

TORRINGTON AREA HEALTH DISTRICT

350 Main Street, Suite A Torrington, CT 06790
Phone (860) 489-0436 Fax (860) 496-8243

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

December 2023 Newsletter

National Influenza Vaccination Week December 4-8, 2023



National Influenza Vaccination Week (NIVW) is an annual observance the first week in December to remind everyone 6 months and older that there's still time to get vaccinated against flu. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including young children. Millions of children get sick with flu every year, and thousands will be hospitalized as a result.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to prevent flu. Flu vaccines are the only vaccines that protect against flu and are proven to reduce the risk of flu illness, hospitalization, and death.

Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu shot, especially young children and others at higher risk. The more people vaccinated against flu, the more people are protected from flu.



Hours

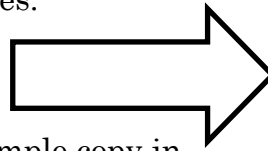
Monday, Tuesday, Thursday: 8:00am to 4:00pm.
Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.
Follow us on social media and www.tahtd.org



Social Media Content: Use our suggested Twitter, Facebook, Instagram and LinkedIn copy to spread the word. Schedule content to remind your networks about the importance of flu vaccination throughout the week. Use #FightFlu to join the conversation all week long and tag us at @CDCFlu on Twitter!

Shareable Assets: Share why you get an annual flu vaccine and encourage others to do the same with customizable photo frames and social story templates.

Template Matte Release



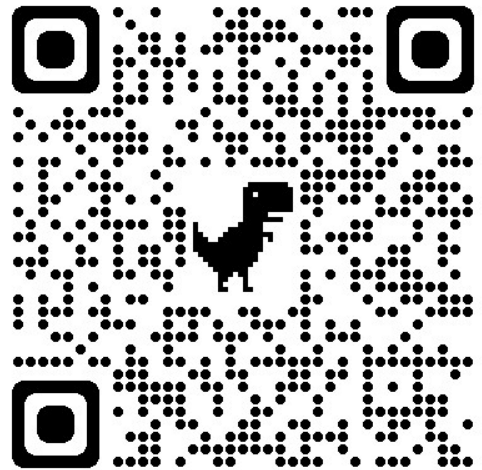
Sample Newsletter Blurb: Include our sample copy in your email newsletter or other communications to let others know about NIVW and the upcoming activities.

Patient Reminder Messages: Remind patients at your practice to get their annual flu vaccine by sharing these messages through your patient portal or other reminders.

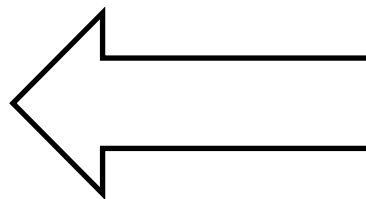
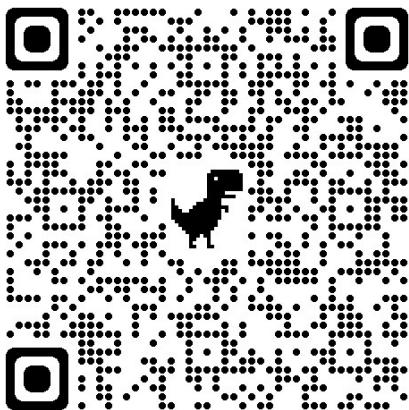
Printable Poster & Flyer

We hope you will join us this year as we encourage everyone—especially children and others at higher risk—to protect themselves and their loved ones from flu this season by getting a flu vaccine.

https://www.cdc.gov/flu/resource-center/nivw/activities.htm#anchor_1605890898798



2023 National Influenza Vaccination Week Social Media Toolkit



<https://www.immunizationmanagers.org/content/uploads/2023/10/Updated-2023-NIVW-Social-Media-Toolkit.pdf>



WORLD AIDS DAY 35
Remember and Commit

Every year on December 1st, the world unites to commemorate World AIDS Day. This annual event serves as a reminder of the global struggle to end HIV-related stigma, an opportunity to honor those we have lost, and a rallying cry to continue working toward a day when HIV is no longer a public health threat. In 2023, we mark the 35th commemoration of this important day with the theme “World AIDS Day 35: Remember and Commit”.

