

July 2026



2080 Silas Deane Highway
Suite 100
Rocky Hill, CT 06067
860-785-8380
www.ccthd.org

HEALTHY CONNECTIONS

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.

Heading Out to Higher Education?

Summer may still be in full swing, but it's time to prep for the move to college. Whether you or a loved one will be a freshman or a senior, planning can smooth the transition.

Health Requirements:

Most colleges require specific vaccines. Looking for a way to check vaccine records? Check the CT WiZ Public Portal for Connecticut vaccination records: <https://ctwizpublicportal.dph.ct.gov/>

"The CT WiZ Public Portal allows individuals vaccinated in Connecticut to access their immunization records, including downloadable PDFs"

Specialized Care Plans:

If you or a loved one have asthma, severe food allergies, or diabetes, work with your medical provider to build an emergency care plan describing how to respond to the "what if this happens."

The List:

Review the checklist of "must-have" items on the schools Housing webpage can help students what to take with them.

Know the Important Dates:

Move-in day
First day of classes
Meal plans

Confirm Class Schedule & Major:

Double-check if you are a loved one is enrolled in the right classes, especially if they changed majors after applying or since last year. It's much easier to make corrections now than during the first week of class.

Explore the Campus:

Consider walking the class routes and get to know key campus locations. It is a great way to feel more confident and independent before classes begin.

Safety Resource:

College can be an exciting chapter, and we're here to help families feel prepared. We offer free Narcan kits and training so students and parents can feel empowered and informed.

Scan the QR code or call 860-785-8380, ext. 216 for more information on how to obtain a kit.



Public Health Alert: Early Warning System

Have you ever wondered how public health teams know when something unusual is happening with community health? Much of that awareness comes from a set of tools and methods that help us detect early warning signs of disease and respond before problems grow.

Keeping our community healthy starts with paying close attention to early signs of illness.

Today we take the time to share how the early warning system works:

To effectively identify and respond to disease threats, public health utilizes the following methods:

- **Data Collection:** Gather health data from hospitals, clinics, and laboratories to monitor disease trends.
- **Syndromic Surveillance:** Analyze symptoms reported in emergency departments to detect outbreaks early.
- **Laboratory Testing:** Use advanced testing methods to confirm the presence of pathogens in samples.
- **Environmental Monitoring:** Track environmental factors, such as water quality and vector populations, such as ticks, and mosquitos that may indicate disease risks.
- **Geographic Information Systems (GIS):** Map disease occurrences to identify hotspots and patterns in transmission.
- **Collaboration:** Work with local, state, and federal agencies to share information and coordinate responses.
- **Public Reporting:** Communicate findings to the public to raise awareness and encourage preventive measures in case of an elevated concern or risk.
- **Response Planning:** Develop and implement action plans based on surveillance data to contain outbreaks quickly.

The paradox of public health is that success looks like nothing is happening. Because its primary mission is to prevent diseases, injuries, and outbreaks before they start, quiet, behind-the-scenes work means communities stay safe.

Early warning systems may happen behind the scenes, but its impact is felt every day. By watching trends closely, sharing information quickly, and responding with care, public health works to keep our community protected and prepared.

