

# TORRINGTON AREA HEALTH DISTRICT

Providing local public health services for 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.



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

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:



## February 2023 Newsletter

Heart disease is an umbrella term used for a variety of diseases such as coronary artery disease, a type of heart disease which affects blood flow to the heart. Heart disease can cause a heart attack, heart failure or stroke. American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits to decrease risk of disease.

### There's a lot you can do to protect your heart!

- Maintain a healthy weight
- Be physically active
- Manage stress
- Don't smoke
- Limit alcohol
- Reduce sodium & sugar
- Check your cholesterol
- Control your blood pressure
- Manage your diabetes
- Take your medicine as prescribed

Source: CDC.gov

Source: worldheartfederation.org



## CARDIOVASCULAR DISEASE THE WORLD'S NUMBER 1 KILLER

Cardiovascular diseases are a group of disorders of the heart and blood vessels, commonly referred to as **heart disease** and **stroke**.

**18.6** million deaths every year from CVD

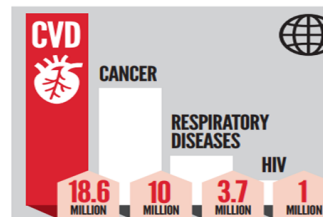


**33%** of all global deaths



**>75%** of CVD deaths take place in low- and middle-income countries

### GLOBAL CAUSES OF DEATH



### RISK FACTORS FOR CVD

- High Blood Pressure
- High Cholesterol
- Overweight & Obesity
- Air Pollution
- Physical Inactivity
- Unhealthy Diet
- Diabetes
- Tobacco
- Kidney Disease
- Harmful use of alcohol



## LUNCH and LEARN

*Topic: 2023 Meningitis Vaccine Update*

*Time: Feb 14, 2023,  
12:15 PM Eastern  
Time (US and Canada)*

*Join Zoom Meeting*

*[https://us02web.zoom.us/j/87048623274?](https://us02web.zoom.us/j/87048623274?pwd=ZWdXaVVQeE5EbUJBNkFNSVVZuY0JYQT09)  
[pwd=ZWdXaVVQeE5EbUJ  
BNEFSVVZuY0JYQT09](https://us02web.zoom.us/j/87048623274?pwd=ZWdXaVVQeE5EbUJBNkFNSVVZuY0JYQT09)*

*Meeting ID: 870 4862 3274*

*Passcode: 838627*

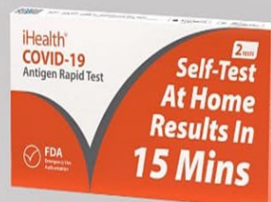
*One tap mobile - 929 205  
6099 US*

On January 3<sup>rd</sup>, 2023, the Torrington Area Health District staff participated in a Point of Dispensing (POD) drill at Housatonic Valley Regional High School facilitated through the Emergency Preparedness Team. This is an annual drill that tests an assigned facility on how long it would take to set up and be operational for the public if mass amounts of medicine needed to be distributed. Staff was assigned specific roles to align with a scenario of a potential Anthrax release in our jurisdiction. The drill included the setup of equipment, the flow of the clinic, and ways to improve communications with our staff and the public in such a situation. The staff then sat down to discuss improvements and strengths of the drill to improve on our plans and for future drills.

### **iHealth Test Kits**

set to expire on 1/23/23 have been extended

iHealth test kits have had their shelf life extended another three months.



For a full list of iHealth test kits expiration dates visit: [www.fda.gov/media/164551/download](http://www.fda.gov/media/164551/download)

**Flu Vaccines**  
Seasonal and High Dose available.

Contact Patty to schedule your appointment today!  
(860) 489-0436 X 325



# IMMUNIZATION SPOTLIGHT

LOCAL PEDIATRICIAN DR. MAGDA AND MEDICAL ASSISTANT HEATHER C.

TAHD would like to highlight Dr. Curi/Magda for achieving and surpassing CDC's suggested immunization coverage rates for childhood and adolescent patients.



# ENVIRONMENTAL SPOTLIGHT

This well is an agricultural well being drilled but it could also be used for portable water.

## What Is a Water Well Driller?

A water well driller has responsibilities that include operating a mobile drilling rig to drill and monitor groundwater wells for residential, commercial, industrial, and agricultural uses, most often when there is no readily available surface water.

