

# 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.

## September 2023 Newsletter

### SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH!

This month take an active role in preventing foodborne illness, also known as “food poisoning.” The Federal government estimates that there are about 48 million cases of foodborne illness annually – that’s about 1 in 6 Americans each year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Following simple food safety tips can help lower your chance of getting sick.



The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called “food poisoning.” The Federal government estimates that there are about 48 million cases of foodborne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

#### Know the Symptoms

Consuming dangerous foodborne bacteria will usually cause illness within 1 to 3 days of eating the contaminated food. However, sickness can also occur within 20 minutes or up to 6 weeks later. Symptoms of foodborne illness can include: vomiting, diarrhea, and abdominal pain – and flu-like symptoms, such as fever, headache, and body ache.

### Torrington Area Health District

350 Main Street,  
Suite A

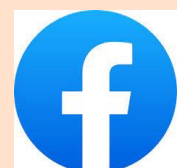
Torrington,  
CT 06790

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 so-  
cial media:



## Handle Foods Safely

Although most healthy people will recover from a foodborne illness within a short period of time, some can develop chronic, severe, or even life-threatening health problems. In addition, some people are at a higher risk for developing foodborne illness, including pregnant women, young children, older adults, and people with weakened immune systems (such as transplant patients and individuals with HIV/AIDS, cancer, or diabetes). To keep your family safer from food poisoning, **follow these four simple steps: clean, separate, cook, and chill.**

### CLEAN



#### Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.

**WITH CANNED GOODS, REMEMBER TO CLEAN LIDS BEFORE OPENING.**

### SEPARATE

#### Separate raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.

**DON'T REUSE MARINADES USED ON RAW FOODS UNLESS YOU BRING THEM TO A BOIL FIRST.**

# COOK

## Cook to the right temperature

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.

BRING SAUCES, SOUPS AND GRAVY TO A BOIL WHEN REHEATING.


# CHILL

## Refrigerate foods promptly

- Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

SAFE MINIMUM INTERNAL TEMPERATURES <small>as measured with a food thermometer</small>	
Food Type	Internal Temperature
<b>Beef, Pork, Veal, and Lamb</b> (chops, roasts, steaks)	145°F with a 3-minute rest time
<b>Ground Meat</b>	160°F
<b>Ham, uncooked</b> (fresh or smoked)	145°F with a 3-minute rest time
<b>Ham, fully cooked</b> (to reheat)	140°F
<b>Poultry</b> (ground, parts, whole, and stuffing)	165°F
<b>Eggs</b>	Cook until yolk & white are firm
<b>Egg Dishes</b>	160°F
<b>Fin Fish</b>	145°F or flesh is opaque & separates easily with fork
<b>Shrimp, Lobster, and Crabs</b>	Flesh pearly & opaque
<b>Clams, Oysters, and Mussels</b>	Shells open during cooking
<b>Scallops</b>	Flesh is milky white or opaque and firm
<b>Leftovers and Casseroles</b>	165°F

August 2017

 **U.S. FOOD & DRUG**  
ADMINISTRATION

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

## People at Risk of Foodborne Illness

The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness, often called "food poisoning." The Federal government estimates that there are about 48 million cases of foodborne illness annually — the equivalent of sickening 1 in 6 Americans each year. And each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Although everyone is susceptible, some people are at greater risk for developing foodborne illness.

### Pregnant Women, Their Unborn Babies and Children

### Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Autoimmune Diseases

#### **WHO'S AT-RISK?**

If you – or someone you care for – are in one of these high-risk groups, it's especially important to practice safe food handling. Vulnerable people are not only at increased risk of contracting a foodborne illness but are also more likely to have a lengthier illness, undergo hospitalization, or even die.

#### **PREGNANT WOMEN, THEIR UNBORN BABIES, AND CHILDREN**

Changes during pregnancy alter the mother's immune system, making pregnant women more susceptible to foodborne illness. Harmful bacteria can also cross the placenta and infect an unborn baby whose immune system is under-developed and not able to fight infection. Foodborne illness during pregnancy is serious and can lead to miscarriage, premature delivery, stillbirth, sickness or the death of a newborn baby.

