



# WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT MONTHLY NEWSLETTER

April 2024

**Adolescent Immunization Action Week- April 1-5  
Public Health Week - April 1-7, 2024**

## SAVE A LIFE DAY. GET TRAINED.

In honor of National Public Health Week, join the following health departments/districts for **FREE Naloxone Training on Tuesday, April 2, and the whole month around the state.**

April 2 - In Portuguese - Faxon Library - 4 - 5 PM  
1073 New Britain Ave, West Hartford

April 22 - Bishop's Corner Senior Center 2 - 3 PM  
15 Starkel Rd, West Hartford

April 28 - Westminster Presbyterian Church, 11:30 AM - 12:30 PM  
2080 Boulevard, West Hartford



For more info or to register, call **Viviane Rinaldi at (860) 561-7901**  
**Walk-ins are welcome!** Scan the QR code to see the complete list of training opportunities.



Use **NORA SAVES** app to prevent, treat, and report opioid overdoses. It's free from the CT Department of Public Health and available in English, Spanish, Polish and Portuguese <https://egov.ct.gov/norasaves>

## What to do if you think someone is overdosing?

1. Call 911 immediately
2. Administer naloxone, if available
3. Try to keep the person awake and breathing
4. Lay the person on their side to prevent choking
5. Stay with them until emergency assistance arrives.

## National Prescription Drug Take Back Day



This an opportunity for the public to dispose of expired, unwanted, or unused controlled substances and medication in an environmentally-safe manner.

**Accepted:** Prescription and over-the-counter meds, vape pens.

Please take pills out of prescription bottles for disposal. Sealed plastic bags are recommended.

**Not accepted:** Injectables and needles, epi-pens and intra-venous solutions.

**When:** Saturday, April 27 - 10 AM to 2 PM

**Where:** West Hartford Town Hall - 50 South Main St, WH  
Enter the parking lot from South Main Street



**FREE TESTING: Ticks and tick-borne diseases**

If you're a resident or work in West Hartford/Bloomfield and find a tick on yourself or others, submit the tick to the Health District for free testing. You will receive a report with the results. Bring the tick in a crush-proof package or a sealed bag/container. Don't use tape, other objects or solutions. Un-engorged ticks or those found on pets are not tested!

If you live/work in other towns, contact your local health department.



Vaccinations help young people avoid falling ill so they can spend more time doing what they love.

Although your 11 or 12-year-olds are getting closer to their teen years, they're still dependent on you. Help them stay healthy by keeping up to date with the recommended vaccines. Help your kids and young adults stay healthy by scheduling appointments. Get vaccinated!

Learn more about teen immunizations at: <https://www.unity4teenvax.org/>

The Health District provides all **school-required vaccines, COVID-19, Gardasil, influenza and many adult vaccines.** Book your appointment by calling the Health District.



Every day of Public Health Week, we bring awareness of a different topic and how it impacts us and our communities, as well as actions you could do, too. Follow us on Facebook to learn more:

- Monday will focus on civic engagement;
- Tuesday, healthy neighborhoods;
- Wednesday, climate change;
- Thursday, new tools and innovations;
- Friday, reproductive and sexual health;
- Saturday, emergency preparedness;
- Sunday, the future of public health.



Celebrate Earth Day by participating in a local event or by volunteering.

**Earth Day Eco Festival**

April 20th, 12 - 4 PM Blue Back Square, West Hartford

**Bloomfield Community Clean Up Day**

April 27th, 9:30 AM - 12 PM

Meet at 330 Park Avenue, Bloomfield

Free Pizza! Register for details [bbc@bloomfieldct.gov](mailto:bbc@bloomfieldct.gov) or 860 243-2923 by April 24th.

**Get educated on how to protect the environment. Get involved and take action!**

[www.earthday.org/](http://www.earthday.org/)



**WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT**

# Resources

## Spring Break



You don't need to spend a lot to enjoy Spring Break! Learn about FREE and affordable activities in our area at [hartford.kidsoutandabout.com](http://hartford.kidsoutandabout.com). Check out the library passes in your town and local activities.



## Connecticut Parent Advocacy Center

CPAC educates, supports, and empowers Connecticut families with children and young people up to age 26 who have disabilities or chronic conditions, as well as the professionals who serve them. [www.cpacinc.org](http://www.cpacinc.org)



## FAVOR

FAVOR supports, educates, and advocates for families with children who have special mental, emotional, and behavioral health challenges and/or developmental and intellectual disabilities. [www.favor-ct.org](http://www.favor-ct.org)

## National Child Abuse Prevention Month



National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect. These are serious public health problems that can have long-term impacts on health, opportunities, and well-being.

Learn more about: [www.childwelfare.gov](http://www.childwelfare.gov)



The Childhelp National Child Abuse Hotline is a safe, nonjudgmental and inclusive space for those concerned about or affected by child abuse. It is NOT a reporting line for child abuse. To make a child abuse or neglect report, call DCF at **1-800-842-2288**

If a child or other person is in immediate danger, call 911 immediately.

## Parkinson's Disease Awareness Month



APDA supports and empowers those in our community who are impacted by Parkinson's disease (PD). They provide local resources and support to the Parkinson's community.

Learn more: <https://shorturl.at/wxFIT> or call **860-248-9200**

## Stress Awareness Month

Is it stress or anxiety?

Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. Anxiety is your body's reaction to stress and can occur even when there's no active threat.

Learn more about when to seek help: <https://shorturl.at/blK16> and healthy ways to cope with stress: <https://shorturl.at/yJR79>



If you are in immediate distress or are thinking about hurting yourself, call or text the Suicide & Crisis Lifeline at 988.