

Chesprocott Health District
1247 Highland Ave
Cheshire, CT 06410



Phone: 203-272-2761

www.chesprocott.org

Summer 2023



Protect yourself and your pets from ticks

- Wear protective clothing – long pants and shirts
- Apply EPA-approved tick repellent that contains DEET.
- Examine yourself and your pets for ticks before you go inside
- Avoid long grassy areas and fields where ticks like to hide



To get your tick tested bring the tick in a tight container or plastic bag to the health department for a \$15 fee



Follow us on Social Media

www.facebook.com/chesprocottHD
www.instagram.com/chesprocottHD





Community Health

Chesprocott in the Community

Prospect Spring Fling



MRC Volunteer Orientation



Nurse's Corner

Upcoming Flu Clinics

- Fri. September 8th: Cheshire Senior Center
 - 10 am -12 pm
- Sat. September 9th: Cheshire Fall Festival
- Thur. September 21st: Wolcott Senior Center
 - 10am -12pm
- Mon. September 25th: Prospect Senior Center
 - 2pm- 4pm
- Wed. October 4th and 11th: Elim Park- Cheshire
 - 10am - 1pm



Please call your local senior center to sign up for an appointment. Flu vaccines will be available at the Fall Festival on a first come, first served basis.



Environmental Health

Beat the Heat: Protect and Prevent!

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

Stay Cool, Stay Hydrated, Stay Informed!

Heat is one of the most apparent indicators of climate change as it worsens ozone level and other pollutants in the air. It can slow mental reactions and make it more difficult to concentrate, and can also reduce sleep quality. 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. Help keep you and your children safe this summer, no matter the temperature!

Stay Protected

- Use a sunscreen with at least an SPF of 30 and reapply at least every hour to reduce risk of skin cancer
- Wear a hat and sunglasses to protect your eyes and face from sun damage
- Wear lightweight, light colored clothing
- If needed, use an N95 to protect yourself from harmful air pollutants, such as the smoke from Canadian Wildfires

Stay Cool

- Stay in air-conditioning as much as possible and try to limit your outdoor activities to the mornings or evenings
- Take regular breaks in the shade
- Never leave your children or pets alone in a parked vehicle

Stay Hydrated

- Drink more water than usual and don't wait until your thirsty
- Avoid alcohol and sugary drinks when out in the heat



Emergency Preparedness



Hurricanes and tropical storms are rotating storms that form over warm waters. These storms bring high winds, heavy rain, storm surge (rise in water level), flooding and tornadoes. Climate change has caused hurricanes to strengthen faster and bring heavier rainfall. The most common cause of death during a hurricane is from drowning. These storms are dangerous and can damage places far inland. But we can take action and prepare now to protect yourself, your loved ones and your home. For more info visit the [NOAA website](#) here!

PLAN

Determine your best protection from high winds and flooding. Have a plan to evacuate and a plan to shelter safely.

- Know where you will go, how you will get there and where you will stay.
- Plan well in advance if you will need help leaving
- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news communication
- Use [211](#) to find shelter information

TAKE ACTION

The Medical Reserve Corps (MRC) is a volunteer unit comprised of individuals with both medical and non-medical backgrounds. Not only will MRC help you prepare personally for emergencies, but you will help your community be more prepared as well.

PREPARE

In case of loss of power, flooding or evacuation make sure you have your "Go Bag" packed!

- Enough food and water for at least 3 days.
- Back up chargers, batteries and flashlights.
- 1 month supply of medication or other necessary medical supplies
- A change of clean clothes
- Keep Financial and Medical records in a safe and easy to access location



**For more
Info on
MRC
[Click Here!](#)**

**To join Chesprocott's
MRC Unit
[Click Here!](#)**