

TORRINGTON AREA HEALTH DISTRICT

350 Main Street, Suite A Torrington, CT 06790
Phone (860) 489-0436 Fax (860) 496-8243

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.

December 2025 Newsletter



**Get vaccinated against the flu
to protect our communities!**

AIM Association of
Immunization
Managers

NATIONAL INFLUENZA VACCINATION WEEK DEC 6-12,2025

National Influenza Vaccination Week (NIVW) is observed each December to reinforce a simple message: it's not too late to get your flu shot. Everyone 6 months and older should receive an annual influenza vaccine, and this reminder is especially important for individuals at higher risk of severe illness, including pregnant people, young children, older adults, and those with chronic medical conditions.

Each year, millions of children contract influenza, and thousands are hospitalized. Pregnant people are also more likely to develop serious flu complications. Annual vaccination remains the most effective way to reduce the risk of flu-related illness, hospitalization, and death.

Because flu viruses change and immune protection decreases over time, a yearly flu vaccine is essential. It is the only vaccine that protects specifically against influenza and provides critical protection for both the individual and the community. NIVW serves as a nationwide call to action. By encouraging vaccination for everyone 6 months and older, particularly those at higher risk, we strengthen community protection and reduce the spread of influenza throughout the season.



Hours

Monday, Tuesday, Thursday: 8:00am to 4:00pm.
Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.



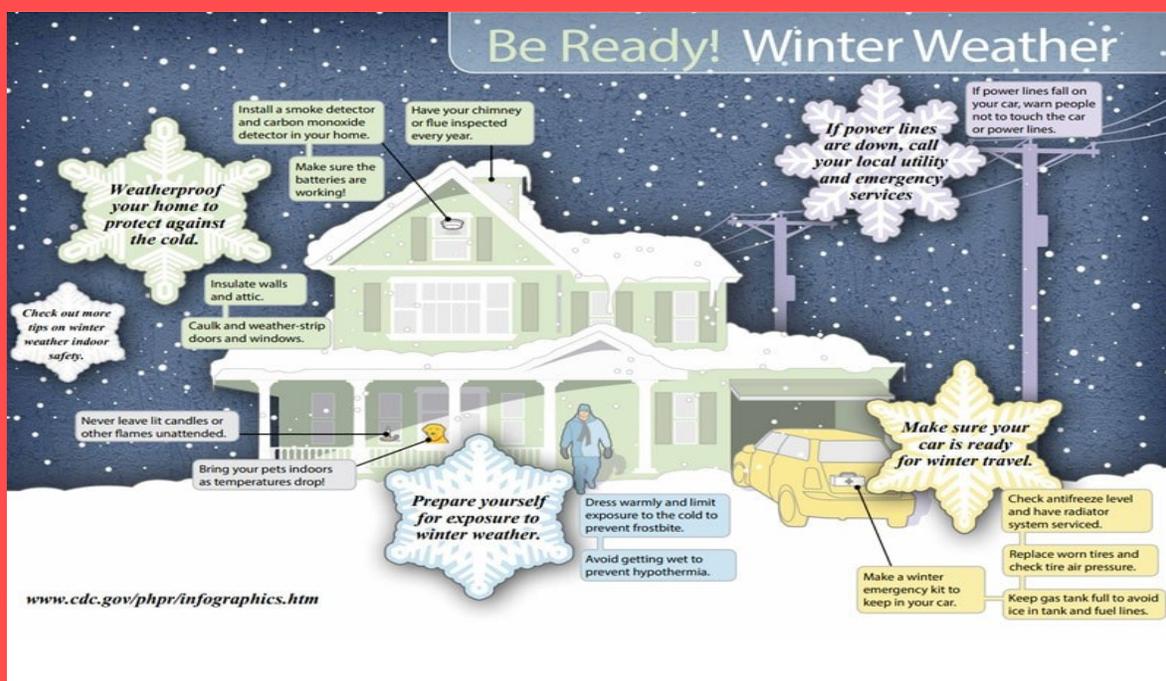
Preparing for a Winter Storm



During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

MAKE A PLAN.

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to [create a communication and disaster plan](#) for your family ahead of time.



WEATHERPROOF YOUR HOME.