The first World AIDS Day took place in 1988, providing a platform to raise awareness about HIV/AIDS and honor the lives affected by the epidemic. Over the past 35 years, we have witnessed significant progress in addressing HIV/AIDS thanks to advancements in medical research, increased access to treatment and prevention, and a broader understanding of the virus. We have also seen a tremendous global advocacy community unite to take on challenges and hold institutions accountable for ensuring access to these advancements.

“The 35th commemoration of World AIDS Day is an opportunity to reflect on our journey, acknowledge and celebrate the progress we’ve made, and recognize the challenges remaining,” said Admiral Rachel L. Levine, MD, Assistant Secretary for Health at the U.S. Department of Health and Human Services. “However, many people with HIV still lack access to essential healthcare and support services. We must strive to increase equitable access and outcomes for HIV testing, prevention, treatment, and care services. The battle is far from over.”

This year’s theme, “World AIDS Day 35: Remember and Commit,” pays tribute to those we have lost to HIV/AIDS. The impact of this epidemic has been profound, affecting individuals, families, and entire communities across the globe. Remembering the lives lost not only honors their memory but also emphasizes the urgency of our commitment to end the HIV epidemic.

Through remembrance, we draw strength and determination to redouble our efforts in fighting the disease and providing support to those with HIV. It’s time to remind ourselves of the importance of compassion, empathy, and solidarity in the face of adversity.

The other aspect of this year’s theme, “Commit,” emphasizes our collective responsibility to act. Each one of us can make a difference, whether through working to improve health equity and ending the disparities in access to prevention, care, and treatment; promoting scientific education and awareness; or supporting organizations that work tirelessly to serve those at risk and living with HIV—we need a whole of society response to win.

“The progress we have made in the HIV/AIDS response required governments, the community, civil society, advocates, activists, the faith-based community, and public and private organizations to come together for the shared goal to save lives and change the course of the HIV/AIDS pandemic. It will require continued engagement, commitment, and will to end HIV/AIDS as a public health threat by 2030,” said Ambassador Dr. John Nkengasong, U.S. Global AIDS Coordinator and Senior Bureau Official for Global Health Security and Diplomacy.

Our National HIV/AIDS Strategy and the PEPFAR Strategy outline actions that are necessary to accelerate our progress:

1. **Increase Awareness and End Stigma and Discrimination:** Spreading accurate information about HIV, reducing stigma, and promoting prevention and testing are crucial steps. Stigma and discrimination remain formidable barriers to effective HIV testing, prevention, and care. We must commit to creating societies that are inclusive by ending discriminatory laws, policies, and practices that hinder the achievement of our goals to address the HIV epidemic.
2. **Accessible Healthcare and Support Services:** Creating healthcare systems that provide high quality, affordable, culturally and linguistically appropriate prevention, testing, and treatment for all individuals, especially the priority and key populations identified in the Strategies, is a must. Millions lack access to life-saving medical care and medications. Many who do have access often experience interruptions in treatment due to complications with transportation, housing, or food insecurity. A wholistic approach to service delivery that positively influences the social drivers of health for those living with HIV is needed to help them achieve optimal health and wellness.
3. **Prevention Efforts:** Prevention remains a vital component of the fight to end the HIV epidemic. We must continue to promote education, support safe practices that include syringe services and overdose prevention programs, and access to PEP and PrEP to reduce new infections.
4. **Research and Innovation:** Scientific research and innovation have played a pivotal role in the progress made in 40 years of the HIV epidemic. Committing to ongoing research is essential for developing new treatments and prevention methods, and ultimately finding a cure.
5. **Community-Driven Responses:** Programs and initiatives do best when driven by the voices of the most impacted communities. We must listen to what people with lived experience tell us works and what doesn't work.

