

April 2025

HEALTHY CONNECTIONS



Central
Connecticut
Health
District

2080 Silas Deane Highway
Suite 100
Rocky Hill, CT 06067
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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.

Spring Travel Plans?



Currently there are multiple measles outbreaks occurring in the United States and abroad. Click [CDC Measles Outbreaks](https://www.cdc.gov/measles/outbreaks/) for more information.

Travel Considerations:

Consult your healthcare provider about vaccines before traveling domestically or internationally.

Free N-95 Masks:

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

Measles:

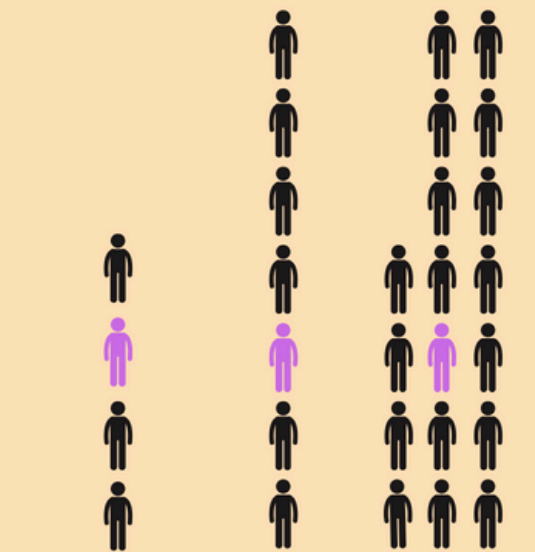
- Is highly contagious.
- Can lead to serious complications. [Symptoms](#) emerge 7 to 14 days after exposure.
- Virus can linger in the air for up to two hours after an infected individual has left the area.



For more information visit:
cdc.gov/measles/signs-symptoms/index.html

We encourage you to contact your healthcare provider with all questions.

Measles is **highly** contagious and spreads through the air when someone infected coughs or sneezes.



Flu
(1-4)

Polio
(5-7)

Measles
(12-18)

Average # of people who will catch disease from 1 infected person



Let's step into spring together!

If you live or work in Berlin, Newington, Rocky Hill or Wethersfield, you can sign up for "Walk this May" starting on April 1st by:

- Visiting www.ccthd.org/walking-competition
- Calling 860-785-8380 ext. 216



If you participated in the Walk This May Program before, you should be automatically registered for this year's challenge!



30 Years
NPHW

National Public Health Week: It Starts Here
APRIL 7-13, 2025

Join CCHD during National Public Health Week for a conversation on overdose education & Narcan Training:

Pitkin Community Center;
30 Greenfield St Wethersfield CT
Wednesday, April 9, 2025 : 6-8pm

To register: www.ccthd.org/chs

Or call 860-785-8380 ext 216