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

HAVE YOUR CHIMNEY OR FLUE INSPECTED EACH YEAR.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

INSTALL A SMOKE DETECTOR AND A BATTERY-OPERATED CARBON MONOXIDE DETECTOR.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

FOR OLDER ADULTS, KEEP AN EASY-TO-READ THERMOMETER INSIDE YOUR HOME.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

MAKE SURE YOUR CAR IS READY FOR WINTER WEATHER.

Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.
- Keep your car in good working order. Be sure to check the following: heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil, and battery.



CREATE AN EMERGENCY CAR KIT.

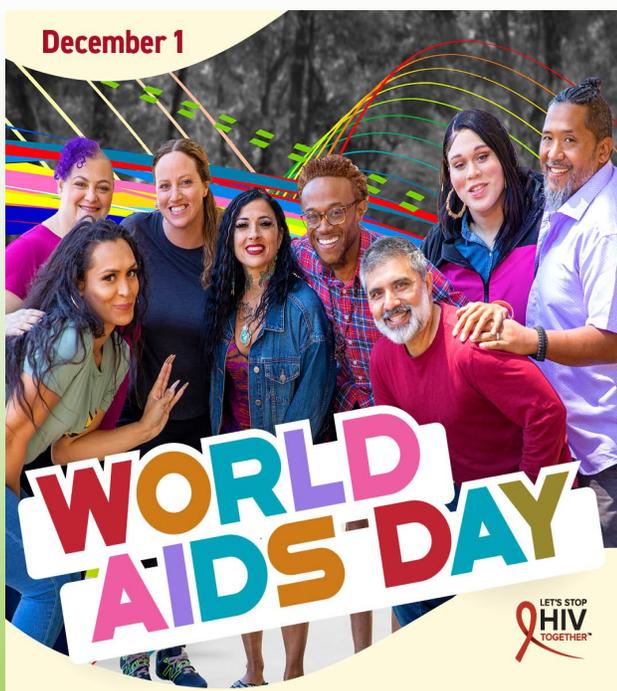
It is best to avoid traveling, but if travel is necessary, [keep the following in your car:](#)

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water

#WorldAIDSDay2025 #EndAIDS



World AIDS Day is an opportunity for every community and each individual to honor the more than 32 million people who have died worldwide from AIDS-related illness. December 1 is a day for voices to unite by sharing experiences, remembering those lost, and standing together in the fight against HIV.



December 1

On December 1 2025, we mark World AIDS Day with the theme “**Overcoming disruption, transforming the AIDS response**”. WHO’s toolkit provides campaign materials, fact sheets and advocacy assets designed to address service disruptions, health-inequities, and to empower communities at risk.

The “AIDS Free Toolkit” expands this support with technical guidance, case studies and policy briefs aimed at sustaining progress toward ending the HIV epidemic.

SOMETHING YUMMY

Blueberry Barbecued Chicken Recipe



Ingredients

- ½ cup diced onion
- 1 tablespoon olive oil
- 2 cups frozen wild blueberries
- ¼ cup ketchup
- ¼ cup balsamic vinegar
- ¼ cup dark brown sugar
- ½ teaspoon salt
- 6 six-ounce boneless, skinless chicken breasts

Directions

Before you begin: Wash your hands.

1. Prepare and heat grill.
2. On a stove, heat a medium saucepan over medium-high heat. Add olive oil and sauté onion for 2 minutes, or until translucent. Add blueberries, ketchup, balsamic vinegar, brown sugar and salt. Stir well. Bring to a simmer and cook, stirring occasionally, for 4 minutes.
3. Use an immersion blender (or transfer to a blender) to blend until smooth. Transfer ½ cup of sauce to one bowl and reserve for serving. Transfer remaining sauce to a second bowl for grilling.
4. Pound chicken breasts to flatten to ½-inch thickness. Place flattened chicken breasts on prepared grill. Cook for 5 minutes on one side, turn and grill another 5 minutes.
5. Spread blueberry barbecue sauce evenly over chicken; grill 1 minute.
6. Turn chicken and spoon larger portion of sauce evenly over other side; grill 1 minute longer. Chicken is cooked when internal temperature reaches 165°F.

Serve with reserved ½ cup blueberry barbecue sauce.