We also know the importance of encouraging collaboration and cooperation among countries, organizations, and individuals to create a global network of support and resources for our collective efforts. This includes support for the reauthorization of PEPFAR and the continuation of our efforts to increase best practices and lessons learned between our domestic and global programs as we all work across the globe to address HIV.

The 35th commemoration of World AIDS Day reminds us of the journey we have taken and the road that lies ahead. Together, through remembrance and unwavering commitment, we can look forward to a brighter, healthier future for us all.

<https://www.hiv.gov/blog/world-aids-day-35-remember-and-commit/>

Preparing for a Winter Storm



During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

MAKE A PLAN:

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to [create a communication and disaster plan](#) for your family ahead of time.

PREPARE YOUR HOME AND CAR:

Weatherproof your home.

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.

Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

Have your chimney or flue inspected each year.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

Install a smoke detector and a battery-operated carbon monoxide detector.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.

Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

For older adults, keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

Create an emergency car kit.

It is best to avoid traveling, but if travel is necessary, [keep the following in your car external icon](#):

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water

IS YOUR VEHICLE WINTER READY?



STEPS TO TAKE BEFORE THE STORM HITS:

Listen to weather forecasts, and check your supplies.

Listen to weather forecasts regularly and check your [emergency supplies](#), including your [emergency food and water supply](#), whenever you are expecting a winter storm or extreme cold. Even though we can't always predict extreme cold in advance, weather forecasts can sometimes give you several days of notice to prepare.

Bring your pets indoors.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have access to unfrozen water.

Get your car ready.

Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.

Keep your car in good working order. Be sure to check the following: heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil, and battery.

<https://www.cdc.gov/disasters/winter/beforestorm/preparehome.html>



SOMETHING YUMMY



Healthy Holiday Desert Recipe

These dairy-free truffles taste great, made without added fat and sugar. They're also great for sharing.

Ingredients

- 12 medjool dates, pitted
- 2 tablespoons water
- 4 tablespoons unsweetened cocoa powder
- ½ cup puffed brown rice
- ½ cup shredded unsweetened dried coconut

Directions

Before you begin: Wash your hands.

1. In food processor or blender puree dates and water until a sticky paste/ball forms. Pulse in cocoa powder until solid dough forms. Stir in puffed brown rice.
2. With small scoop, form mixture into 14 tablespoon-sized balls.
3. Roll each ball into coconut to lightly coat.

Refrigerate for 30 to 60 minutes to set.

You can store refrigerated balls in an airtight container for up to two weeks.

Nutrition Information

Serving size: 1 truffle

Serves 14

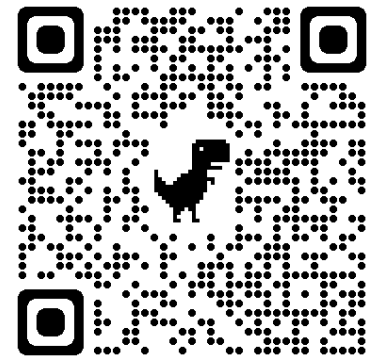
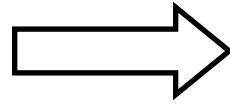
Calories: 70; Total Fat: 2.5g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 0mg; Total Carbohydrate: 13g; Dietary Fiber: 2g; Sugars: 10g; Protein: 1g; Vitamin A: 0%; Vitamin C: 0%; Calcium: 2%; Iron: 2%.

<https://www.eatright.org/recipes/desserts/no-bake-coconut-truffles-recipe>

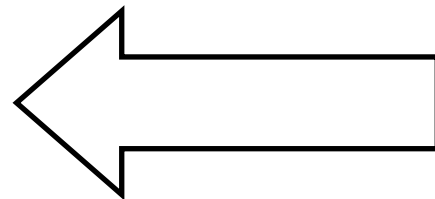
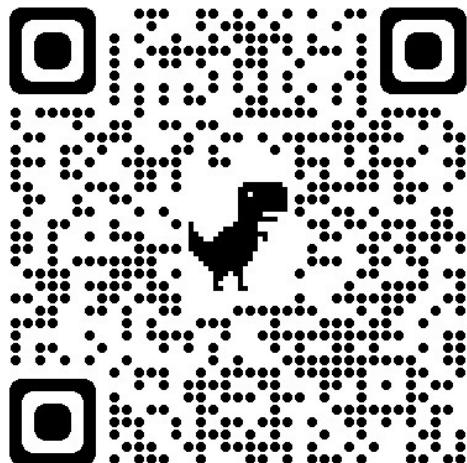
It's Your Best Shot!



