

TORRINGTON AREA HEALTH DISTRICT

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.

July 2023 Newsletter

It's that time of year when Americans everywhere will be celebrating the Fourth of July holiday with family, friends, and fireworks. Unfortunately, over the past 15 years, there has been an increase in the number of people injured during this festive time.



A new report by the U.S. Consumer Product Safety Commission (CPSC) finds a significant upward trend in fireworks-related injuries. Between 2006 and 2021, injuries with fireworks climbed 25% in the U.S., according to CPSC estimates.

Last year, at least nine people died, and an estimated 11,500 were injured in incidents involving fireworks.

“It’s imperative that consumers know the risks involved in using fireworks, so injuries and tragedies can be prevented. The safest way to enjoy fireworks is to watch the professional displays,” said CPSC Chair Alex Hoehn-Saric. In addition, he said, “CPSC’s Office of Compliance and Field Operations continues to work closely with other federal agencies to prevent the sale of illegal consumer fireworks.”



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:



CPSC's report shows:

- Of the nine U.S. deaths, six were associated with firework misuse, one death was associated with a mortar launch malfunction, and two incidents were associated with unknown circumstances.
- There were an estimated 11,500 emergency room-treated injuries involving fireworks in 2021—down from the spike (15,600) experienced in 2020, during the first year of the COVID-19 pandemic, when many public displays were cancelled.
- An estimated 8,500 fireworks-related injuries (or 74 percent of the total estimated fireworks-related injuries in 2021) occurred during the 1-month special study period between June 18 and July 18 last year.
- Young adults 20 to 24 years of age had the highest estimated rate of emergency department-treated, fireworks-related injuries in 2021.
- In 2021, there were an estimated 1,500 emergency department-treated injuries associated with firecrackers and 1,100 involving sparklers.
- In 2021, the parts of the body most often injured by fireworks were hands and fingers (an estimated 31 percent of injuries) along with head, face, and ears (an estimated 21 percent).
- About 32 percent of the emergency department-treated fireworks-related injuries in 2021 were for burns.
- In 2021, approximately 31 percent of selected and tested fireworks products were found to contain noncompliant components, including fuse violations, the presence of prohibited chemicals and pyrotechnic materials overload.

CPSC urges consumers to celebrate safely this holiday by following these safety tips:

Tips to Celebrate Safely

- Never allow young children to play with or ignite fireworks, including sparklers. Sparklers burn at temperatures of about 2,000 degrees Fahrenheit—hot enough to melt some metals.
- Keep a bucket of water or a garden hose handy, in case of fire or other mishap.
- Light fireworks one at a time, then move quickly away from the fireworks device.
- Never try to relight or handle malfunctioning fireworks. Soak them with water and throw them away.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Move to a safe distance immediately after lighting fireworks.
- Never point or throw fireworks (including sparklers) at anyone.
- After fireworks complete their burning, to prevent a trash fire, douse the spent device with plenty of water from a bucket or hose before discarding the device.
- Make sure fireworks are legal in your area, and only purchase and set off fireworks that are labeled for consumer (not professional) use.
- Never use fireworks while impaired by alcohol or drugs.

[https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks#:~:text=Never%20place%20any%20part%20of,\(including%20sparklers\)%20at%20anyone.](https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Fireworks#:~:text=Never%20place%20any%20part%20of,(including%20sparklers)%20at%20anyone.)



United States
Consumer Product Safety Commission

Fireworks Injuries & Deaths

2021 REPORT


#CelebrateSafely

Fireworks Safety Tips

- ★ Never allow children to play with or ignite fireworks, including sparklers.
- ★ Make sure fireworks are legal in your area before buying or using them.
- ★ Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- ★ Light fireworks one at a time, then move back quickly.
- ★ Never try to re-light or pick up fireworks that have not ignited fully.
- ★ Never use fireworks while impaired by alcohol or drugs.
- ★ More Fireworks Safety Tips: [cpsc.gov/fireworks](https://www.cpsc.gov/fireworks)