Nutrition Information

Serving size: 1 chicken breast

Serves 6

Source: [Blueberry Barbecued Chicken Recipe](#)

8 Tips for Allergy-Free Holidays

Winter holidays bring cheer and plenty of opportunities for festive eating. While common food allergens lurk in many traditional dishes served at Thanksgiving, Hanukkah, Christmas and Kwanzaa celebrations, a little preparation and planning can help you, whether you're a parent of a child with food allergies or hosting guests who have them, glide through the holidays safely.

These tips can help you navigate food allergies safely and healthfully this holiday season.

5 Tips for Avoiding Food Allergens at Home

- **Host at your home.** Because you are in control of what is served, this can be the safest option when managing food allergies. You may choose to prepare only "safe" foods and let guests know what they can and cannot bring into the house. If you do have foods containing allergens, designate separate areas for these foods to be served to help prevent cross-contact.
- **Focus on whole, unprocessed foods.** While cooking from scratch may seem like more work, it helps ensure food and prep areas are free from food allergens. You might even find that you save time in the long run because you don't have to scour every ingredient list.
- **Modify traditional recipes using allergen-free ingredients.** Once you know a few simple swaps, you may realize just how easy it is to modify your recipes. Focus on similar items when considering swaps, like non-dairy milk for cow's milk (or vice-versa), or naturally gluten-free grains for wheat. Eggs in recipes often can be substituted with ground, rehydrated flax or chia seeds.
- **Always read all ingredient labels.** Even if you think a product is allergen-free, read the label. Food manufacturers change formulas, which may introduce allergens into previously "safe" foods and beverages.

Keep it clean. Prevent cross-contact and cross-contamination by encouraging frequent handwashing.

3 Tips for Avoiding Food Allergens Away from Home

- **Offer to help the host.** If you help plan the menu or shop for ingredients, you can choose items you know are safe. If you cook, you can help ensure that dishes are prepared without allergens. And, don't hesitate to ask your host to save labels from products to reference and provide you peace of mind.
- **Bring snacks and desserts.** If helping ahead of time is out of the question, bring a few allergen-free options. Bring your own allergen-free snacks and desserts, since baked goods feature common allergens such as wheat, dairy, eggs, nuts and soy. Pack snacks such as fresh fruit with sunflower butter packets, carrots with hummus, popcorn and homemade trail mix made with rice cereal, seeds and chocolate chips. For easy festive desserts, melt chocolate chips as a dip for dried apricots or allergen-free cookies, or bake apples sprinkled with cinnamon and brown sugar and top with allergen-free whipped topping.

Communication is key. If a host is unfamiliar with how to handle food allergies, they might fall victim to the "a little bit won't hurt" mindset. Communicate at the start that a little bit *can* hurt, and that you'd be more than happy to help with shopping or prep so that the host can feel comfortable and you can feel confident in the foods served.



TAHD IN ACTION

On November 7, 2025, TAHD staff attended the *Practical Strategies for Overdose Prevention Conference*, hosted by the Connecticut Department of Mental Health and Addiction Services (DMHAS). This annual event brings together public health professionals, service providers, advocates, and community partners to highlight evidence-based approaches and emerging best practices in overdose prevention. Participants received practical tools and guidance to strengthen prevention efforts across Connecticut, along with a grounding in the state's housing and homelessness systems and effective outreach strategies. This year's conference featured keynote presentations from Haner Hernández, PhD, CPS, CADCI, LADCI, and Maia Szalavitz, an award-winning author and journalist known for her work on addiction and harm reduction.



TAHD IN ACTION



TAHD proudly participated in the 3rd Annual Hartford HealthCare Medical Mission on November 8, 2025 where hundreds of residents received free medical care and support. The event ran from 9 AM to 2 PM and brought together more than 4,000 Hartford HealthCare volunteers, offering screenings, behavioral health support, lab services, vaccinations, prescriptions, reading glasses, and other essential resources at no cost to attendees. Free shuttle transportation from community organizations and churches ensured that the event was accessible to everyone.

Joanna represented TAHD on-site, engaging directly with residents, distributing immunization information, answering vaccine-related questions, and connecting individuals with the full range of public health services available. Her presence helped strengthen community outreach and reinforce the importance of preventive health across the district. The mission remains a major regional effort focused on reducing barriers to care and advancing health equity in Hartford.