Unborn babies are just beginning to develop immune systems and have little power to resist foodborne disease.

Children younger than 5 years have a high risk of foodborne illness and related health problems because their immune systems are still developing, and they cannot fight off infections as well as older children and adults.

#### **OLDER ADULTS AND PEOPLE WITH CANCER, DIABETES, HIV/AIDS, ORGAN TRANSPLANTS, AND AUTOIMMUNE DISEASES**

The immune system is the body's natural reaction or response to "foreign invasion." In healthy people, a properly functioning immune system fights off harmful bacteria and other pathogens that cause infection. As people age, their immune system and other organs become sluggish in recognizing and ridding the body of harmful bacteria and other pathogens that cause infections, such as foodborne illness. Also, the immune systems of transplant patients and people with certain illnesses, such as HIV/AIDS, cancer, diabetes, and autoimmune diseases are often weakened from the disease process and/or the side effects of some treatments, making them susceptible to many types of infections — like those that can be brought on by harmful bacteria that cause foodborne illness. In addition, diabetes may lead to a slowing of the rate at which food passes through the stomach and intestines, allowing harmful foodborne pathogens an opportunity to multiply.

## FOODS TO AVOID

If you are at greater risk of foodborne illness, you are advised not to eat:

- Raw or undercooked meat or poultry.
- Raw fish, partially cooked seafood (such as shrimp and crab), and refrigerated smoked seafood.
- Raw shellfish (including oysters, clams, mussels, and scallops) and their juices.
- Unpasteurized (raw) milk and products made with raw milk, like yogurt and cheese.
- Soft cheeses made from unpasteurized milk, such as Feta, Brie, Camembert, blue-veined, and Mexican-style cheeses (such as Queso Fresco, Panela, Asadero, and Queso Blanco).
- Raw or undercooked eggs or foods containing raw or undercooked eggs, including certain homemade salad dressings (such as Caesar salad dressing), homemade cookie dough and cake batters, and homemade eggnog. **NOTE: Most pre-made foods from grocery stores, such as Caesar dressing, pre-made cookie dough, or packaged eggnog are made with pasteurized eggs.**
- Unwashed fresh vegetables, including lettuce/salads.
- Unpasteurized fruit or vegetable juices (these juices will carry a warning label).
- Hot dogs, luncheon meats (cold cuts), fermented and dry sausage, and other deli-style meats, poultry products, and smoked fish — unless they are reheated until steaming hot.
- Salads (without added preservatives) prepared on site in a deli-type establishment, such as ham salad, chicken salad, or seafood salad.
- Unpasteurized, refrigerated pâtés or meat spreads.

RAW SPROUTS (ALFALFA, BEAN, OR ANY OTHER SPROUT).

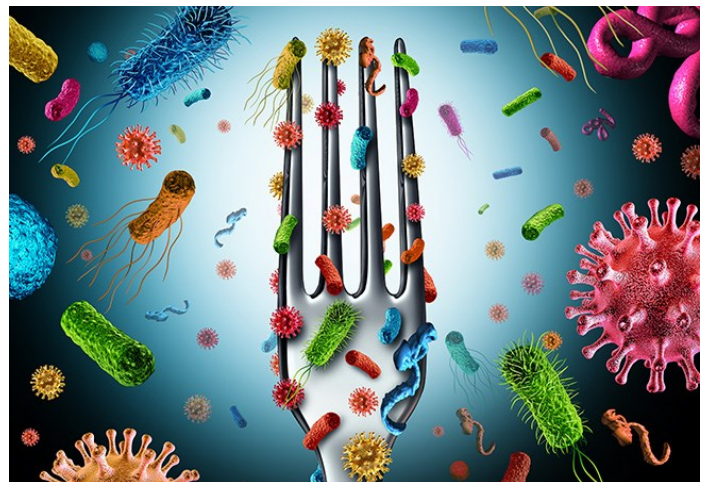
## FOODBORNE ILLNESS: KNOW THE SYMPTOMS

Symptoms of foodborne illness usually appear 12 to 72 hours after eating contaminated food but may occur between 30 minutes and 4 weeks later. Symptoms include:

