

CHESPROCOTT HEALTH DISTRICT
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CHESHIRE, CT 06410



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WWW.CHESPROCOTT.ORG

SPRING 2024

SERVING THE TOWNS OF CHESHIRE, PROSPECT AND WOLCOTT



SURVEY CORNER

Scan the codes, Take the survey!



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



Client Satisfaction

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



EMPLOYEE SPOTLIGHT



Hilary Norcia joined The Chesprocott Health District back in June 2023, as our Public Health Educator. Hilary has over 20 years of experience in the public health field with concentration in the areas of epidemiology, grant writing and health promotion

"I enjoy working with the community at the local level and implementing evidence-based health education programs to our residents" states Hilary "Working in each town also allows me to collaborate with other community agencies to make a difference in the resident's lives."

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COMMUNITY HEALTH

A Guide to Achieving Optimal Health in Spring

As the chilly temperatures and shorter days of winter begin to lessen, the arrival of spring brings a renewed sense of energy and it's the perfect time to shake off the winter blues and focus on rejuvenating your health.

1. Nutrition: Take advantage of seasonal offerings such as strawberries, asparagus, peas, and leafy greens. Incorporating these nutrient-rich foods into your diet can provide essential vitamins and minerals, supporting your immune system and boosting your energy levels.

2. Hydration: As temperatures rise, staying hydrated becomes crucial. Opt for refreshing beverages like herbal teas, infused water, and coconut water

3. Outdoor Exercise: Say goodbye to indoor workouts and embrace the outdoors. Spring offers the perfect weather for outdoor activities such as hiking, cycling, jogging, or even simple walks in the park. Exposure to natural sunlight enhances mood and promotes the production of vitamin D, contributing to bone health.

4. Spring Cleaning for Your Mind and Body: Just as you declutter your living space during spring cleaning, consider decluttering your body. Focus on cleansing foods like lemon, ginger, and green tea into your diet. Practice mindfulness through activities such as meditation or yoga to declutter your mind and reduce stress.

5. Allergy Management: Springtime is notorious for triggering allergies due to increased pollen levels. Stay proactive by keeping windows closed during peak pollen times, using air purifiers, and regularly cleaning your living space

6. Sleep Hygiene: As the days get longer, it's essential to maintain a consistent sleep schedule. Ensure your bedroom is conducive to quality sleep by keeping it cool, dark, and quiet.

As nature awakens from its winter slumber, let the soul of spring inspire your journey to optimal health





EMERGENCY PREPAREDNESS

FLOOD AWARENESS



Floods can happen during heavy rains, when ocean waves come on shore, when snow melts quickly, or when dams or levees break. Damaging flooding may happen with only a few inches of water, or it may cover a house to the rooftop. Floods can occur within minutes or over a long period, and may last days, weeks, or longer. Floods are the most common and widespread of all weather-related natural disasters.

BEFORE:

- Prepare an emergency kit.
- Find out if you are in a flood zone.
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.
- Ask your homeowner's insurance agent if you are covered for floods. Most homeowner's policies do not cover flooding.
- If flooding is in the forecast, keep your gas tank at least half full in case you need to evacuate.

DURING:

- Listen to your local news or radio for the latest weather conditions.
- move quickly to higher ground. Water rushing at you in a flood can knock you off your feet!
- If you're in your car and water comes up around you, get out and move to higher ground right away. Cars can be swept away in just two feet of moving water.
- Do not drive through flooded roadways.
- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not camp or park your vehicle along streams, rivers or creeks, particularly during threatening conditions.

AFTER:

- Do not eat or drink anything that has come in contact with flood water. Remove all spoiled food from your refrigerator.
- Clean and have electrical equipment checked by a professional before using.
- Check for damp drywall that could cause mold and clean accordingly.
- Remember, floodwaters sometimes take days to rise, even when the sun is shining. It can take days for floodwaters to make their way downstream.

Don't underestimate the power and speed in which floodwaters can rise and destroy everything in their path.

National Weather Service Messaging Terminology

FLASH FLOOD WATCH or FLOOD WATCH

Flash flooding or flooding is possible within the designated watch area — be alert.