Spike in Fireworks Injuries

over the Last 15 Years

25% Increase 
in fireworks injuries
between 2006 & 2021



11,500

people were
treated in ERs
for fireworks injuries in 2021

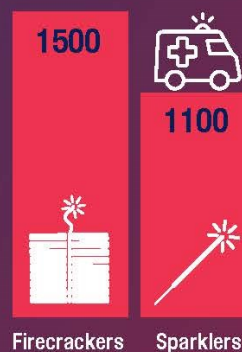


Deaths
from Fireworks



How & When Injuries Occurred

2021 Injuries
by Firework Type



74%

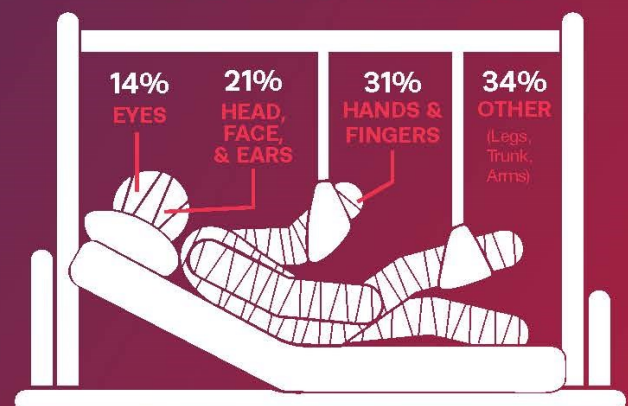
of injuries occurred
in the weeks before &
after the July 4th holiday



Most Injured Body Parts



32% of the injuries were
burns



Source: U.S. Consumer Product Safety
Commission 2021 Fireworks Annual Report



ENJOY A HEALTHY TREAT

Red, White and Blue Popsicle

Ingredients:

1 cup of Greek Yogurt or coconut milk/cream/yogurt
½ cup of Blueberries
1 cup of Strawberries
Honey or maple syrup to taste

Directions:

1. To begin, make your white stars by making white, star-shaped "ice cubes" out of the Greek yogurt. You can use coconut milk, coconut cream, or coconut yogurt instead to make these vegan and paleo. You can also sweeten the yogurt first if you want these to be sweeter. You can see that I used a syringe to easily fill the compartments without making a big mess.
 2. Meanwhile, make a puree with your blueberries. You can add a little honey, or another sweetener as needed.
 3. Add a white star to the bottom of a flat-bottomed popsicle mold. I used small cups with a flat bottom.
 4. Immediately cover them with your blueberry puree and freeze again.
 5. Once frozen, add a layer of yogurt or coconut. Place the popsicle stick into the yogurt layer. I used some aluminum foil to hold the stick up, and then placed them into the freezer to freeze the stick in place.
 6. Puree the strawberries; you can, again, optionally sweeten the puree with honey or another sweetener if you prefer.
 7. When your yogurt layer is frozen, cover it with a layer of strawberry puree and freeze again.
 8. Follow the process with one more layer of yogurt and one more layer of strawberry puree.
 9. When you are ready to serve them, you can ease the popsicles out gently by warming the sides of your cups with warm water while you gently pull on the stick.
- Tips and tricks: for clear borders between layers, make sure the previous layer is fully frozen before adding the next layer. To expose the white star in the bottom of the popsicles if they have been covered with blueberry purée, slice off a thin layer off the bottom.



Nutrition Serving: 1popsicle, unsweetened | Calories: 34kcal | Carbohydrates: 4g | Protein: 3g | Cholesterol: 1mg | Sodium: 12mg | Potassium: 93mg | Sugar: 3g | Vitamin C: 15.3mg | Calcium: 40mg | Iron: 0.1mg

https://thethingswellmake.com/july_4_patriotic_popsicles/#recipe

DID YOU KNOW?

Diarrhea and Swimming

You can get sick with diarrhea if you swallow contaminated water in pools, hot tubs, splash pads, oceans, lakes, or rivers. In fact, diarrhea is the most common illness reported for outbreaks linked to water in these places.

WHICH GERMS CAUSE DIARRHEA?

You can get diarrhea from germs such as

- Crypto (short for *Cryptosporidium*)
- *Giardia*
- *Shigella*
- Norovirus
- *E. coli* O157



These germs can survive in properly chlorinated water for minutes to days, depending on the germ.

