

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



**PHONE: 203-272-2761**

**WWW.CHESPROCOTT.ORG**

**WINTER 2023-24**

SERVING THE TOWNS OF CHESHIRE, PROSPECT AND WOLCOTT



## UPCOMING EVENTS

JANUARY

**1/23 6-7PM**

**NARCAN TRAINING @ PROSPECT  
LIBRARY**

FEBRUARY

**02/02- COME JOIN US AT CHESHIRE  
HIGH SCHOOL CAREER FAIR - TIME TBA  
NARCAN TRAINING W/ CHESHIRE  
HUMAN SERVICES -TBA**

## EMPLOYEE SPOTLIGHT



Alyssa graduated from SCSU with her B.S. in Public Health. She completed her internship at Wallingford Health Dept. and discovered her passion for Public Health. "I really loved being out in the field, interacting with the community."

Alyssa joined our team in August 2023 and recently passed her Registered Sanitarian (R.S) Exam. Chesprocott is so proud and honored to have her as part of our team.

**TO REGISTER PLEASE  
SCAN THE QR CODE OR  
GIVE US A CALL AT  
(203) 272-2761**



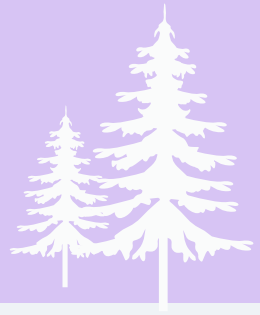
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**WWW.INSTAGRAM.COM/CHESPROCOTTHD**





# COMMUNITY HEALTH



## SHEDDING LIGHT ON SEASONAL AFFECTIVE DISORDER

As the seasons change, so do our moods and energy levels. For some people this can turn into a type of depression called Seasonal Affective Disorder (SAD). SAD usually occurs within the fall and winter months when it becomes darker and there is less light.

### SYMPTOMS

The most prevalent symptoms include: mood changes, energy fluctuations, sleep disturbances, appetite changes, and social withdrawal.

### CAUSES

There are three main causes that contribute to SAD including biological factors (disruptions in a person's biological clock, changes in serotonin and melatonin levels), genetic predisposition (a family history of depression or SAD), reduced sunlight exposure (limited exposure to light due to shorter days in the fall and winter months)

### COPING STRATEGIES

There are ways to cope with this disorder including: light therapy, psychotherapy, medications (antidepressants), regular exercise and maintaining a healthy lifestyle.

If you or someone you know is experiencing symptoms of SAD, contacting a professional to help is crucial.



# EMERGENCY PREPAREDNESS

## STAY FIRE SAFE DURING THE HOLIDAYS

Nearly half of holiday fires happen because decorations are placed too close to a heat source. It's fun to decorate for the winter holidays, but decorations can increase your risk for a house fire! **Follow the tips below to prevent fires and keep your family safe.**

- Inspect holiday lights each year before you put them up. Throw away light strands with frayed or pinched wires.
- Water your Christmas tree every day. A dry tree is dangerous because it can catch on fire easily.
- Consider using battery-operated flameless candles, which can look, smell and feel like real candles.
- If you do use lit candles, make sure they are in stable holders and place them where they cannot be knocked down easily
- Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.

• Source: <https://www.usfa.fema.gov/prevention/home-fires/prevent-fires/holiday/>



### Fire Safety Resources:

- [USFA.fema.gov/prevention/](https://www.usfa.fema.gov/prevention/)
- [redcross.org/firesafety/](https://www.redcross.org/firesafety/)
- your local Fire Department!