TAHD IN ACTION

TAHD partnered with the Danbury Health Department to provide essential life-saving training to employees at ShopRite in Danbury, CT. Staff participated in **Hands-Only CPR, Narcan Administration, and Stop the Bleed** instruction—three critical skills that empower community members to act confidently during emergencies.

The training was delivered collaboratively by Brien LaForge (TAHD) alongside Sulaiman Shaikh and James Cornelio from the Danbury Health Department. Together, the team guided participants through recognizing cardiac arrest and performing effective chest compressions, identifying opioid overdoses and administering Narcan, and controlling severe bleeding until emergency responders arrive.

This initiative strengthens community readiness by equipping everyday citizens with the tools to save lives. We thank ShopRite for their commitment to public health and for investing in the safety of both their staff and the customers they serve.



HAPPY HOLIDAYS



From All of Us at the Torrington Area Health District

As we close out the year, our entire TAHD staff extends our warmest wishes to our community, municipal partners, healthcare colleagues, and regional stakeholders. Thank you for your continued collaboration, trust, and commitment to protecting the health and well-being of the residents we serve.

We look forward to strengthening our partnerships and continuing our shared work in the new year. Wishing you a healthy, safe, and peaceful holiday season and a happy New Year.

LEAD RECALL



PRODUCT SAFETY RECALL: CHEF BRAND MILK PAN (24 CM)

SHATA Traders Inc. has issued a recall for the **Chef Brand Milk Pan 24 cm** after FDA testing found the pan can **leach dangerous levels of lead** into food. Lead exposure can cause serious health effects, especially in children and pregnant individuals.

Key details:

- **Recalled product:** Chef Brand Milk Pan 24 cm (also sold as “Majestic Chef Pan”)
- **Reason:** Lead contamination
- **Distribution:** Sold in NY, NJ, CT, MD, VA, and MA
- **Action needed:** Stop using the pan immediately and return it to the retailer for a full refund.
- **Consumer contact:** SHATA Traders Inc. — (718) 369-7000

DID YOU KNOW?

WHAT “LEACHING LEAD” FROM POTS ACTUALLY MEANS

When a pot, pan, or dish contains lead in its glaze or metal, that lead can slowly move into your food. This process is called leaching.

It happens when:

- ◆ The pot is made with a glaze or paint that contains lead
- ◆ The food is hot, acidic (like tomato sauce, lemon, vinegar), or stored in the pot for a long time
- ◆ The pot is old, worn down, or cracked

Those conditions “pull” the lead out of the material, almost like the food dissolves tiny amounts of it. You can’t see it, smell it, or taste it, but it ends up in the food you eat.

Lead builds up in the body over time and can affect the brain, nerves, blood, and organs, so even small repeated exposures matter.

The U.S. Consumer Product Safety Commission (CPSC), the federal agency that handles product safety recalls, has a page where you can look up recalls and sign up for email alerts: [cpsc.gov/Recalls](https://www.cpsc.gov/Recalls)



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.)



COMMUNITY UPDATES



Thanks for coming!

Alixé Dittmore visited the Torrington Area Health District to deliver the second session in her harm reduction training series — *Harm Reduction 201*. After introducing injection drug use and the foundations of harm reduction in the first session, Alixé focused this training on practical, real-world application. She covered how to recognize and manage bias, how to coach individuals on safer use practices, and how to integrate harm reduction principles into everyday encounters.

A special shout-out to **SafeSpot**, which recently secured funding in Connecticut and is now able to hire local community members to support their neighbors who use drugs. SafeSpot is committed to core harm-reduction principles by hiring people who use drugs (including many who have used the hotline themselves) as well as individuals in recovery to serve as call takers. Call takers commit to a minimum of three calls per month and are paid per call. SafeSpot *WELCOMES* providers to call in as a test— those who call in more than 5 times get a free t-shirt!



WHAT TO KNOW ABOUT:

BTMPS

REFERRED TO AS:

BIS(2,2,6,6-
TETRAMETHYL-4-
PIPERIDYL)
SEBACATE OR
TIVUVIN 770.

ADVERSE EFFECTS:

BAD COUGH, RINGING
EARS, BLURRED VISION,
& VOMITING.

WHAT IS IT?

