

February 2025

HEALTHY CONNECTIONS



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Rocky Hill, CT 06067
860-785-8380
www.ccthd.org

Welcome to Central Connecticut Health District's Healthy Connections monthly newsletter. Our goal is to offer information to assist in individual healthy lifestyle choices and provide current information in community health.

Have COVID, flu, RSV, or another respiratory virus?

Recommendations are to stay home until fever free for 24 hours without fever-reducing medication AND your symptoms improved. In addition, follow precautions for the next 5 days which may include:

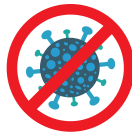
- masking
- maintaining physical distance, or
- utilizing antigen testing to determine if still infectious



For more guidance click: [here](#)
For current CT respiratory rates click: [here](#)

Norovirus

Wash, wash, wash those hands! Norovirus test positivity has been increasing. Symptoms include vomiting, diarrhea, and can include nausea or fever. This virus is hardy, and can survive on surfaces for up to two weeks! Be sure to wash your hands with soap and water for at least 20 seconds especially after using the bathroom and before eating.

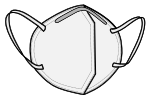


National Condom Week February 14-21

Free condoms, and sexual health information is available at our main office and clinic! Proper use of condoms can prevent unwanted pregnancy and sexually transmitted infections.

Need N-95 masks?

We have them!



No cost N-95 masks available at our main office: 2080 Silas Deane Hwy, Rocky Hill, CT Weekdays between 8:30am-4:30pm

National Cancer Prevention Month

CCHD supports residents talking with their primary care provider on ways to reduce their risk of common cancers including screenings for early detection and maintaining a healthy lifestyle.



Additionally, residents of CCHD (Berlin, Newington, Rocky Hill, & Wethersfield) can receive a free in-home radon screening kit*.

According to the U.S. Environmental Protection Agency (EPA), radon is the # 1 cause of lung cancer among non-smokers. For more information click: [here](#)

As well as screen the contents of most packaged foods and cosmetics for potential health risks by utilizing an app such as click: [here](#)

*Radon kits can be obtained (while supplies last) by visiting our main office:

2080 Silas Deane Hwy Suite 100, Rocky Hill
Weekdays between 8:30am-4:30pm
or calling 860-785-8380

Teen Dating Violence Awareness Month

Teen dating violence, also known as dating violence, is a serious problem in the U.S., affecting approximately 10% of all teenagers between the age of 12 to 18. Click: [here](#) for more information.



love is respect



Resources for teens in relationship-violence crisis:

For teens age 18-19: call or text (888) 774-2900 or click: [here](#)

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For youth under age 17: call the 24-hour Helpline – (203) 661-1911 or click: [here](#)

Open Clinic Hours: All Tuesdays in February between 9am-2pm at 506 Cromwell Ave, Suite 202, Rocky Hill Offering blood pressure checks and influenza vaccines (pediatric, adult and senior high-dose). Also, information on substance use disorders: including resources, treatment, support, Naloxone kits & training on its use. Appointments not necessary.



Scan here to view both the current and past issues of **Healthy Connections** on our website, ccthd.org