The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)



What to join the Litchfield County Opiate Task Force?



TAHD IN ACTION

Massiel Romero recently visited the Preschool Lab at Torrington High School. During the visit, she had the delightful opportunity to engage with the children by reading a book titled "Maxine The Super Vaccine." This educational book aims to instill awareness in young minds about the importance of preventing the spread of harmful diseases and emphasizes the role of vaccines in safeguarding their health. Witnessing the positive impact of the book on the children's understanding of vaccines and their significance was truly inspiring.

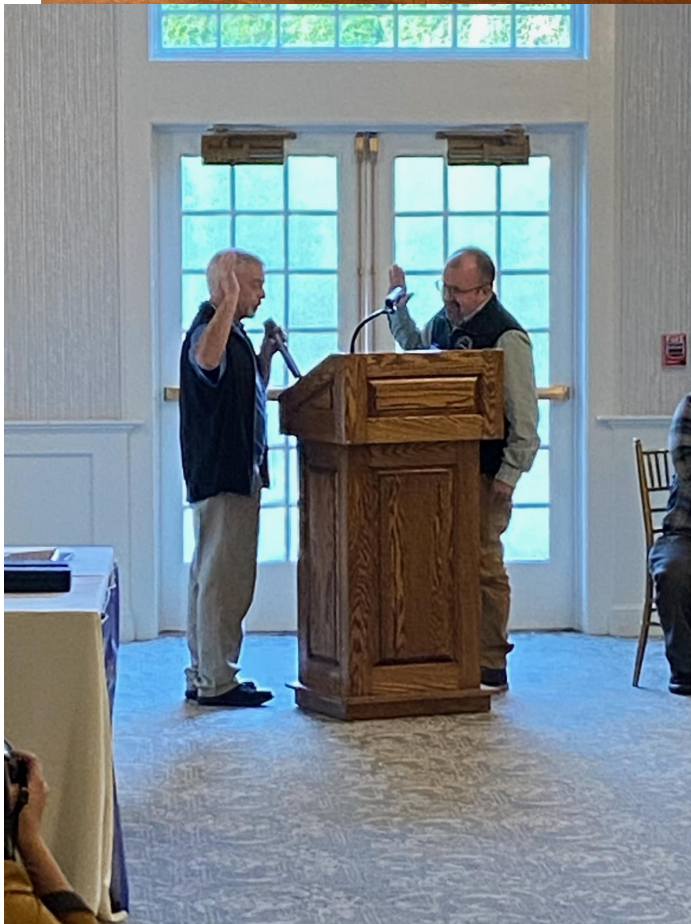
In addition to the Preschool Lab visit, Massiel also shared images from her visits to various Town Halls and Town Clerks, including the "Borough of Bantam Hall & Morris Town Clerk." These visits were part of her engagement during the Voting Election Day, where she attended several locations, including Torrington City Hall, Norfolk Town Clerk, Borough of Bantam Hall, Morris Town Clerk, and Bethlehem Town Hall.



TAHD IN ACTION



Tom Stansfield concluded his tenure as the president of the Connecticut Environmental Health Association on November 10th. Throughout the year, he engaged in fruitful collaborations with State, Federal, and sister organizations, primarily focused on workforce development. Importantly, these collaborations provided an opportunity for members to connect, fostering relationships with a shared objective—the robust public health of Connecticut. Tom also had the privilege of attending the National Environmental Health Association's annual education conference in New Orleans, yielding numerous benefits. Serving as the president of a national affiliate organization proved to be an enriching experience. As the year swiftly passed, Tom looks forward to the enduring impact of the connections forged and the work groups initiated, aspiring to contribute to a more collaborative and cooperative public health environment for all.