BTMPS IS AN
INDUSTRIAL
CHEMICAL THAT IS
PRIMARILY USED AS A
UV LIGHT STABILIZER,
AS WELL AS IN
PLASTICS, ADHESIVES,
FILMS, AND COATINGS.

ODOR:

BTMPS IS REPORTED TO
SMELL LIKE BUG SPRAY,
PLASTIC, OR GAS.

IMPORTANT NOTE:

TRY NOT TO USE ALONE .
CALL SAFE SPOT (1-800-972-0590).
START LOW AND SLOW. YOU CAN
ALWAYS USE MORE BUT YOU
CAN'T USE LESS.

ALWAYS CARRY NALOXONE.
BTMPS HAS NO REVERSAL
AGENT BUT ALWAYS USE
NARCAN AS IT IS MOST LIKELY
MIXED WITH OTHER OPIOIDS.



Holiday Mental Health Tips

The holiday season can be joyful, but it can also bring added stress, disrupted routines, and emotional challenges. Balancing family, finances, and expectations can impact overall well-being. These practical tips can help support mental health and create a more manageable, meaningful holiday season.

- **Set Realistic Expectations** - Keep holiday plans manageable and avoid pressure to create a “perfect” season.
- **Stick to Healthy Routines** - Try to maintain regular sleep, meals, movement, and hydration, even during busy weeks.
- **Limit Overcommitment** - It’s okay to decline events or responsibilities that add unnecessary stress.
- **Acknowledge Your Emotions** - The holidays can bring joy and difficult feelings. Both are normal and valid.
- **Stay Connected** - Reach out to supportive friends, family, or community groups. Social connection helps reduce stress.
- **Take Brief Mindful Breaks** - A few minutes of deep breathing, stretching, or stepping outside can help reset your mood.



Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.



Comptroller Sean Scanlon
333 Capitol Avenue
Hartford, CT 06186-1775
860.762.3380

 **ArrayRx**
DISCOUNT CARD

Save on Prescriptions with ArrayRx

Prescriptions are expensive, but with the ArrayRx Digital Discount Card, people living in Connecticut have saved an average of \$200 per month on their medications.

Connecticut's newest program is free and easy to use.

This Is a Pharmacy Savings Program, Not Insurance

The digital discount card is available to anyone living full time or part time in Connecticut – no age, income, immigration, or insurance restrictions.



What You Can Do with Your Digital Discount Card

- Save up to 80% on all FDA-approved medications, including:
 - Maintenance prescriptions
 - Smoking cessation medications
 - Diabetes supplies
 - Vaccinations – flu, shingles, pneumonia, and more
 - Over-the-counter drugs that have a National Drug Code (NDC)
- Compare prices online
- Use at over 64,000 pharmacies nationwide (98% of Connecticut pharmacies are included)

How to Use Your Digital Discount Card

- Sign up at arrayrxcard.com. You can call **800-913-4146** for assistance with signing up.
- Your information is completely confidential.
- Show your pharmacist your Digital Discount Card.

Know Before You Go

Look up prescription prices with the **Find a Drug tool** at arrayrxcard.com. Just fill in the information to see prices for your prescription at participating pharmacies in your area.

It's completely free! No membership fee.

You've got questions? We've got answers.

How do I get an ArrayRx Digital Discount Card?

Visit arrayrxcard.com to sign up. Download your Digital Discount Card and save it to your smartphone, or take a screenshot of the card to show your pharmacist. Let the savings begin.

Why choose ArrayRx?

As a Connecticut state program, ArrayRx is free to use, has no restrictions, and ensures your information is protected and confidential.

When can I start using my Digital Discount Card?

You can start using your Discount Card immediately after signing up at arrayrxcard.com. Call **800-913-4146** for assistance with signing up.

What if I'm traveling?

Your ArrayRx Digital Discount Card can be used at over 64,000 pharmacies nationwide. Use the **Pharmacy Search tool** at arrayrxcard.com to locate one near you.

Can I use my Discount Card instead of health insurance?

Yes, you can use the Digital Discount Card if your health insurance or Medicare plan doesn't cover a medication or to get a better price than your plan offers. Purchases with your Discount Card will **not** count toward your deductible or out-of-pocket maximum.

Can my family use my Discount Card?

No, but each person in your family can sign up for their own Digital Discount Card, regardless of their age.

