

To obtain a kit: Visit our office at 2080 Silas Deane Hwy Suite 100 in Rocky Hill; M-F between 8:30-4:30 or call 860-785-8380 and press 216 to schedule an alternate pick-up time.

Return your kit to the lab within 30 days of receipt and be entered into a raffle to win a \$50 gift card!

To learn more: <https://www.epa.gov/radon>



Community Support

Discover UR Community Cares: an agency dedicated to fostering independence and inclusion by connecting volunteers with older adults and individuals with disabilities who need a helping hand. Through a free online platform, community members *can request or offer assistance with everyday tasks* like transportation, errands, and household chores. They also provide resources and programs that promote accessibility, social engagement, and well-being.

Want to make a difference? Become a volunteer today at: www.URCommunityCares.org or call 860-430-4557

Have you asked yourself?

- *What is the difference between Alzheimer's and dementia?*
- *If my Grandma has Alzheimer's, does that mean I will get it?*
- *How do you know if someone has Alzheimer's disease?*

Learn the answer to these questions and more at: Alzheimer's Association Connecticut Chapter for support groups, education programs, and a 24/7 Helpline (800-272-3900) or <https://www.alz.org/ct>

Expecting a Baby?

Are you or someone you know preparing to welcome a little one? Whether it's your first child or not, there are so many exciting things to consider. Becoming a parent means making decisions you may not have thought about before or revisiting choices that may have changed since your last experience.

Our goal is to help you feel supported and informed as you navigate this new chapter. This month we take a look at the Hepatitis B birth dose, Pertussis, and newborn feeding.

Hepatitis B

In newborns, a birth dose of the Hepatitis B vaccine focuses on preventing mother-to-child transmission; crucial for protecting against lifelong liver disease. For more information, please visit: <https://tinyurl.com/hv6hzb7d>



Newborn Feeding

The universal goal is a healthy, nourished baby and a supported parent. "Nourished" is the most crucial outcome. Every feeding journey is personal, shaped by individual, comfort, circumstances, and ability. Parents may choose from a spectrum of options, including:

- breastfeeding
- expressed milk
- milk sharing
- formula feeding



"Whatever path you choose—or combination of paths—you're making the best choice for your family. And remember, if questions arise, your healthcare provider is always there to guide and support you."

For more information, please go to: <https://tinyurl.com/5h9xx6zh>

Pertussis

Whooping cough (pertussis) is especially dangerous for newborns. It can cause:

- Severe coughing fits
- Difficulty breathing
- Vomiting
- Blue or purple skin



In babies under 6 months, pertussis can lead to pneumonia, brain damage, or even death. Immediate medical care is critical if symptoms appear.

Caregivers can learn more and receive a free vaccine by calling 860-785-8380 and pressing 216.