TAHD IN ACTION

The Emergency Preparedness Team from TAHD paid a visit to the New England Disaster Training Center (NEDTC) at Camp Hartell in Windsor Locks, CT. The occasion presented a comprehensive display of regional response resources, featuring a fully equipped mobile field hospital with a capacity for 100 beds. Additionally, the center showcased training facilities and equipment catering to various response teams, such as the regional dive team, SWAT team, and recruits from the police and fire departments. Representatives from the Connecticut Department of Public Health, alongside regional coordinators, actively participated in this showcase. The objective was to integrate NEDTC into regional preparedness plans, enhancing collaborative efforts for effective emergency response.



TAHD IN ACTION



On November 14, 2023, TAHD conducted a hybrid education session, offering both in-person and virtual attendance options, focusing on Firearm Suicide Prevention Training. The session covered strategies aimed at minimizing firearm-related suicides and provided insights into the procedures for implementing an Extreme Risk Protective Order (EPRO). Attendees gained knowledge about recent legislative changes concerning gun safety and the implications for both current and prospective permit holders.

COMMUNITY UPDATES

WARNING: Recalled Cinnamon Apple Fruit Puree and Applesauce(s)



Consumers Are Advised To:

- Immediately stop using these products.
- Return it to the purchase place for a full refund or discard them.
- Contact their pediatrician to have their child's lead level tested.

For additional questions about specific products, consumers are encouraged to contact the companies:

WanaBana at support@wanabanafruits.com

Schnucks Customer Care team at 314-994-4400 or 1-800-264-4400

Weis Customer Service number at 866-999-9347

COMMUNITY UPDATES



American
Heart
Association.

Torrington Area Health District

HEARTSAVER AND BLS CPR TRAINING

*Learn the skills to
save a life*

Session Pricing:

Heartsaver program:
\$105.00

Recommended for anyone
with little or no medical
training who needs a course
completion card for job,
regulatory, or other
requirements.

BLS Course: \$95.00
Recommended for healthcare
professionals

Classes held at 350 Main
Street Torrington, CT 06790

Training includes:

- Identifying and responding to the signs of a cardiac arrest
- How to provide rescue breaths
- How to give high-quality CPR
- How to use an AED
- Practicing crisis management skills
- How to effectively work as a team during a cardiac arrest

Participants will receive a provider
electronic card valid for two years
upon successful completion of the
course

TO SCHEDULE FOR A CLASS, PLEASE CALL 860-489-0436 X322
GROUP CLASSES AVAILABLE UPON REQUEST
WE ACCEPT CHECKS AND CREDIT CARDS FOR PAYMENT

COMMUNITY UPDATES

STOP AN OVERDOSE WITH NALOXONE



For Naloxone distribution map locator scan QR code above or visit <https://www.lcotf.org/harm-reduction/>

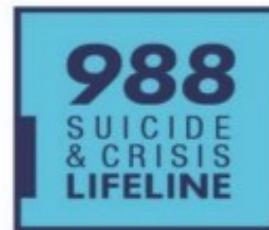
To request Naloxone scan QR code above

Prevent Fatal Overdose

Help Save Lives By Being Prepared



You know CPR. You have a first aid kit. Naloxone is another way to save lives. Keep naloxone at home and work.



1 WORD VOICE LIFE

Be the 1 to start the conversation
www.preventsuicidect.org
CALL 2-1-1



COMMUNITY UPDATES

Torrington Area Health MRC

December MRC Events

STOP THE BLEED
TUESDAY, DECEMBER 5TH AT
10:00AM



QPR TRAINING
WEDNESDAY, DECEMBER
6TH AT 5:00PM



From all of us at Torrington Area Health District,
have a happy and safe holiday season!