- Nausea, vomiting, diarrhea (may be bloody), and abdominal pain
- Fever, headache, and body ache
- If you suspect that you could have a foodborne illness, **contact your physician or health care provider right away!**

<https://www.fda.gov/food/consumers/people-risk-foodborne-illness>

<https://consultqd.clevelandclinic.org/collaboration-with-cdc-uncovers-genetic-risk-for-foodborne-disease/>



# National Childhood Obesity Awareness Month

## Preventing Childhood Obesity: 4 Things Families Can Do

Childhood obesity is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. Conditions where we live, learn, work, and play can make healthy eating and getting enough physical activity difficult if these conditions do not support health.

About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease. Adults with obesity have higher risks for stroke, [many types of cancer](#), premature death, and mental illness, such as clinical depression and anxiety.

Though there is no one solution to addressing obesity, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

## Model a Healthy Eating Pattern

Adopting [healthy eating patterns](#) as a family helps children reach and maintain a healthy weight as they age. Eating a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products follows [nutrition guidelines](#) and sets your family up for [optimal health](#).

Help your children get the nutrients they need by making half their plate fruits and vegetables. Help kids [rethink their drink](#) by replacing sugary drinks, such as soda, fruit drinks, and flavored milk, with water, 100% juice, or plain low-fat milk.



## MOVE MORE AS A FAMILY

Physically active youth have stronger muscles and bones, better cardiovascular fitness, and lower body fat than those who are inactive. Children aged 3–5 years should be physically active throughout the day. Children aged 6–17 years need at least 60 minutes of physical activity every day.

Help your children [move more](#) and meet the [\*Physical Activity Guidelines for Americans\*](#) by making it a family affair. Walking the family pet before and after school, riding bikes, and having races in the yard all count toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.

## SET CONSISTENT SLEEP ROUTINES

Good sleep helps prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior. Kids who don't get enough sleep are at risk for unhealthy weight gain. Researchers are still trying to learn how sleep is linked to weight gain. Some reasons might include causing a child to eat more or to be less physical active because of a lack of energy.

### [How much sleep do kids need?](#)

Preschoolers need 11–13 hours of sleep per day, including naps. Children 6–12 years old need 9–12 hours of uninterrupted sleep a night, and youth 13–18 need 8–10 hours. Sticking to a consistent sleep schedule, including on weekends, can help children sleep better.

## REPLACE SCREEN TIME WITH FAMILY TIME

In young people, too much screen time can lead to poor sleep, weight gain, [lower grades in school](#), and poor mental health. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.

Turning screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep. The American Academy of Pediatrics recommends creating [a family media plan](#) with examples of how to reduce screen time.

**Talk to your child's healthcare provider if you're concerned about potential health risks associated with excess weight. Families can adopt healthy routines together, but they also need supportive environments. Learn more about [what can be done](#) to make healthy and active living accessible for everyone.**

<https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>

## NEW TAHD EMPLOYEES



Wendy Batterton  
Sanitarian



Lauren Montague  
Sanitarian



# SOMETHING YUMMY

## Slow-Cooker Minestrone Soup Recipe

Assemble this hearty slow cooker soup in minutes, and enjoy a homemade meal after a long day. Bursting with vegetables, beans and whole-grain pasta, this is a MyPlate-inspired vegetarian meal the whole family will enjoy.