## How do well drillers locate water?

In order to find water, you dig or drill for it, accessing aquifers (a layer of permeable rock containing water). In many places, it's possible to dig straight down in the earth until you tap into a groundwater supply.

## How deep should a well be for drinking water?

The quality of your water depends on several factors including geology and water levels. In order to allow for maximum ground filtration to remove impurities, your well depth should be at least 100 feet. As a general rule, the deeper you drill, it's more likely that there will be minerals present.



## DID YOU KNOW?

### **What is a salon or personal service establishment?**

Section 19a-243 defines “Shop, Salon, or Studio” as used in this regulation means any place where the art or practice of dressing, arranging, curling, waving, weaving, cutting, styling, bleaching and coloring of hair, beards are trimmed or shaved, and/or treating the scalp by massaging, cleansing, stimulating, antiseptics, tonics, lotions, creams, powders, oils or clay and doing similar work on the face, neck, arms and manicuring of nails of any person for compensation, provided that, nothing in this definition shall prohibit an unlicensed person from performing facials, eyebrow arching and manicuring of the fingernails.

### **What does the Health Department look for?**

To assure the health and safety of the services provided, we look for sanitary conditions, licensed individuals who had training and the facility is adequate for those services. We want to make sure all equipment is disinfected properly between each client, as bacteria and fungi love those unsanitary conditions. On-site, we verify if Connecticut (technician) licenses are active and current and we also make sure that the ventilation is good in a facility, as fumes could be overwhelming and unhealthy to inhale.

### **What should, you, as a customer look for?**

A couple things to look for once you are inside the facility: hanging on the wall, you should see a license from your local health department and licenses of the individuals providing those services, making sure the environment is clean and watching for proper hand-washing techniques between customers.

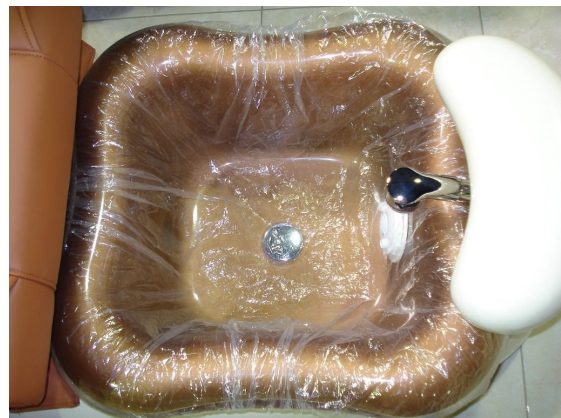
### **What can't a personal salon use?**

Re-use of single use implements is prohibited; these items must be immediately discarded into a covered waste receptacle after use. Some implements cannot be adequately disinfected between clients because they are made of porous/permeable material and/or become degraded by use on a client. (some examples include, but not limited to: buffers, pumice stone, wooden sticks used for waxing, toe separators, gloves, cotton balls/pads swabs, sponges, paraffin, emery boards, sponge tip applicators, single-use eyelash brushes and neck strips)

### **What about pedicure basins? / What about your foot baths?**

Pedicure basins (foot spas, foot basins and spa liners) must be cleaned and disinfected after each client using this sequence regardless of liners used or not:

- ◆ All water shall be drained and all debris shall be removed from spa basin.
- ◆ Next the pedicure tub must be cleaned with soap or detergent and water, any removable part must be taken off for further cleaning. (this includes: jet covers and screens).
- ◆ The spa basin must be disinfected with an EPA registered disinfectant labeled as bactericidal, fungicidal, and virucidal for at least 10 minutes or according to the manufacturer's instructions. Whirlpool jets with recirculation waters must be filled and turned on to adequately disinfect.
- ◆ The spa basin must be wiped dry with a clean towel or allowed to sufficiently air dry.





# COMMUNITY UPDATES



The Litchfield County Opiate Task Force (LCOTF) was formed in December of 2013 following the overdose deaths of a high volume of shared clients in the span of ten days.

The Task Force organizes its work around four essential goals:

- Improving access to care
- Enhancing collaboration and data sharing between and among service providers
- Reducing opioid use and misuse in the community
- Sharing information and resources about addiction, prevention, safety, and treatment

The LCOTF is led by co-chairs of the McCall Center for Behavioral Health and Charlotte Hungerford Hospital, and has more than 60 active members from all sectors in the community.