HOW DO THESE GERMS SPREAD IN THE WATER?

If someone is sick with diarrhea and has an accident in the water, millions of diarrhea-causing germs can get in the water. If another person swallows even a small amount of that contaminated water, they can get sick. Germs can also get in the water from small amounts of poop rinsing off swimmers' butts.

Pool chemicals kill germs

Filters and disinfectants (chemicals like chlorine or bromine) work together to help kill germs in pools, hot tubs, and splash pads. Filters remove debris (such as leaves), which can use up the disinfectant in the water needed to kill germs.

Pool staff make sure chlorine or bromine is at the level needed to kill **most** germs in the water within minutes. You can still be exposed to germs during the time it takes for the disinfectant to come in contact with the germs and kill them. You can also get diarrhea from germs that are hard to kill, such as Crypto. Crypto can stay alive for more than 7 days, even if the water is properly disinfected.

Facilities with multiple pools often use one filtration system for all of the pools. This causes water from multiple pools to mix and means that germs from one person's body could contaminate the water in more than one pool.

HOW DO I HELP PROTECT MYSELF AND THOSE I CARE ABOUT?

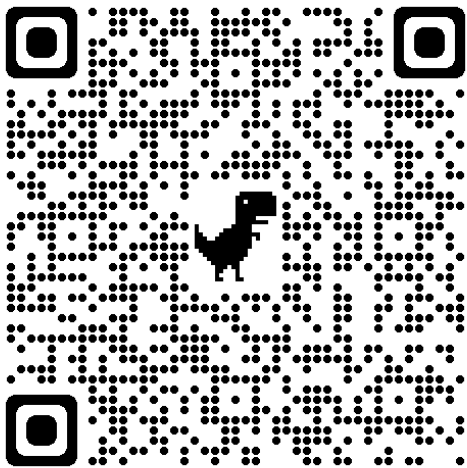
We all share the water we swim, play, or relax in. Each of us can help protect ourselves, our families, and our friends from germs that cause diarrhea.

Take the following steps when swimming or playing in the water:

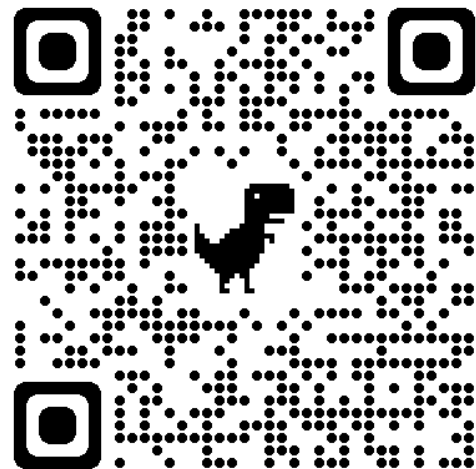
- Stay out of the water if you are sick with diarrhea.
- If you have Crypto, don't go back in the water until 2 weeks after your diarrhea has completely stopped.
- Don't poop in the water.
- Don't swallow the water.
- Take kids on bathroom breaks and check diapers every hour.
- Change diapers away from the water to help keep germs out of the water. Wash your hands after.

Before going in pools, splash pads, and hot tubs, rinse off! A 1-minute shower will remove most of the dirt, sweat, and oils on your body that use up the pool chemicals needed to kill germs.

Follow these and other healthy swimming steps to help protect you and those you care about from getting sick.



Facts About Crypto
and Swimming Pools



Facts About Giardia
and Swimming Pools

DID YOU KNOW?

Protecting Children from Extreme Heat

Even though many parts of the U.S. have been feeling summer temperatures for weeks now, the official start of summer is today, June 21. With the arrival of long summer days spent outdoors in the heat, it is more important than ever to pay attention to extreme heat and children's health.

If you're a parent or caregiver of children who play outdoor sports like I am, you're probably starting to notice sweatier kids, increasing loads of laundry, and more water bottles refill requests. Summer sports leagues and camps can mean long hours outdoors. And while trees are excellent at providing cover and reducing heat, you can't exactly play a baseball game in the middle of them! As a soccer mom cheering on the sidelines, I often feel like I'm watching my kid play a soccer game on the fiery surface of Venus, instead of our planet Earth.