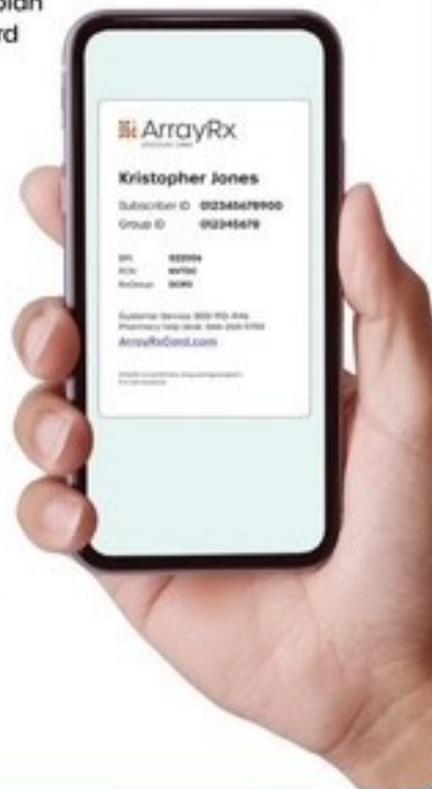
Do payments made with my Digital Discount Card apply to my deductible?

Through June 30, 2026, purchases made with your Discount Card do not apply toward your deductible or out-of-pocket maximum.

Effective July 1, 2026, purchases made with your Discount Card will count toward your deductible. Please consult your health plan for details.

Questions?

Email ArrayRx at info@arrayrxcard.com or call **800-913-4146**, 10:30 a.m. to 8:30 p.m., Monday through Friday.



Comptroller Jose Sanchez
101 Capitol Avenue
Hartford, CT 06103-0775
860.763.1000

 **ArrayRx**
DISCOUNT CARD

COMMUNITY UPDATES

Start Here for Community Health – December 2025



Urgent Care Needs

- Rashes, burns, cuts
- Infections and wound care
- Cough, runny nose, ear pain
- Sexually transmitted infection
- Back pain
- AND MORE!



Basic Health Maintenance

- Blood pressure check
- Blood sugar check
- Cholesterol check
- Cancer screening referrals
- Family planning
- Primary care, dental, mental health referrals
- AND MORE!



Vaccines

- Seasonal flu/Covid
- Pneumonia
- Shingles
- Tdap (tetanus)
- Hepatitis B
- Gardasil (HPV)
- AND MORE!



December 4	3pm – 7pm	New Opportunities *EVENING*
December 11	10am-2pm	Torrington Towers
December 12	9am-1pm	Friendly Hands Food Bank
December 18	9am -1pm	Community Soup Kitchen of Torrington

We are here for you! Walk-ins welcome. Open to all ages. Insurance accepted but not required.

For more information:

- 📞 Call 860.986.3078
- ✉ Email neighborhoodhealth@hhchealth.org
- 🌐 Visit hartfordhealthcare.org/health-wellness/neighborhood-health or scan the QR code



Hartford HealthCare's *Neighborhood Health* program brings essential health services directly into local communities through regularly scheduled mobile clinics. These clinics offer free or low-cost preventative care, basic health screenings, vaccinations, chronic disease support, and connections to community resources. Neighborhood Health is designed to meet people where they are, reducing barriers to care and supporting overall community wellness.