### Ingredients

6 cups vegetable broth  
28-ounce can diced tomatoes  
15-ounce can cannellini beans, drained and rinsed  
15-ounce can kidney beans, drained and rinsed  
2 cups frozen green beans  
4 medium carrots, chopped  
1 medium zucchini, chopped  
1 stalk celery, chopped  
1 medium onion, chopped  
2 tablespoons dried Italian seasoning  
1 bay leaf  
4 garlic cloves, minced  
1 teaspoon salt  
 $\frac{3}{4}$  teaspoon pepper  
1 cup cooked (or 2 ounces of dry) whole-grain elbow pasta  
2 cups fresh baby spinach  
Garnish:  $1\frac{1}{4}$  cups freshly grated Parmesan cheese (optional)



### Directions

*Before you begin: Wash your hands.*

1. Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.
2. Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.

**Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired.**

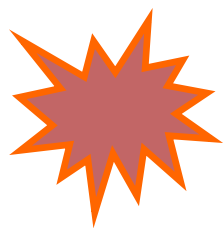
### Nutrition Information:

Serving size: 1  $\frac{1}{2}$  cups

Serves 10

Calories: 134; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 860mg; Total Carbohydrate: 26g; Dietary Fiber: 7g; Protein: 6g.

Source: <https://www.eatright.org/recipes/soups-and-stews/slow-cooker-minestrone-soup-recipe>



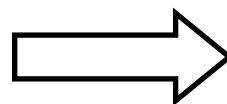
# It's Your Best Shot!

# 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.)



## TAHD IN ACTION

### NEHA Annual Education Conference

Tom Stansfield was sponsored by CEHA to attend the National Environmental Health Association annual education conference in New Orleans, La. August 1<sup>st</sup> to the 4<sup>th</sup>. The conference afforded many training opportunities and access to fellow environmental health professionals from all over the United States. A highlight of the trip for Tom was the "Rat Tour" lead by the New Orleans Health Department. A tour of the French Quarter was included to view firsthand the issues a major seaport city has with pests of all kinds including rats, mosquitoes and termites. Tom found the tour "fascinating and very well done."



## TAHD IN ACTION

The TAHD MRC conducted NARCAN training for volunteers. The layperson naloxone (NARCAN) training instructs on recognizing the indications of an opioid overdose and administering the opioid overdose reversal medication, Naloxone. The training assists in identifying the signs of an opioid overdose, demonstrating the proper administration of the opioid overdose reversal medication, naloxone, discussing the role of harm reduction in the comprehensive solutions and action plans for the opioid public health crisis, and provides a list of a few overdose prevention tips.



### CEHA Summer Picnic

Deputy Director and CEHA President Tom Stansfield participated in the annual summer meeting of the Connecticut Environmental Health Association (CEHA) at Meg's Point in Hammonasset State Park. Accompanying Tom were Gabby Rousseau, Kelli George, Justin Rompre, Joanna Keyes, and John Saffioti. The meeting included training sessions on topics such as swimming pool inspections, FDA code changes, and more. These gatherings serve as valuable networking opportunities for new staff members and provide a platform to engage in face-to-face discussions with environmental health professionals from various health departments.

