

APRIL 2024

HEALTHY CONNECTIONS



Welcome to Central Connecticut Health District's Healthy Connections monthly newsletter. We hope that the information we have included will help you make healthy lifestyle choices and provide you with the latest information in community health.

Community Conversation Monday, April 1st 6:30-7:30pm Public Mental Health Wellness

This community conversation is an open discussion about mental health wellness; what it is, how it can improve in the district and what resources are available.

- Share your thoughts with us on the mental wellness of our community.
- In-person at our main office (2080 Silas Deane Highway, Rocky Hill)
- Also available via Zoom or conference call. Please register for these options at ccthd.org/chs
- Refreshments will be served for in person participants.

For more details about this event, ccthd.org/nphw-community-conversation or for help with registering, call 860-785-8383 x216

Women's Health Fair Thursday, April 18th, 8am-1:30pm

- Mobile mammography van
- STI education, free condoms
- Health education
- Hepatitis C antibody screening (results in 30 minutes)
- Blood pressure screenings
- Information on CT's Early Detection and Prevention program



Take the Time is *Hartford Hospital's digital mobile mammography program*, bringing convenient, accessible screenings to locations across Connecticut.

You can either walk-in or schedule a 15 minute appointment from 8am-1:15 pm in our main office parking lot.

For those without insurance, grant funding is in place to cover the cost of your mammogram.

More details, eligibility requirements and appointment information can be found at ccthd.org/mammography.

For assistance with appointments, call 860-785-8383 x216

Should I be concerned about mold in my home?

What is mold?

Molds are microscopic organisms that are found virtually everywhere, both indoors and outdoors. Molds are types of fungi that live on plants, foods, dry leaves, wood, and other organic materials

Can mold become a problem in my home?

Yes, mold needs moisture to thrive and multiply. Major sources of indoor moisture that can cause mold problems include:

- flooding
- backed-up sewers
- plumbing leaks
- leaky roofs
- humidifiers
- ice dams
- damp basements
- moisture from combustion appliances (furnace or stove)
- excess moisture in kitchens and bathrooms due to poor or no ventilation

How am I exposed to indoor molds?

It is common to find mold spores in the air in Connecticut homes. Mold spores primarily cause health problems when they become airborne and are inhaled.

What are possible health effects?

Typical symptoms reported by individuals exposed to mold may include:

- breathing difficulties
- asthma flare-ups
- dizziness
- dry, hacking cough
- sore throat
- headaches
- burning, reddened eyes
- nasal and sinus congestion
- shortness of breath
- skin irritation

Should I test my home for mold?

The Connecticut Department of Public Health (DPH) *does not recommend* testing as the first step to determine if you have a mold problem because there are no health-based air standards for levels of mold indoors.

Air testing almost never affects the final recommendations. If you can see or smell mold or mildew, you have a moisture and mold problem.

The first step is to control the moisture and then clean and dry out the moldy area. Then it is important to identify the moisture source and correct it.

For more information on mold and for cleaning and removal guidance, please go to: ct.gov/dph/mold