COMMUNITY UPDATES



December 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Spanish Community of Wallingford 284 Washington St, Wallingford 10a - 3p	2 Bishop Jean Williams Food Pantry 857 Howard Ave, Bridgeport 10a - 2p	3 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Hands on Hartford 55 Bartholomew Ave, Hartford 9a - 3p	4 House of Bread 27 Chestnut St, Hartford 9a - 1p <hr/> Torrington New Opportunities 62 Commercial Blvd, Torrington 3p - 7p	5 Family Wellness Center 590 Park St, Hartford 9a - 2p <hr/> St Vincent De Paul Mission of Bristol 19 Jacobs St, Bristol 10a - 3p
8 St. Vincent DePaul 120 Cliff St, Norwich 10a - 3p <hr/> Malta House of Care Waterbury Vaccine Clinic 587 Baldwin St, Waterbury 10a - 3p	9	10 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Bridgeport Tabernacle 717 Clinton Ave, Bridgeport 10a - 2p	11 Covenant Soup Kitchen 220 Valley St, Willimantic 10a - 3p <hr/> Torrington Towers 52 Summer St, Torrington 10a - 2p	12 Family Wellness Center 590 Park St, Hartford 9a - 2p <hr/> Friendly Hands Food Bank 789 Winsted Rd, Torrington 9a - 1p
15 Bristol Housing Gaylord Towers 55 Gaylord St, Bristol 10a - 3p	16 Shiloh Baptist Church 477 Broad St, Bridgeport 10a - 2p	17 Family Wellness Center 590 Park St, Hartford 9a - 4p <hr/> Hands on Hartford 55 Bartholomew Ave, Hartford 9a - 3p	18 House of Bread 27 Chestnut St, Hartford 9a - 1p <hr/> Torrington Soup Kitchen 220 Prospect St, Torrington 9a - 1p	19 Family Wellness Center 590 Park St, Hartford 9a - 2p <hr/> Covenant Soup Kitchen 220 Valley St, Willimantic 10a - 3p
22 St. Vincent DePaul 120 Cliff St, Norwich 10a - 3p <hr/> Meriden New Opportunities 11 Church St, Meriden 10a - 3p	23 Mercy Housing 118 Main St, Hartford 9a - 3p <hr/> Bread for Life 31 Vermont Ave, Southington 10a-2p	24 Family Wellness Center 590 Park St, Hartford 9a - 4p	25	26
29	30 House of Bread 27 Chestnut St, Hartford 9a - 1p	31 Family Wellness Center 590 Park St, Hartford 9a - 4p	 more care in your community	

COMMUNITY UPDATES

New Opportunities, Inc.

66 Commercial Boulevard, Torrington

Evening Clinic: Thursday, December 4 3 pm – 7 pm

Hartford HealthCare
Neighborhood Health



Urgent Care Needs

- Rashes, burns, cuts
- Infections and wound care
- Cough, runny nose, ear pain
- Sexually transmitted infection
- Back pain
- AND MORE!



Basic Health Maintenance

- Blood pressure check
- Blood sugar check
- Cholesterol check
- Cancer screening referrals
- Family planning
- Primary care, dental, mental health referrals
- AND MORE!



Vaccines

- Seasonal flu/Covid
- Pneumonia
- Shingles
- Tdap (tetanus)
- Hepatitis B
- Gardasil (HPV)
- AND MORE!

We are here for you! Walk-ins welcome. Open to all ages. Insurance accepted but not required.

For more information:

- 📞 Call 860.986.3078
- ✉ Email neighborhoodhealth@hhchealth.org
- 🌐 Visit hartfordhealthcare.org/health-wellness/neighborhood-health or scan the QR code



Evening Clinic:

A special evening clinic will be held on **December 4** from **3–7 PM** at **New Opportunities**.



COMMUNITY UPDATES

New Opportunities Inc. Torrington

66 Commercial Blvd, Torrington

Clinica Nocturna: Jueves, 4 de diciembre 3 - 7 pm



Necesidades Urgentes

- Erupciones, quemaduras, cortadas
- Infecciones y cuidado de heridas
- Tos, gripe, dolor de oídos
- Enfermedades de transmisión sexual
- Dolor de espalda
- Y MÁS!



Mantenimiento de Salud Básica

- Chequear presión, azúcar, colesterol
- Referido exámenes de detección de cáncer
- Planificación familiar
- Referido por doctor cabecera, dentista, salud conductual
- Y MÁS!

Hartford
HealthCare



Vacunas

- Gripe (Estacional)/COVID
- Neumonía
- Herpes Zóster (Culebrilla)
- Tétanos (Tdap)
- Hepatitis B
- Gardasil (HPV)
- Y MÁS!

Estamos aquí por ustedes!

Recibimos personas sin cita. Disponible para todas las edades. Se aceptan seguros pero no obligatorio.

Para más información:

📞 Llama 860.986.3078 ✉ Correo electrónico neighborhoodhealth@hhchealth.org

🌐 Visita espanol.hartfordhealthcare.org/health-wellness/salud-en-la-comunidad o escanea el código QR



Clínica Vespertina:

Habrá una clínica especial el **4 de diciembre de 3 a 7 PM** en **New Opportunities**.