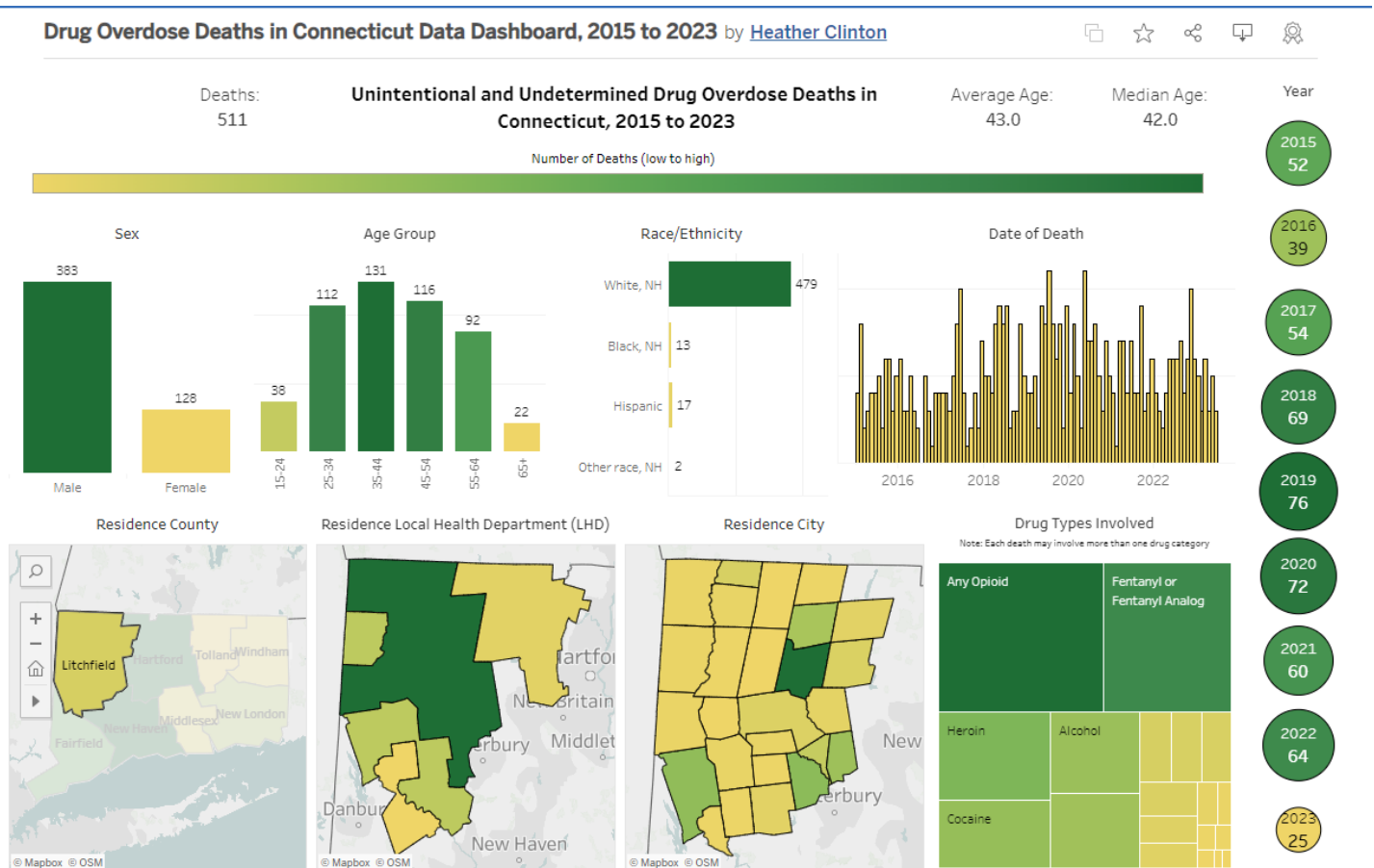
# DID YOU KNOW?

## State Unintentional Drug Overdose Reporting System:

The Connecticut Department of Public Health (CT DPH) is funded by the CDC to participate in the State Unintentional Drug Overdose Reporting System (SUDORS) to collect comprehensive data on unintentional and undetermined intent overdose deaths within the state. Data is abstracted from multiple data sources including death certificates, medical examiner reports, and postmortem toxicology results. SUDORS captures information on variables such as demographics, circumstances, scene evidence, and substances contributing to the death for each overdose death.

## CT SUDORS Dashboard

The CT DPH presents [an interactive dashboard](#) showcasing data from SUDORS on drug overdose deaths to increase public awareness about the impact of the opioid crisis in Connecticut. In this dashboard, demographic, geographic, and type of drug-related overdose information can be visualized through the years from 2015 to 2023.