FLASH FLOOD WARNING or FLOOD WARNING

Flash flooding or flooding has been reported or is imminent — take necessary precautions at once! Get to higher ground!

Turn around, don't drown! Most fatalities in the US from flash flooding are from vehicles driving into flooded roadways.

URBAN and SMALL STREAM ADVISORY

Flooding of small streams, streets and low-lying areas, such as railroad underpasses and urban storm drains is occurring.

FLASH FLOOD STATEMENT or FLOOD STATEMENT

Follow-up information regarding a flash flood/flood event.



ENVIRONMENTAL HEALTH

SEPTIC SYSTEM CARE AND MAINTENANCE

One in five U.S. homes have septic systems. Yours may be one of them. If your septic system is not properly maintained you may be risking your family's health, hurting the environment, and flushing thousands of dollars down the drain.

Septic system maintenance is not complicated, and it does not need to be expensive. Upkeep comes down to four key elements:

[HTTPS://WWW.EPA.GOV/SEPTIC/HOW-CARE-YOUR-SEPTIC-SYSTEM#MAINTAIN](https://www.epa.gov/septic/how-care-your-septic-system#maintain)



Inspect and Pump Frequently:

Household septic tanks are typically pumped every three to five years. Alternative systems with electrical float switches, pumps, or mechanical components should be inspected more often, generally once a year. A service contract is important since alternative systems have mechanized parts.

Use Water Efficiently:

The average indoor water use in a typical single-family home can be as much as 70 gallons per individual, per day. Just a single leaky or running toilet can add as much as 200 gallons of water per day.

All the water a household sends down its pipes ends up in its septic system. The more water a household conserves, the less water enters the septic system. Efficient water use improves the operation of a septic system and reduces the risk of malfunctions.

- EPA's WaterSense program has many simple ways to save water and water-efficient products.

Properly Dispose of Waste:

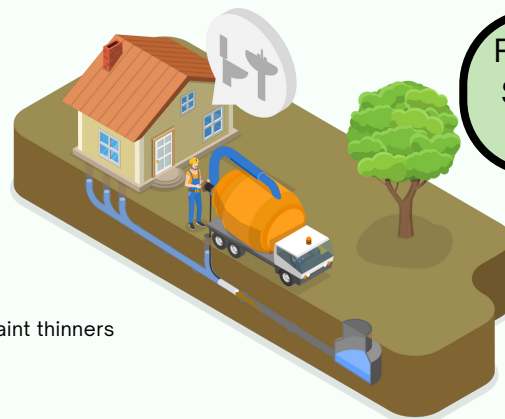
Whether you flush it down the toilet, grind it in the garbage disposal, or pour it down the sink, shower, or bath, everything that goes down your drain ends up in your septic system. What goes down the drain affects how well your septic system works.

Toilets aren't trash cans!

Your septic system is not a trash can. An easy rule of thumb is not to flush anything besides human waste and toilet paper.

Never flush:

- Cooking grease or oil
- Non-flushable wipes, such as baby wipes or other wet wipes
- Photographic solutions
- Feminine hygiene products
- Condoms
- Dental floss
- Diapers
- Cigarette butts
- Coffee grounds
- Cat litter
- Paper towels
- Pharmaceuticals
- Household chemicals like gasoline, oil, pesticides, antifreeze, and paint or paint thinners



Prevent your Septic from failing!

Maintain Your Drainfield:

Your drainfield—a component of your septic system that removes contaminants from the liquid that emerges from your septic tank—is an important part of your septic system. Here are a few things you should do to maintain it:

- **Parking:** Do not park or drive on your drainfield.
- **Planting:** Plant trees the appropriate distance from your drainfield to keep roots from growing into your septic system. A septic service professional can advise you of the proper distance, depending on your septic tank and landscape.
- **Placing:** Keep roof drains, sump pumps, and other rainwater drainage systems away from your drainfield area. Excess water slows down or stops the wastewater treatment process.