Because their bodies are still growing, children are particularly vulnerable to certain environmental health risks, including heat. Children have unique behaviors that make them more vulnerable than adults: they spend more time outdoors and they rely on others to be kept cool and hydrated. Children also have physiological differences: their bodies can warm up 3-5 times faster and they don't sweat as much as adults.



Yet outdoor play – whether informally at recess, swimming at the pool, or through playing organized sports – is a fundamental part of childhood. As a parent or community member taking care of children, it's important to recognize there are steps you can take to help keep kids safe in extreme heat.

Beat the Heat: Prevention is Key

Prevention is the best defense. As much as you can, keep children out of direct sun. Move outdoor activities to the morning and evening rather than middle of the day. Stay hydrated, wear loose and light clothing, and practice sun safety (including wearing sunscreen). I know that some teens like to work on their tan during the summer, but please advise them of the risks of sunburn. Check out more tips from the Centers for Disease Control and Prevention (CDC) for protecting young athletes in extreme heat.

Never leave children alone in a parked car – temperatures inside a car can rise 20 degrees in just 10 minutes, even with an open window. Preschool and elementary children might enjoy CDC's "Ready Wrigley Prepares for Extreme Heat," a coloring and activity book that teaches kids what they can do to stay safe.

Recognize the Signs of Heat Illness

Know how to spot the difference between heat exhaustion and heat stroke.

Signs of heat illness or heat exhaustion can include flushed skin, dizziness, headache, or fatigue; and weakness or muscle cramps. Many of these symptoms can be treated at home with fluids and rest. If these symptoms are ignored, heatstroke can develop. Heatstroke symptoms include hot, flushed skin; high fever; little to no sweating; and confusion. **Heatstroke is a medical emergency that requires immediate attention.** Children aren't always in tune with their bodies and the need for them to take breaks, so it's vital for adults to look out for these signs of heat illness before they progress to heatstroke.

The infographic is divided into two main sections: Heat Exhaustion (orange background) and Heat Stroke (red background). In the center is a stylized human figure with a thermometer in its head, a question mark, and a water bottle, representing the transition between the two conditions.

Heat Exhaustion	Heat Stroke
ACT FAST <ul style="list-style-type: none">Move to a cooler areaLoosen clothingSip cool waterSeek medical help if symptoms don't improve	ACT FAST CALL 911 <ul style="list-style-type: none">Move person to a cooler areaLoosen clothing and remove extra layersCool with water or ice
Dizziness Thirst Heavy Sweating Nausea Weakness	Confusion Dizziness Becomes Unconscious
<small>Heat exhaustion can lead to heat stroke.</small>	<small>Heat stroke can cause death or permanent disability if emergency treatment is not given.</small>

Logos for CDC, NIOSH, and EPA are at the bottom. The slogan "Stay Cool, Stay Hydrated, Stay Informed!" is centered at the bottom.

Stay Informed When Planning Outdoor Summer Events

Heat is one of the most apparent indicators of climate change. In April, EPA released “Climate Change and Children’s Health and Well-Being in the United States,” which describes the many ways children are more vulnerable to the effects of climate change. For example, heat is linked to lowered academic performance, in addition to heat illnesses. Heat slows mental reactions and can make it more difficult to concentrate, and heat can also reduce sleep quality. In addition, heat can worsen ozone levels and other pollutants in the air.

Don't let hotter temperatures ruin your summer fun. Make sure to visit [AirNow](https://www.airnow.gov) to check your local air quality and help plan your outdoor activities this summer. I hope the simple tips and resources discussed above help keep your children (and you!) safe this summer, no matter the temperature!