[https://public.tableau.com/app/profile/heather.clinton/viz/SUDORS\\_Dashboard\\_final2/OverdoseDashboard](https://public.tableau.com/app/profile/heather.clinton/viz/SUDORS_Dashboard_final2/OverdoseDashboard)

## COMMUNITY UPDATES



# Get the Flu Shot Not the Flu

**MORRIS SENIOR CENTER**

**109 EAST ST. UNIT 21**

**TUESDAY, OCTOBER 3, 10-12 PM**

**WALK-IN FLU CLINIC**

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

- 1. BRING INSURANCE CARD(S) TO CLINIC.**
- 2. BRING YOUR DRIVER'S LICENSE TO CLINIC.**
- 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!**  
**SEASONAL FLU VACCINE \$30**  
**\*HIGH DOSE \$70**  
**\*65 YEARS AND OLDER**



## COMMUNITY UPDATES



# Get the Flu Shot Not the Flu

**NORFOLK TOWN HALL**

**19 MAPLE AVE. 2ND FLOOR**

**WEDNESDAY, OCTOBER 11, 3-6 PM**

**WALK-IN FLU CLINIC**

**Vaccines Available:**  
**Seasonal Flu Vaccine for Children 3+**  
**Seasonal Flu Vaccine for adults 19 and over**  
**HIGH DOSE VACCINE for adults 65 and over**

- 1. BRING INSURANCE CARD(S) TO CLINIC.**
- 2. BRING YOUR DRIVER'S LICENSE TO CLINIC.**
- 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!**  
**CHILDREN 3-18 YRS OF AGE @ NO COST**  
**ADULT SEASONAL FLU VACCINE \$30**  
**\*HIGH DOSE \$70**  
**\*65 YEARS AND OLDER**



# COMMUNITY UPDATES

## TORRINGTON AREA MRC SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. Take the four steps below to help keep you and your family prepared!



### Personal and Family Preparedness

# 01

Make a kit and build a plan. Know what your family needs to have during an emergency and make sure you know where to call for help.



### Know Contacts

# 02

From neighbors to your local news station, know the people you trust to give you information. Try joining your community page on social media.



### Attend a Training

# 03

A variety of trainings are offered at Torrington Area Health District. See our newsletter for more information.



### Get Involved

# 04

Join the Medical Reserve Corps or a Community Emergency Response Team today!



860-489-0436

tahd.org



Torrington Area Health District

# 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](https://bit.ly/3Wzew3M)



## COMMUNITY UPDATES

# Torrington Area MRC

## SEPTEMBER EVENTS



Scan me



**Stop the Bleed**

**September 5th at 10:00AM**

**Make a Plan, Build a Kit,  
Stay Informed**

**September 6th at 5:00PM**



**MRC Loyalty Oath and Orientation**

**September 12th at 6:00PM**

**Link to register: [bit.ly/45kCe04](https://bit.ly/45kCe04)**

**Narcan Training**

**September 13th at 4:00PM**



**Questions? Want to see or host an event? Email [mmcclintock@tahd.org](mailto:mmcclintock@tahd.org)**

## 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

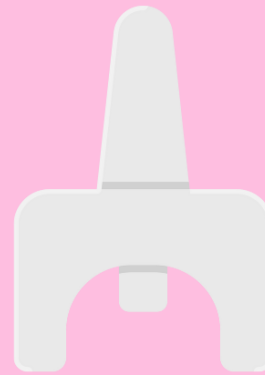
# COMMUNITY UPDATES



# NARCAN TRAINING

Learn how to properly administer Narcan and be able to recognize signs of an overdose

**SCAN ME TO FIND  
A CLASS**



You will receive Narcan at the completion of the class



## LOCATION:

Torrington Area Health District  
350 Main Street  
Torrington, CT 06790

## REGISTER AT:

<https://tahdnarcantraining.eventbrite.com>

## QUESTIONS?

860-489-0436 x322

## COMMUNITY UPDATES



# FREE SUICIDE PREVENTION TRAINING

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

Questions?

Email Megan at [mmclintock@tahd.org](mailto: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://tahdmrcsuicideprevention.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.

