

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.

June 2023 Newsletter

Firearm Violence Prevention Month

What is a firearm injury?

A firearm injury is a gunshot wound or penetrating injury from a weapon that uses a powder charge to fire a projectile. Weapons that use a powder charge include handguns, rifles, and shotguns. Injuries from air- and gas-powered guns, BB guns, and pellet guns are not considered firearm injuries as these types of guns do not use a powder charge to fire a projectile.

What are the different types of firearm injuries?

Intentionally self-inflicted: Includes firearm suicide or nonfatal self-harm injury from a firearm

Unintentional: Includes fatal or nonfatal firearm injuries that happen while someone is cleaning or playing with a firearm or other incidents of an accidental firing without evidence of intentional harm

Interpersonal violence: Includes firearm homicide or nonfatal assault injury from a firearm

Legal intervention: Includes firearm injuries inflicted by the police or other law enforcement agents acting in the line of duty

- For example, firearm injuries that occur while arresting or attempting to arrest someone, maintaining order, or ensuring safety
- The term *legal intervention* is a commonly used external cause of injury classification. It does not indicate the legality of the circumstances surrounding the death.

Undetermined intent: Includes firearm injuries where there is not enough information to determine whether the injury was intentionally self-inflicted, unintentional, the result of legal intervention, or from an act of interpersonal violence.



Torrington Area
Health District
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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:



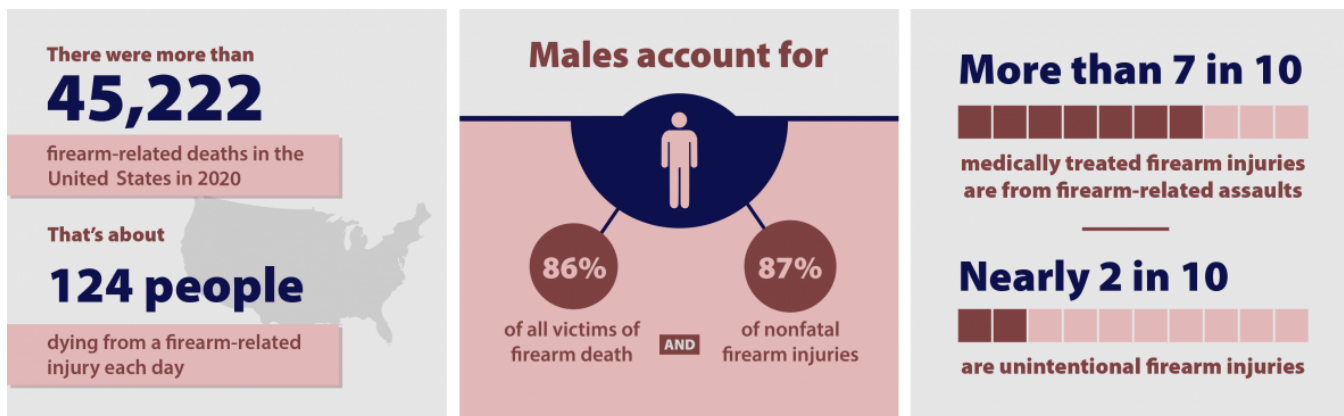
How common are firearm injuries?

Firearm injuries are a serious public health problem. In 2020, there were 45,222 firearm-related deaths in the United States – that’s about 124 people dying from a firearm-related injury each day. More than half of firearm-related deaths were suicides and more than 4 out of every 10 were firearm homicides.

More people suffer nonfatal firearm-related injuries than die. More than seven out of every 10 medically treated firearm injuries are from firearm-related assaults. Nearly 2 out of every 10 are from unintentional firearm injuries. There are few intentionally self-inflicted firearm-related injuries seen in hospital emergency departments. Most people who use a firearm in a suicide attempt, die from their injury.

Firearm injuries affect people in all stages of life. In 2020, firearm-related injuries were among the 5 leading causes of death for people ages 1-44 in the United States.

Some groups have higher rates of firearm injury than others. Men account for 86% of all victims of firearm death and 87% of nonfatal firearm injuries. Rates of firearm violence also vary by age and race/ethnicity. Firearm homicide rates are highest among teens and young adults 15-34 years of age and among Black or African American, American Indian or Alaska Native, and Hispanic or Latino populations. Firearm suicide rates are highest among adults 75 years of age and older and among American Indian or Alaska Native and non-Hispanic white populations.



What is defensive gun use? How often does it occur?

Although definitions of defensive gun use vary, it is generally defined as the use of a firearm to protect and defend oneself, family, other people, and/or property against crime or victimization.