Want to host a training? Email mmcclintock@tahd.org



COMMUNITY UPDATES



Get the Flu Shot Not the Flu



IT IS NOT TOO LATE TO GET A FLU SHOT

SAME DATE APPOINTMENTS AVAILABLE

**CONTACT THE PUBLIC HEALTH NURSE TO
SCHEDULE YOUR APPOINTMENT TODAY.
PATTY 860-489-0436 X 325**

**Vaccines Available:
Seasonal Flu Vaccine for adults 19 and over
HIGH DOSE VACCINE for adults 65 and over**

1. BRING INSURANCE CARD(S)
2. BRING YOUR DRIVER'S LICENSE
3. WEAR A LOOSE-FITTING SHORT SLEEVE SHIRT SO YOUR SHOULDER CAN BE EASILY ACCESSED.



INSURANCES ACCEPTED:

**MEDICARE (PART B)
CONNECTICARE
ANTHEM BC/BS
AETNA
CIGNA**

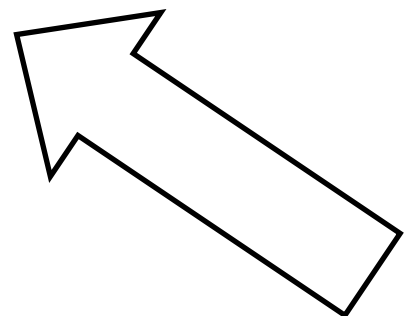
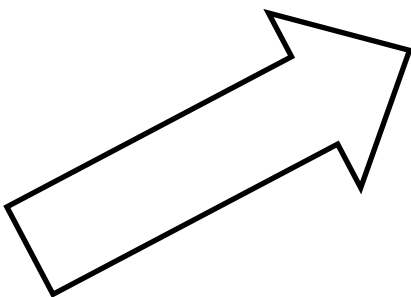
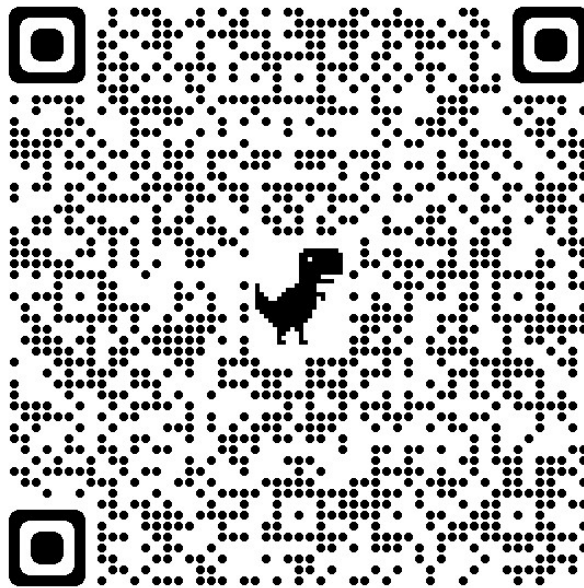


**NO INSURANCE? NO PROBLEM!
ADULT SEASONAL FLU VACCINE \$30
*HIGH DOSE \$70
*65 YEARS AND OLDER**

COMMUNITY UPDATES

Free COVID-19 Test Kits Available to U.S. Households

U.S. households can once again order four free COVID-19 rapid tests through [COVIDTests.gov](https://www.covidtests.gov). These tests will detect the currently circulating COVID-19 variants. Individuals are encouraged to use the free tests immediately to prepare for travel and gatherings with friends and family throughout the 2023 holiday season. Households that ordered tests earlier this fall can order four more tests, and those that have not ordered this fall can submit two orders for a total of eight tests. Visit the [Food and Drug Administration website](https://www.fda.gov) to check the expiration dates of COVID-19 tests.



SAVE THE DATE



Presents

From Executive Producer
NEIL deGRASSE TYSON

SHOT IN THE ARM

and Academy Award® Nominee
SCOTT HAMILTON KENNEDY

Disinformation is its own disease.

Film Screening Followed by Q&A Panel Presentation
with the filmmaker

February 7th at 5:30 p.m.

The Warner Theatre Oneglia Auditorium

For Tickets
warnertheatre.org

For More Info
TAHD.org



See our teaser and follow us on social media!
www.shotintheearmmovie.com