# COMMUNITY UPDATES



WCTC

## A Mosaic of Recovery: Celebrating Inclusivity

Western CT  
Coalition  
invites you to a night  
of  
**RECOVERY  
FELLOWSHIP**

September 28th  
6:00 pm - 8:00 pm

The Heritage Hotel  
& Conference  
Center Southbury  
CT

Chef's Choice:  
hors d'oeuvre &  
stationary displays

### Embrace connecTion

Come experience a night of  
arts, performance, & recovery  
discourse

- Celebrate diverse recovery identities and multiple pathways to recovery.
- Connect with peers and create new friendships.
- Hear experiences from recovering peers.
- Contribute to the vision for the future of recovery in here in Connecticut.

**NATIONAL  
RECOVERY  
MONTH**

HOPE IS REAL. RECOVERY IS REAL.



**SAMHSA**  
Substance Abuse and Mental Health Services Administration

[Register](#)

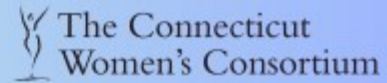


Contact: Emma Hollis  
ehollis@wctcoalition.org

203-743-7741

wctcoalition.org

# COMMUNITY UPDATES



## The Harm Reduction Conference

September 22nd, 2023|9:00am-4:00pm|\$60|6 CECs  
Virtual & Omni Hotel New Haven



**Stephen Murray**



**Charles Hawthorne**



**Michele Scott**



**Guy Felicella**

Join us to hear from Stephen Murray, an EMT who shares his boots on the grounds experience providing life saving measures; our opening keynote speaker Charles Hawthorne, an experienced harm reductionist, facilitator and organizational coach who will address issues of equity within harm reduction; our afternoon speaker Michele Scott, tribal leader and our closing keynote speaker Guy Felicella who uses his personal story to shine a light on the stigma around harm reduction and substance use. There will be 2 panel discussions as well!

[CLICK HERE TO REGISTER FOR VIRTUAL CONFERENCE](#)

[CLICK HERE TO REGISTER FOR ONSITE CONFERENCE](#)

Sponsored by The Department of Mental Health and Addiction Services and The Connecticut Women's Consortium

# COMMUNITY UPDATES



FREE ADMISSION

## Litchfield County Opiate Task Force presents **Trails to Wellness**

TUESDAY, SEPTEMBER 26, 2023

5:00PM-8:00PM  
COE PARK MEMORIAL PARK  
TORRINGTON, CT 06790

**CELEBRATING THE MANY PATHWAYS TO  
RECOVERY AND WELLNESS**

PLEASE CONTACT ALICIA PETERSON FOR FURTHER INFORMATION  
(959)229-4001  
ALICIA.PETERSON@MCCALLBHN.ORG



## COMMUNITY UPDATES

# PEDAL YOUR WAY TO FAMILY FUN!

Are you ready for some wheel fun?

## **Join the Family Bicycle Rally**

for a **FREE** and exciting adventure along the  
Sue Grossman Greenway trail!

We'll start and finish at the RBC Bearings Parking Lot,  
located at 2788 Winsted Rd., Torrington CT, 06790.

**Saturday, September 23, 2023**

**12:00 pm – 4:00 pm**

Rain or Shine

All wheels welcome (skateboards, scooters,  
rollerblades, etc.) Bike loaners available

*Prizes and  
giveaways*

*Refueling  
stops*

*Helmet  
giveaway*

*Fun kids'  
activities*

*Strider Bike  
obstacle course*

*Meraki's  
food truck*



Email [jstewart@how2fitkids.org](mailto:jstewart@how2fitkids.org) for more information.



# STAY ENFORMED

## XYLAZINE TEST STRIPS

Identify whether xylazine is in your supply to inform safer use decisions.



**Xylazine is a non-opioid sedative commonly used in veterinary medicine.**

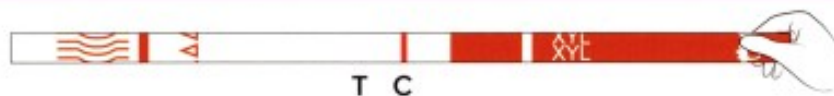
**Xylazine is found in the unregulated drug supply, most commonly with illicitly manufactured fentanyl.**



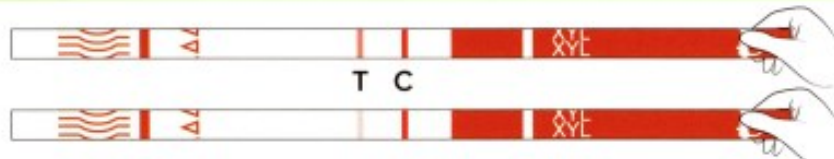
Empty a small amount of the substance in an unused cooker or bottle cap. Add up to 5mL water and dip the non-colored end of the strip, then wait 5 minutes for results.