Estimates of defensive gun use vary depending on the questions asked, populations studied, timeframe, and other factors related to study design. Given the wide variability in estimates, additional research is necessary to understand defensive gun use prevalence, frequency, circumstances, and outcomes.

What are the consequences of firearm violence?

People who survive a firearm-related injury may experience long-term consequences. These include problems with memory, thinking, emotions, and physical disability from injury to the brain; paralysis from injury to the spinal cord; and chronic mental health problems from conditions such as post-traumatic stress disorder.

The effects of firearm violence extend beyond victims and their families. Shooting incidents, including those in homes, schools, houses of worship, workplaces, shopping areas, on the street or at community events can affect the sense of safety and security of entire communities and impact everyday decisions.

The economic impact of firearm violence is also substantial. Firearm violence costs the United States tens of billions of dollars each year in medical and lost productivity costs.

What is CDC's role in firearm violence prevention?

CDC's National Center for Injury Prevention and Control (NCIPC) has been the nation's leading public health authority on violence and injury prevention for nearly 30 years. Firearm violence has tremendous impact on American's overall safety and wellbeing. Using a [public health approach](#) is essential to addressing firearm violence and keeping people safe and healthy.

CDC's approach to preventing firearm injuries focuses on three elements: providing data to inform action; conducting research and applying science to identify effective solutions; and promoting collaboration across multiple sectors to address the problem.

How can you safely store your firearm?

It is important to store all firearms safely when not in use. Putting a firearm out of sight or out of reach is **not safe storage and not enough** to prevent use by children or unauthorized adults.

Resources are available to help firearm owners consider the best options for safely storing firearms. For example, the Veteran's Administration, in collaboration with the American Foundation for Suicide Prevention and the National Shooting Sports Foundation, has released [Suicide Prevention is Everyone's Business: A Toolkit for Safe Firearm Storage](#). This toolkit describes methods for safe storage and provides guidance to enhance safe storage practices in your community.

The National Shooting Sports Foundation's [Project ChildSafe](#) emphasizes the importance of storing firearms unloaded and locked, with ammunition secured separately. They provide safety kits, brochures, tip sheets, and other educational materials and resources.

<https://www.cdc.gov/violenceprevention/firearms/fastfact.html>

DID YOU KNOW?

Tickborne diseases are on the rise, particularly in the spring, summer and early fall when ticks are most active, according to the Centers for Disease Control and Prevention.

That means if you are outdoors, you need to take precautions for yourself, your family and your pets before, during and after your visit.

Steps to protect against ticks. Follow these whether you work outside, enjoy your yard or spend time on a national forest or grassland. You should:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.
- [Treat dogs for ticks](#). Dogs are very susceptible to tick bites and to some tickborne diseases. They may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly “top spot” medications help protect against ticks.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. [Remove any ticks](#) right away.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

It's a good idea to take preventive measures against ticks year-round. However, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter
- Walk in the center of trails

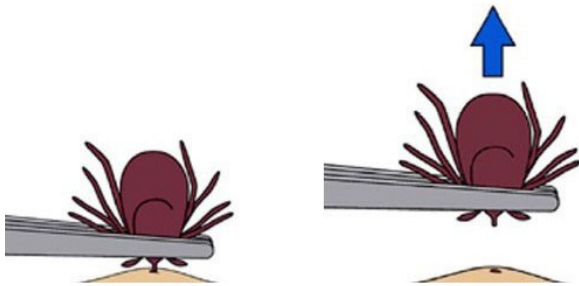


Repel Ticks on Skin and Clothing

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5 percent permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

The Environmental Protection Agency (EPA) has an [online tool to help you select the repellent](#) that is best for you and your family.

Find and Remove Ticks from Your Body



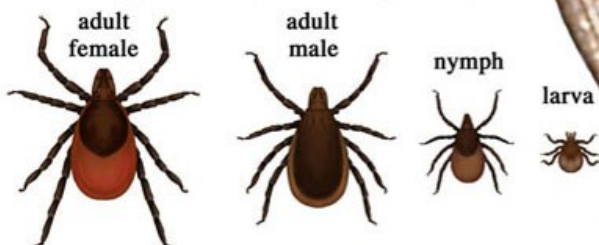
- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.

- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

side the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- If the clothes are damp, additional time may be needed.
- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

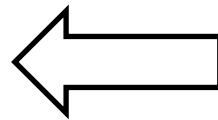
Blacklegged Tick (*Ixodes scapularis*)



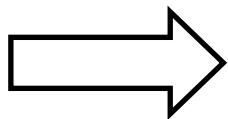
<https://www.fs.usda.gov/visit/know-before-you-go/ticks>

TAHD IN ACTION

The Emergency Preparedness team at the Torrington Area Health District recently participated in the NACCHO Preparedness Summit held in Atlanta, GA. This event garnered extensive participation from representatives across all states and territories in and around the United States. Spanning a week, the summit featured numerous sessions dedicated to exploring various aspects of local, regional, and national preparedness. Topics covered included hazard preparedness and mitigation, climate change, family reunification, opioid response, and the availability of public health emergency preparedness resources and toolkits, among other valuable knowledge



Members of the Litchfield County Opioid Task Force recently participated in the NATCON23 conference held in Los Angeles, CA. NATCON23, the National Council's annual conference, is the largest gathering in the field of mental health and substance use treatment. This conference provides a platform for networking among thousands of healthcare professionals nationwide. Attendees have the opportunity to engage in in-depth discussions about the future of our field and also explore emerging technologies and trends through interactions with organizations that advance the industry. NATCON attracts over 5,000 participants each year.



TAHD IN ACTION



On May 20th, in honor of the 49th Annual National EMS Week, the staff of Torrington Area Health attended the Thomaston Ambulance Open House event.

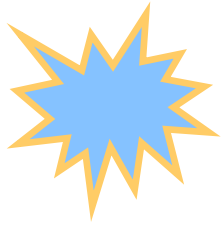
The Thomaston Volunteer Ambulance Corps is located at 237 South Main Street and consists of approximately 35 active members. The Corps operates two ambulances equipped with MIC-I, D-Fib, and Epi-Pen capabilities. This dedicated team of volunteers ensures that ambulance services are available 24/7, free of charge to patients.

During this event, Torrington Area Health Department (TAHD) distributed Narcan kits, COVID-19 self-tests, and provided educational materials on suicide prevention, opioid overdose prevention, childhood vaccination, and Medical Reserve Corps recruitment. Additionally, Joanna Keyes participated in the event by donating blood and officially becoming a blood donor for the American Red Cross.

Donating blood is a vital act of generosity that can save lives and make a significant impact on our community. By donating blood, you provide a lifeline to those in need, including accident victims, surgical patients, and individuals with chronic illnesses. Your contribution can bring hope and healing to someone's life.



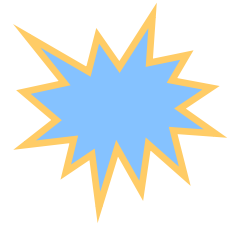
In May, Immunization Outreach workers attended two events: the Wellness in the Park Event and the Goshen Ambulance Open House Event. They distributed information about various types of vaccines and provided free COVID Home Tests. Handouts about Preventing Cancer with the HPV vaccine and a Fact Sheet on Protecting Your Child with the COVID Vaccine can be found at several locations: Goshen Library, Torrington Public Library, Oliver Wolcott Library, St. Michael's Food Pantry in Litchfield, and the Social Services Office in Bantam. We are still distributing free COVID tests throughout the district. If your organization needs some or can distribute them to community members, please contact DImpastato@tahd.org.



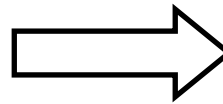
It's Your Best Shot!

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.)



IS YOUR EQUIPMENT CLEAN?

Maintaining cleanliness in restaurants is of utmost importance, especially when it comes to ensuring the health and safety of customers. One key aspect often overlooked is the cleanliness of equipment. While the interior of equipment is usually cleaned frequently to prevent bacterial growth, it's essential not to neglect the exterior. Failure to remove grease or food debris from the outside can lead to increased risks such as fires, pests, and rodents. By regularly cleaning both the inside and outside of equipment, you not only extend its lifespan but also minimize potential hazards. Additionally, practicing good sanitation throughout your establishment is vital for its overall success and longevity. Remember, prioritizing cleanliness plays a crucial role in creating a safe and enjoyable dining experience for everyone.

COMMUNITY UPDATES



TORRINGTON AREA MRC JUNE EVENTS

What is a POD? Training
 Wednesday, June 14th at 5:00PM via Zoom
 Registration Link: bit.ly/3OvGtHu

Stop the Bleed
 Wednesday, June 21st, 2023 at 5:00PM
 Registration Link: <https://tahdstopthebleed.eventbrite.com/>

Independent Training: MRC Deployment and Post-Deployment
 Link to class: <https://bit.ly/3IsVKFp>

Scan me!