## Torrington Harm Reduction Rover Schedule

### Monday

9am-11am  
The Gathering Place  
on Prospect St.

### Tuesday

11:30am-12:30pm  
Soup Kitchen on Maiden Lane

### Wednesday

10am-11:30am  
TJ MAXX Lot

### Thursday

11am-1pm  
The Gathering Place  
on Prospect St.

### Thursday

11:30am - 12:30pm  
Soup Kitchen on Maiden Lane

### Friday

12pm - 1pm  
Corner of Alvord St. and Main  
St.

### Monday Thru Friday

9am-4:30pm  
601 South Main Street



LITCHFIELD  
COUNTY  
OPIATE  
TASK FORCE

RESOURCE LINE  
(860)256-8111



TAHD is a member of LCOTF and sits on their executive committee. Every month TAHD presents data from Overdose Detection Mapping Application Program (ODMAP) and Office of the CT Medical Examiner (OCME).



# COMMUNITY UPDATES

## Litchfield County Narcan distributions and addiction outreach locations

Mon	1-2p Plymouth food pantry 3-4p Terryville Congregational Church
Tue	12-1p Litchfield 25 South st 1-2p Northwestern Community College 2-3p Canaan Commuter lot 3-4p Winsted NW Ct Realty 98 Main st.
Wed	11-12:30 2nd Wednesday Thomaston Our Savior Lutheran Church 3-4p Harwinton Ambulance
Thu	11:30-12:30a 2nd & 4th Thursday Plymouth Cong Church 12-1p Sharon Hospital (Starting Jan 5, 2023) 4-5p Watertown 2nd & 4th Thurs Labonnes Market
Fri	10-11a Winsted YMCA 11:15-12:30 Winsted Soup Kitchen 2-3p Barkhamsted Brass Horse Cafe 2-3 Kent Wine & Spirits

To schedule a training for your business or organization or if you cannot make one of these locations call/text 860-485-7725

25 South Street  
Litchfield, Ct 06579  
860-567-4437



## FREE NALOXONE TRAINING\*

### Training topics will include:

- Overdose Prevention Strategies
- Brief History of Opioid Waves
- How to Administer Naloxone
- Signs and Symptoms of Overdose
- Learn about local resources and support
- Current Protective Legislation

PRESENTED BY:  
REGION 10 COMMUNITY  
WELLNESS COALITION  
AND HARWINTON EMS  
ASSOCIATION

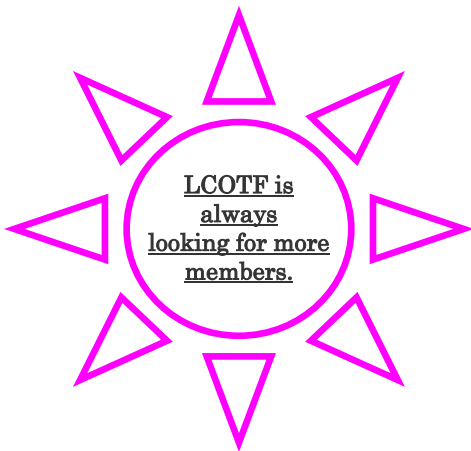
Date: February 8th,  
2023

Time: 6:00 PM

Place: Harwinton  
EMS

166 Burlington Road  
Harwinton, CT 06791

**\*\*Registration is Required**  
Please RSVP to Darian Graells at,  
Darian.Graells@mccallbhn.org



## ROSES ARE RED, VIOLETS ARE BLUE, I KNOW CPR AND YOU SHOULD TOO



**The life you save with CPR, is likely to be someone you love!  
Make a date this Valentines Day to learn how to save a life.**

Date:	Wednesday February 15, 2023
Time:	6:00 pm - 8:00 pm
Location:	Winsted YMCA - 480 Main Street Winsted, CT 06098
Cost:	\$22.00 for a 2 year American Heart Association Certification

During this class you will learn the lifesaving skills to recognize an emergency, perform Adult CPR, use an AED and use Narcan.

Registration is required. To register please visit

<https://greenwoodsreferrals.org/event/cpr-with-narcan-training-2-2023/>

For questions or to schedule a training for your business or organization, please email Sarah Toomey at [stoomey@greenwoodsreferrals.org](mailto:stoomey@greenwoodsreferrals.org)



Sponsored by: Greenwood Counseling & Referrals and the NW Hills Prevention Coalition