See below for positive and negative results. Lidocaine is currently causing false positives. If unsure of result (or for testing cocaine based substances), use 30mL of water to get an accurate result for strictly xylazine.

**Positive**  
Contains  
**Xylazine**



**Negative**  
**Xylazine** could  
not be detected



**Invalid**

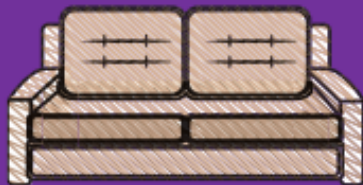


## STAY ENFORMED

# WHAT TO DO IF XYLAZINE IS IN YOUR SUPPLY!

Harm Reduction Tips for individuals using substances that may contain Xylazine;

- Have someone with you when using or use the Never Use Alone Hotline (800-484-3731)
- Start low and go slow
- Try to avoid mixing substances
- Test your substances - Use fentanyl and/or xylazine test strips to test substances for the presence of fentanyl and/or xylazine prior to using them.



Since the persons who are using substances may become deeply sedated up to 8 hours:

- Try to use in a safe location with belongings securely stored.
  - If that is not possible, use with someone you trust and stay in a safe space like a tent or private area.
  - Try to be in a comfortable seated position

- It is important to be in a position that doesn't cut off circulation to the arms or legs
- If injecting substances, use a flexible tourniquet that can be removed easily
- Individuals deeply sedated who cannot move themselves easily should be moved (repositioned) every 2 hours:
  - Roll the individual to the opposite side



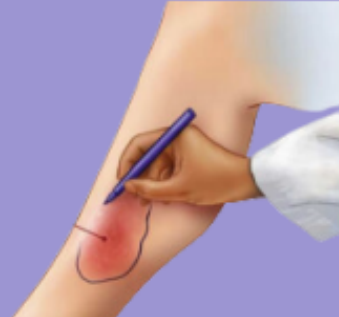
**stay safe**



# STAY ENFORMED

## WHAT TO DO IF YOU SEE A XYLAZINE WOUND

- If you have wounds, keep track of the size.
- Draw a marker around the wound and check daily.
- If the marker lines disappear, your wound is increasing in size.
- If the marker lines still show then the wound is remaining the same or decreasing in size.



You need to be assessed by a medical provider if:

- The area around wound is:
  - Extra painful
    - Warm to touch
    - Red and/or swollen
- Also, if you have:
  - Fever
    - Chills
    - Unexplained nausea/vomiting

- Avoid cleaning wounds with alcohol, hydrogen peroxide, or hand sanitizer because they will dry out the wound
- Apply ointment to the affected areas using a Q-Tip, gauze, or with a gloved or clean hand.



- Recommended ointments include:
  - Antibiotic ointment, Vaseline
  - Honey, such as manuka or Medi-honey
  - Silver sulfadiazine cream
    - Avoid putting ointment on intact/healthy skin



- Cover the wound with an absorbent pad and a non-adherent dressing to absorb secretions from the wound.
  - Recommended pads: ABD pads
    - Recommended dressing: xeroform
- Avoid wrapping the wound too tightly or too loosely
  - Change dressing daily, if possible



# COMMUNITY UPDATES



NOVEMBER 30, 2023

## REIMAGINING EMPATHY

*A DECADE OF UNITY AND  
RESILIENCE*

Warner Theater  
Torrington, CT  
Full Day Event



FEATURING KEYNOTE SPEAKER  
***JOHANN HARI***

# SAVE THE DATE