

**CHESPROCOTT
HEALTH DISTRICT
1247 HIGHLAND AVE
CHESHIRE, CT 06410**



PHONE: 203-272-2761

WWW.CHESPROCOTT.ORG

FALL 2023



Health Tips for the Fall Season

- **_Make an appointment for your flu shot and yearly check-up**
- **Stay Active - Raking leaves and shoveling snow count!**
- **Prepare your home for colder weather conditions - get your furnace serviced, buy a snow shovel, seal drafty windows and doors**
- **Buy in season healthy foods: beets, cabbage, eggplant, kale and squash**
- **Get yourself ready for Daylight Savings Time: Go to bed earlier**
- **when you can, especially the week before the clocks change.**
longer periods of darkness = longer periods of sleep!

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COMMUNITY HEALTH

Chesprocott in the Community

Breast Cancer Awareness Event- Wolcott - October 5, 2023

The Chesprocott Community Health Team will be present at this event in Wolcott on October 5, 2023 being held by the Farmsbury Women's Club. We will have a table with breast cancer awareness information as well as some fun giveaways.

Pumpkin Festival - Prospect - October 14, 2023 - 6 pm - 8pm
Prospect Green

Raindate - October 15th

Health Fair- Cheshire- Elim Park- November 2, 2023- 9am-12pm .

Pick up some health education materials and fun giveaways!
We look forward to seeing you!!

Community Programs

October 3rd thru Nov 21st - Matter of Balance at -
Prospect Library

Currently full but you can call to be put on the waiting list
- 203-439-0720

October 24th - FREE Narcan Training - Wolcott Ambulance
6 pm - 8pm

October 28th- Drug Take Back Day - Cheshire Police Dept
10 am -1 pm

November 8th- FREE QPR Suicide Prevention Training -
Zoom TBD

Call Hilary at 203-439-0720 to register for the events



Ask a Question,
Save a Life





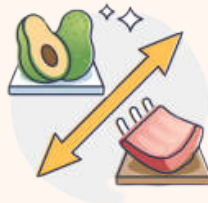
ENVIRONMENTAL HEALTH

4 Steps for Food Safety

1. CLEAN- ALWAYS WASH YOUR FOOD, HANDS, COUNTERS AND COOKING TOOLS
2. SEPARATE- KEEP FOODS SEPERATED. GERMS CAN SPREAD FROM ONE FOOD TO ANOTHER
3. COOK- FOODS NEED TO GET HOT AND STAY HOT. HEAT KILLS GERMS USE A FOOD THEMOMETER
1. CHILL- PUT FOOD IN THE FRIDGE RIGHT AWAY



CLEAN



SEPARATE



COOK



CHILL

Think You Have a Food Illness?

- SAVE THE FOOD PACKAGE, CAN, OR CARTON. THEN REPORT THE PROBLEM.
- CALL USDA AT 1-888-674-6854 IF YOU THINK THE ILLNESS WAS CAUSED BY MEAT, POULTRY, OR EGGS.
- CALL FDA AT 1-866-300-4374 FOR ALL OTHER FOODS.
- CALL CHESPROCOTT HEALTH DISTRICT IF YOU THINK YOU GOT SICK FROM FOOD YOU ATE IN A RESTAURANT OR OTHER FOOD SELLER IN CHESHIRE, PROSPECT OR WOLCOTT





EMERGENCY PREPAREDNESS



Fall Home Maintenance Tips

- Check your emergency supplies. Replace any items that are expired or have been used.
- Test your smoke alarms and carbon monoxide detectors for proper function.
- Check the seals on doors and windows. Repair or replace weather stripping to prevent drafts and save energy.
- Have fireplaces and chimneys inspected. If needed, have your chimney swept to prevent potential fire hazards.
- Clean your gutters. Leaves and debris build up can damage roofs and homes.
- Inspect your roof for loose shingles and damage.
- Be careful when doing yardwork and check for ticks afterwards.



MRC CORNER

The Medical Reserve Corps (MRC) is national network of local groups of volunteers engaging the local communities to strengthen public health, reduce vulnerability, build resilience, and improve preparedness, response, and recovery capabilities.



Contact Lily Pawloski for more information!
lpawloski@chesprocott.org
203-439-2297

MRC volunteers include medical and public health professionals focused on strengthening public health, improving emergency response capabilities, and building community resiliency. We prepare for and respond to natural disasters, such as wildfires, hurricanes, tornadoes, blizzards, floods, and other emergencies affecting public health, like disease outbreaks.





NURSE'S CORNER



SIMPLE WAYS TO HELP KEEP TRICK OR TREATERS



SAFE THIS HALLOWEEN



Trick-or-treaters need to see and be seen.

- Use face makeup instead of masks which make seeing difficult.
- Give trick-or-treaters a flashlight to light their way.
- Add reflective tape to costumes and trick-or-treat bags.
- Have everyone wear light-colored clothing.
- Use flame-resistant costumes.

-Make sure adults know where the kids are going. A parent or responsible adult should accompany young children door-to-door.

-Be cautious around animals, especially dogs.

Walk, don't run.

-Only visit homes that have a porch light on. Accept treats at the door – never go inside.

-Walk only on the sidewalks, not in the street.

-If no sidewalk is available, walk at the edge of the roadway, facing traffic.

-Look both ways before crossing the street, and cross only at the corner.

-Don't cut across yards or use alleys.

- Don't cross between parked cars.

- Drivers – use extra caution. The youngsters may forget to look both ways before crossing.

-A grown-up should check the goodies before eating.

- Make sure to remove loose candy, open packages and choking hazards.

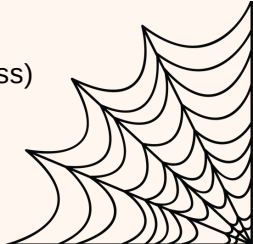
- Discard any items with brand names that you are not familiar with.

If you are planning to welcome trick-or-treaters to your home, follow these safety steps:

Light the area well so young visitors can see.

Sweep leaves from your sidewalks and steps. Clear your porch or front yard of obstacles someone could trip over.

(Source: American Red Cross)





CALENDAR OF EVENTS

OCTOBER



10/2- XYLAZINE DRUG AWARENESS TRAINING: ZOOM 1PM-2PM

10/3- MATTER OF BALANCE: PROSPECT LIBRARY 10AM-12PM

COOKIES & CONVOS: ELIM PARK 1:30PM

10/4- MRC LOYALTY OATH: ZOOM 6PM-6:15PM

10/5- BREAST CANCER AWARENESS EVENT:

FARMSBURY WOMEN'S CLUB 6:30 PM - 7:30 PM

10/8- CHESHIRE FIRE DEPT OPEN HOUSE: 10AM-2PM

10/14- PUMPKINFEST: PROSPECT GREEN 6PM-8PM

10/18- FOOD4HEALTH : HARTFORD HEALTHCARE CHESHIRE 9-10AM

10/24- NARCAN TRAINING: WOLCOTT AMBULANCE 6PM-8PM

MRC LOYALTY OATH: ZOOM 6PM-6:15PM

10/26- MRC LOYALTY OATH: ZOOM 5:30PM-5:45PM

10/28- DRUG TAKE BACK DAY: CHESHIRE POLICE DEPT 10AM-1PM

NOVEMBER



11/2- HEALTH FAIR : ELIM PARK 9AM-12PM

11/8- QPR SUICIDE PREVENTION TRAINING: ZOOM

11/15- DIABETES TALK: CHESHIRE SENIOR CENTER

1:30-3PM