Want to see a class or host one at your organization? Please email mmclintock@tahd.org for more details

LITCHFIELD COUNTY SOCIAL SERVICE PROVIDER EDUCATIONAL CONFERENCE & PROFESSIONAL NETWORKING EVENT

Friday, June 9th, 2023

Live Narcan, Hands-only CPR and QPR Training Available



Join fellow providers from Social Service organizations across the region to learn more about programs, engage in training, and meet colleagues!

12:00 to 2:00 PM
 Litchfield Community Center
 421 Bantam Rd, Litchfield
 Lunch is on us!



Register to attend, showcase, or table your organization or program, [here](#).





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!

Dates:

Wednesday, July 26th at 5:00PM



Tuesday, August 15th at 10:00AM

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


Scan Me!



More Information : [860-489-0436 x322](tel:860-489-0436)
bit.ly/3Wzew3M

STOP THE BLEED®




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
3 to 5 MINUTES	7 to 10 MINUTES	40%

Sessions at Torrington Area Health District:

- 6/21/23: 5-7pm
- 7/31/23: 10-12pm
- 8/16/23: 5-7pm



<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

END OF COVID-19 PUBLIC HEALTH EMERGENCY

Changes to COVID-19 Health Benefits

On **May 11, 2023**, the public health emergency will expire. Public health emergencies allow the government to spend money quickly and develop new programs to support the public's well-being.

Even though the public health emergency is ending, COVID-19 is still a dangerous illness.



- ✓ Many people are still dying every day in the United States, and many more are becoming seriously ill.
- ✓ COVID-19 can also disrupt you and your family's routines, preventing people from going to work or school.



You may have to pay for COVID-19 tests, treatments and vaccines.

During the Public Health Emergency, COVID-19 vaccines, treatments and tests were free. After May 11, the cost of treatments, tests and vaccines will depend on your health insurance.



If you have Medicaid, you will have to prove you are eligible every year. During the Public Health Emergency, people who had health insurance through Medicaid were automatically re-enrolled each year. After March 31, people will need to prove they are eligible every year.



If you use SNAP, you may receive less money for food from the government. During the Public Health Emergency, the government gave families who use the Supplemental Nutrition Assistance Program (SNAP) program extra food money. Families will soon stop receiving this extra money.

GET YOUR VACCINES AND TESTS TODAY WHILE THEY ARE FREE.





NALOXONE TRAINING

LEARN HOW TO RECOGNIZE
AND RESPOND TO AN OVERDOSE

*Q&A WITH COMMUNITY
OUTREACH AND RECOVERY
NAVIGATOR*

*LEARN ABOUT RESOURCES
AVAILABLE FOR THOSE
STRUGGLING WITH
SUBSTANCE USE DISORDER*

*LEARN ABOUT THE OPIOID EPIDEMIC AND
WHAT IS HAPPENING IN YOUR COMMUNITY*

211 ELM
STREET

AMERICAN
LEGION
THOMASTON CT

THURSDAY
JUNE 8
2023

FREE NALOXONE AVAILABLE
FOR THOSE WHO ATTEND

6 PM
LOCATED IN THE
HALL

COMMUNITY UPDATES

Mental Health First Aid Training

June 13, 2023

8:00 AM - 4:00 PM

Harwinton Volunteer Ambulance Association
166 Burlington Rd Harwinton, CT

Gain the skills to assist someone experiencing a mental health or substance use-related crisis.

Learn how to respond with the **Mental Health First Aid Action Plan (ALGEE):**

- A** ssess for risk of suicide or harm.
- L** isten non-judgmentally.
- G** ive reassurance and information.
- E** ncourage appropriate professional help.
- E** ncourage self-help and other support strategies.



Questions? Contact:

Donna Bielefield
Prevention Facilitator

donna.bielefield@mccallbhn.org

COMMUNITY UPDATES



On April 18th at the Litchfield County Regional Fire School and via zoom from 9:00am to 12:00pm. **Mark Jenkins** the Executive Director of **Connecticut Harm Reduction Alliance - CTHRA** facilitated a Harm Reduction 101 training with members of multiple agencies that make up the Litchfield County Opioid Task Force and more, here in Torrington. Discussing the principles of Harm Reduction and how to implement Harm Reduction ideologies, methods and techniques in our community and the outreach/work we do on daily basis.

This training was attended by roughly 47 individuals 35 in person and 12 via Zoom.

These training will continue to be conducted in the future for more in depth looks into Harm Reduction.

RECALL ALERT



Name of Product: The Preschool Electric Bicycles

Hazard: The paint on the recalled electric bikes contains levels of lead that exceed the federal lead paint ban, posing a lead poisoning hazard. Lead is toxic if ingested by young children and can cause adverse health issues.

For more information please visit :<https://www.cpsc.gov/Recalls>