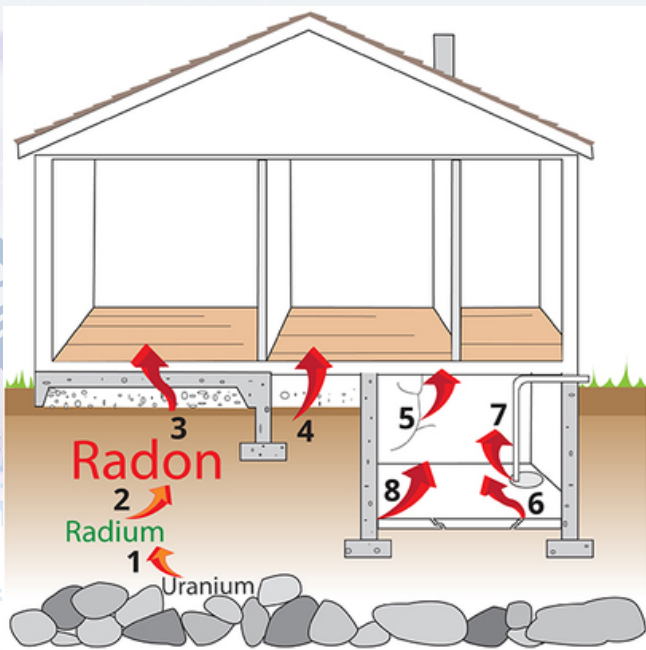


# ENVIRONMENTAL HEALTH



## TIME TO TEST FOR RADON!

Come pick up your radon test kit from CHD starting in January 2024



- Radon is a cancer-causing, radioactive gas. You can't see radon and you can't smell it or taste it. But it may be a problem in your home.
- Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building—homes, offices, and schools—and result in a high indoor radon level.

- The Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths.
- Testing is the only way to know if you and your family are at risk from radon. You should be testing your home on the lowest livable floor to get the most accurate results.



# NURSE'S CORNER

## *Stay Warm. Stay Informed.*

Be prepared to stay safe and healthy during winter!

If you must go outside, plan to dress properly. Keep your nose, ears, cheeks, chin, fingers, and toes covered in warm, dry clothing. These areas are the first to be at risk for frostbite.

- Wear layers of loose clothing, a coat, hat, mittens, and water-resistant boots. Use a scarf to cover your face and mouth.
- Check on loved ones and neighbors to make sure they are staying warm. This is especially important for older adults and babies.
- Drink plenty of warm fluids and avoid caffeine and alcohol.
- Have a 1-month supply of needed medications and medical supplies. Keep a list of your medications and dosages on a card with you at all times, in case of emergency.

**Winters are getting warmer and shorter due to climate change. Because a warmer atmosphere holds more moisture, then heavier snowfalls are likely to occur.**

- **What is Frostbite?** It's when a part of your body freezes. Your nose, ears, cheeks, chin, fingers, and toes often are the first affected.
- **Symptoms include:** pain, numbness, and a change of skin color.
- **How to treat for frostbite:** Move to a warm place. Warm the affected area gently by soaking in warm water (NOT hot) until the skin appears normal and feels warm. Seek emergency medical care, if needed.

- **Hypothermia can kill you.** It occurs when your body loses heat faster than it can produce heat. This causes a dangerously low body temperature. Older adults, babies, children, and people with certain health conditions are more at risk.
- Shivering is one of the first signs of hypothermia; other signs include confusion, drowsiness, and slurred speech.
- **What to do for hypothermia:** Seek emergency medical care right away. Move to a warm place. Remove any wet clothing and warm the body slowly.



# COMMUNITY NOTES



## CHESPROCOTT HEALTH DISTRICT SURVEY

Help Us Help you!  
CHD asks for 5 minutes of your time  
to take our customer satisfaction  
survey

Scan the Code  
or type the link

<https://forms.gle/K4ugGBYjsAMwD8Vb6>



## PROSPECT PROMISE PARENT SURVEY



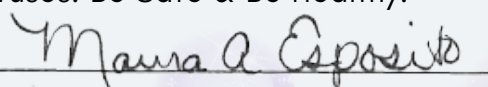
Prospect Promise is a Local Prevention Council focused on drug prevention and education in the community of Prospect. We value your opinion! If you are a Parent/Guardian please help us by using 10 minutes of your time to take this survey regarding youth in Prospect

Scan the code or type the link  
<https://forms.gle/rKz4qFGmoyU8XZ86A>

## DIRECTOR'S NOTE

Wintertime can be fun. There's lots of outside activities including sledding, skating, skiing and snowmobiling. There are fun events as long as you use safe precautions. There are helpful tips in this addition of our CHD Newsletter.

This time of year there's an increase in respiratory illnesses including influenza, RSV and COVID-19. Make sure your vaccinations are up to date. To lessen your risk of getting sick, I encourage you to wash your hands frequently with soap & water, and to cough or sneeze into your elbow or a tissue. You can help prevent the spread of winter viruses. Be Safe & Be Healthy.

  
Director of Health