COMMUNITY UPDATES

CDC PARTNER UPDATE: INFANT BOTULISM OUTBREAK LINKED TO BYHEART FORMULA (CONDENSED SUMMARY)

The CDC is notifying medical and public health partners of a **multistate outbreak of infant botulism** associated with **ByHeart Whole Nutrition powdered infant formula**.

OUTBREAK OVERVIEW

- ◆ AS OF **NOVEMBER 11, 2025**, **15** INFANTS FROM **12** STATES HAVE SUSPECTED OR CONFIRMED INFANT BOTULISM.
- ◆ ALL WERE HOSPITALIZED AND TREATED WITH **BABYBIG®**; **NO DEATHS** REPORTED.
- ◆ BETWEEN **AUG 1–NOV 10, 2025**, **84** INFANTS NATIONWIDE RECEIVED **BA-BYBIG®**.
- ◆ **36** HAD POWDERED FORMULA EXPOSURE; **15** (OVER **40%**) CONSUMED **BYHEART** FORMULA — DESPITE BYHEART REPRESENTING ONLY **~1%** OF U.S. FORMULA SALES.
- ◆ NO OTHER FORMULA BRANDS OR SHARED EXPOSURES ARE IMPLICATED AT THIS TIME.
- ◆ ON **NOV 11**, **BYHEART RECALLED ALL WHOLE NUTRITION FORMULA PRODUCTS** (CANS AND SINGLE-SERVE PACKETS).
- ◆ CDC AND FDA ADVISE **IMMEDIATE DISCONTINUATION** OF ALL BYHEART FORMULA. NO SHORTAGES ARE EXPECTED.

INFANT BOTULISM – KEY CLINICAL FEATURES

Caused by ingestion of *Clostridium botulinum* spores, which produce toxin in the intestine. Symptoms typically include:

- ◆ Constipation
- ◆ poor feeding / weak suck
- ◆ decreased head control
- ◆ weak facial expression
- ◆ reduced muscle tone
- ◆ Progression can lead to **descending paralysis** and **respiratory failure**. Incubation may be up to **30 days**.

COMMUNITY UPDATES

CLINICAL RECOMMENDATIONS

If infant botulism is suspected:

- ◆ **Do not wait for laboratory confirmation.**
- ◆ **Immediately consult IBTPP** (Infant Botulism Treatment & Prevention Program) at **510-231-7600** (24/7).
- ◆ If supported, **initiate BabyBIG® treatment without delay.**
- ◆ **Report all suspected cases** to state or local health departments immediately.

GUIDANCE FOR INFANTS EXPOSED TO BYHEART FORMULA

- ◆ STOP USING ALL BYHEART WHOLE NUTRITION FORMULA.
- ◆ PHOTOGRAPH OR RECORD LOT/BEST-BY INFORMATION.
- ◆ LABEL LEFTOVER FORMULA “**DO NOT USE**” AND KEEP FOR **1 MONTH** FOR POSSIBLE TESTING.
- ◆ MONITOR FOR SYMPTOMS; **SEEK IMMEDIATE MEDICAL CARE** IF THEY APPEAR.
- ◆ CLEAN ALL SURFACES/ITEMS THAT CONTACTED THE FORMULA.

FOR HOSPITALS, CLINICS, LABS, AND PUBLIC HEALTH PARTNERS

- ◆ REMOVE AND DISCONTINUE USE OF ALL RECALLED BYHEART FORMULA.
- ◆ CLEAN AND SANITIZE ANY POTENTIALLY EXPOSED FEEDING EQUIPMENT.
- ◆ ENSURE LABS KNOW INFANT BOTULISM IS A **NOTIFIABLE CONDITION** AND UNDERSTAND SPECIMEN COLLECTION PROCESSES.
- ◆ SUPPORT TRACE-BACK, PRODUCT COLLECTION, AND TESTING EFFORTS WITH STATE HEALTH DEPARTMENTS, CDC, AND FDA.

NEXT STEPS

CDC, FDA, and state/local partners continue to investigate the contamination source and will provide updated guidance as available.

For clinical questions or BabyBIG® release: **IBTPP 510-231-7600**

For surveillance questions: [**botsurveillance@cdc.gov**](mailto:botsurveillance@cdc.gov)

For public health inquiries: **CDC EOC 770-488-7100 (after hours)**