[HTTPS://WWW.EPA.GOV/SEPTIC/FREQUENT-QUESTIONS-SEPTIC-SYSTEMS#ABOUT](https://www.epa.gov/septic/frequent-questions-septic-systems#about)



NURSE'S CORNER

Temperatures are rising, flowers are blooming, and spring is in the air!! It's the perfect time to give your home a thorough spring-cleaning.

- Many people suffer with allergies this time of year, thinking pollen is the culprit. While that's often the case, allergens also lurk inside the home. Your home contains mold, dust, and germs that could make your family sick.

Giving your house a deep scrub can help reduce germs and harmful bacteria that can make your family sick. This presents unique opportunities for poisoning every spring!

Be Aware, Be Poison Safe!

Spring Cleaning



Mixing cleaning products such as bleach and ammonium can create a harmful gas that can be very dangerous.



Without protective equipment our bodies can be exposed to harsh chemicals in cleaning products. This can lead to poison exposures in the eyes, on the skin, or by breathing it in.



Flushing pills down the toilet when cleaning out medicine cabinets harms the environment. Children, pets, and others can easily get into the pills if they are thrown away in the trash.

Gardening



It is hard to tell the difference between poisonous and safe mushrooms, unless you are a mushroom expert.



Some plants and berries may be harmful if eaten. Others can cause harm by simply touching certain parts of the plant.



Pesticides and fertilizers not only kill unwanted pests, they can also be harmful to people and pets, if not used and stored properly.



Safeguard Children

- Supervise children outdoors.
- Teach children not to touch or eat wild plants, berries, and mushrooms.
- Keep in mind that child resistant does not mean child proof.



Safe Use

- Do not mix cleaners.
- Use protective equipment such as gloves, goggles, and masks.
- Allow fresh air into the area when using cleaning products.
- Never leave cleaners unattended while in use.



Safe Storage

- Store medicines and cleaning products in original containers up and away.
- Do not leave pills out and unattended.
- Get rid of unused or expired medicines at proper locations such as police stations and pharmacies.



COMMUNITY PROGRAMS AND EVENTS

BLOOD PRESSURE AND A1C SCREENINGS

- March 7th** - Cheshire Housing Authority- 1 pm - 3 pm
- March 12th** - Pat's IGA in Wolcott- 10 am-12 pm
- March 14th** - Narcan Training - Wolcott Ambulance 6pm - 7:30 pm
- March 19th** - LaBonne's Market in Prospect- 10 am - 12 pm

HEALTH EDUCATION PROGRAMS

- March 19th thru May 7th** - Matter of Balance - Wolcott Library 10 am - 12 pm
call 203-439-0720 to register
- March 21st** - Eat for Your Body Type Nutrition Talk Elim Park 9:30am -11am
call 203-272-2345 to register
- April 18th** - Oral Cancer Talk - Elim Park 9:30am - 11am
call 203-272-2345 to register
- April 19th** - Virtual Narcan Training 1 pm - 2pm
call 203-439-2297 to register
- April 24th** - Virtual QPR Suicide Prevention Training - 2 pm - 4 pm
call 203-439-2297 to register
- April 27th** - Drug Take Back Day - Cheshire Police Station 10 am - 2pm
- May 16th** - Mental Health and Stress Talk - Elim Park - 9:30am - 11 am
call 203-272-2345 to Register

DIRECTOR'S NOTE

It's Spring time and while April showers brings May flowers many of us will be heading outside after a long winter. Warmer weather is a great time to get outside and increase our activities. Going for a walk or a bike ride are both cost-effective ways of being active. Bring a friend with you. All three of our communities have wonderful trails where you can improve your health, be social and enjoy the fresh air. For those that love to garden and hike there are health benefits too. Not only are you being physically active, but sunlight lowers your blood pressure as well as increasing vitamin D. If you're going to be outside, please take caution and apply sunblock. While it may not seem that the sun can cause harm at this time of year, its UV light can cause sunburn, premature aging and possible skin cancer. The tick population is also awakening and can carry some pretty nasty viruses, bacteria and even parasites. Keep yourself safe and wear protective clothing and/or apply an insect repellent when outside. There is lot of fun outdoor activities this time of year but do them safely so you stay healthy.

Maura A. Esposito

Director of Health