<https://www.epa.gov/perspectives/protecting-children-extreme-heat>

TAHD IN ACTION

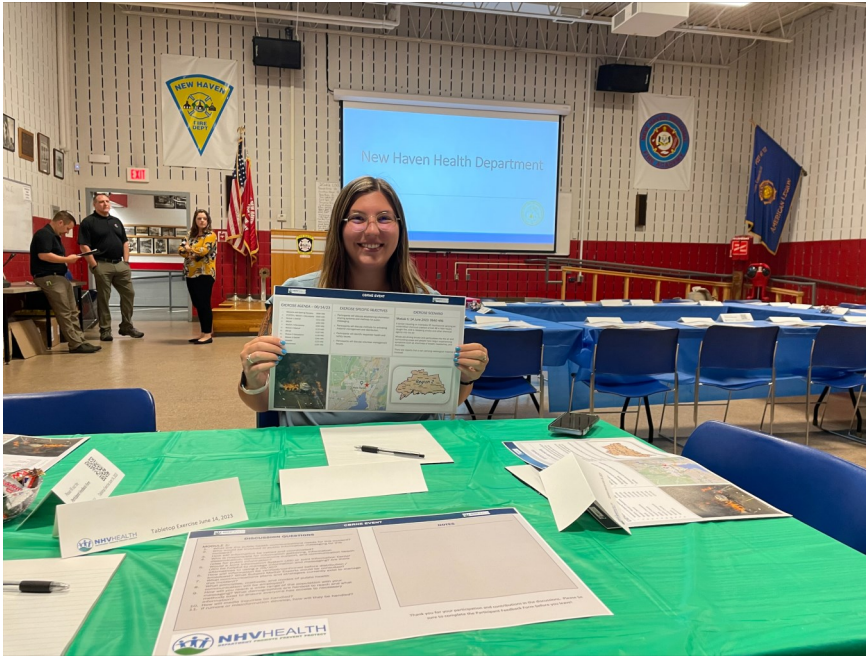


On June 8th, our Emergency Preparedness Team members attended the VOAD (Volunteer Organizations Active in Disaster) Summit at the Hartford Armory. During the event, the team actively participated in a tabletop exercise focused on addressing a potential migrant surge and exploring the available resources. Additionally, the team had the privilege of touring the State Emergency Operations Center and the press conference room.



On Friday, June 9th, 2023, the Emergency Preparedness Team attended the Litchfield County Networking Event at the Litchfield Community Center. The team represented and showcased TAHD MRC, while also providing hands-only CPR and AED trainings. The team successfully connected with fellow providers from social services organizations across the region, gaining knowledge about their diverse programs and services. They actively participated in different training sessions and had the opportunity to meet colleagues from various agencies and backgrounds in the field of public health.

TAHD IN ACTION



On Tuesday, June 13th, and Thursday, June 15th, members of the emergency preparedness team attended the CT Long Term Care – Mutual Aid Planning Conference in New Haven and Terryville. During the conference, the team actively participated in a tabletop exercise that focused on addressing a sprinkler break and power outage at a nursing facility. The team had the opportunity to collaborate with local, regional, and state partners, as well as various public and private assisted living and nursing organizations.

On Wednesday, June 14th, the emergency preparedness team attended the New Haven Health Department Tabletop Exercise, which was specifically designed for a CBRNE (Chemical, Biological, Radiological, Nuclear, and Explosive) incident. The team actively participated and collaborated with local, regional, and state public health partners, as well as fire, EMS, and Yale New Haven Hospital.



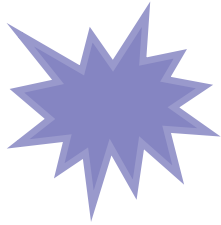
On June 24th, members of the Emergency Preparedness Team went to Warren Town Hall to deliver a Stop the Bleed Course to community members. The participants received instruction on recognizing life-threatening bleeding and learning the proper techniques to control it effectively. If you're interested in hosting a similar course for your organization, please contact Megan at mmclintock@tahd.org.

TAHD IN ACTION



On June 22 members of the Litchfield County Opioid Task Force attended Celebration of Success 2023 hosted by Northwest Connecticut Chamber of Commerce and received the Quality of Life Award for all of the amazing work since 2012.

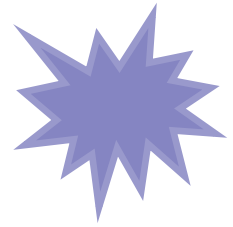




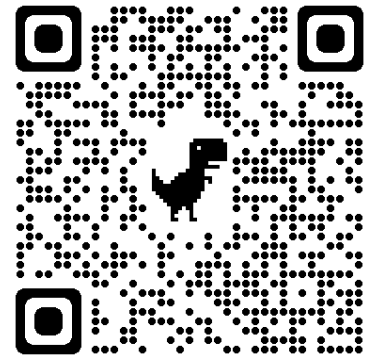
It's Your Best Shot!

CT WiZ

Connecticut
Immunization Information System



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.)



Important Information about Health Forms & Starting School

**ALL PREK STUDENTS ENTERING KINDERGARTEN
WILL NEED PHYSICAL EXAMS ALONG WITH
APPROPRIATE VACCINES PRIOR TO ENTERING
KINDERGARTEN IN SEPTEMBER 2023**

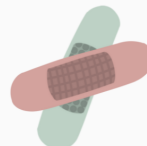
**COMMUNITY HEALTH & WELLNESS WILL HAVE MEDICAL
PROVIDERS AVAILABLE TO HELP WITH STUDENT PHYSICALS.
THERE WILL BE NO OUT OF POCKET EXPENSE.**

**AN ENROLLMENT FORM MUST BE COMPLETED. FORMS CAN BE
OBTAINED AT COMMUNITY HEALTH & WELLNESS LOCATED AT
469 MIGEON AVE, ON THE WEBSITE:
WWW.CHWCTORR.ORG
OR AT ANY SCHOOL NURSES OFFICE WHILE SCHOOL IS IN
SESSION.**

**PLEASE CALL ASAP TO GET YOUR CHILD'S PHYSICAL AND
IMMUNIZATION RECORD UPDATED FOR
SCHOOL ENTRY THIS FALL**

For more Information please call 860-489-0931

COMMUNITY HEALTH & WELLNESS SUMMER HOURS
8:30 AM TO 5PM MONDAY THROUGH FRIDAYS



COMMUNITY UPDATES



Make a Plan, Build a Kit, Stay Informed



Learn how to keep you and your loved ones safe during a disaster. This class will cover financial preparedness, how to make a go kit, and how to stay up-to-date in a growing technological world. All ages are welcome!

Scan Me!



More Information :

Located at Torrington Area Health
District: 350 Main Street
Torrington, CT 06478

 860-489-0436 x322
 bit.ly/3Wzew3M



Torrington Area MRC *July Events*

Scan me!

MRC Orientation
Tuesday, July 18th at 6:00PM



QPR Training
Wednesday, July 19th at
5:00PM



Stop the Bleed
Monday, July 31st at 10:00AM



Make a Plan, Build a Kit,
Stay Informed
Tuesday, August 15th at 10:00AM



COMMUNITY UPDATES



Torrington Area Health District and Medical Reserve Corps Present:

HANDS ONLY CPR TRAINING

*Learn the
skills to save
a life- for
FREE!*

Sessions run
every 30
minutes-come
and join
anytime!

350 Main Street Torrington, CT
06790

Training includes:

- The steps on how to call for help
- How to give high-quality CPR
- How to properly use an AED



PRE-REGISTER AT:
[HTTPS://TAHDHANDSONLYCPR.EVENTBRITE.COM](https://tahdhandsonlycpr.eventbrite.com)

WALK INS WELCOME

COMMUNITY UPDATES



FREE SUICIDE PREVENTION TRAINING

Location: Torrington Area Health District
350 Main Street Torrington, CT 06790

Questions?

Email Megan at mmclintock@tahd.org

What you will learn:

- How to recognize the warning signs of suicidal behavior
- How to question, persuade, and refer someone in a crisis

Participants will receive a certification as a QPR Gatekeeper upon completion of the training

To register, please visit:

<https://tahdqprprevention.eventbrite.com>



COMMUNITY UPDATES



Would YOU know what to do in case of a traumatic bleeding event?

Average time to bleed out



Average time for 1st responders to arrive



Trauma-related deaths worldwide due to bleeding



Sessions at Torrington Area Health District:



<https://cms.bleedingcontrol.org/Class/Search>
to find classes and register!



STOP THE BLEED® is a registered trademark of the U.S. Department of Defense.