

Winter Storm Preparedness

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Look inside for a list of how to stay safe when a winter storm threatens.

Our puzzle page is all about winter safety. Check it out!



JANUARY 2026

RADON: A Silent Killer

Radon is a naturally occurring radioactive gas that forms when uranium in the soil and rock break down. You can't see, smell or taste it and it's usually present outdoors in harmless amounts. Problems arise when radon seeps into enclosed spaces like homes and buildings and builds up over time. Long-term exposure to high levels of radon can be toxic, but testing and mitigation can greatly reduce risk.

Health risks from radon exposure are serious. When inhaled, radon releases radiation in the lungs, damaging cells and increasing the risk of lung cancer. ***Radon is the second leading cause of lung cancer in the U.S. and smoking and radon exposure increases your risk of cancer by 10 times!*** An estimated 21,000 lung cancer deaths each year are linked to radon.

But there is good news - testing your home for radon is easy to do and reducing high levels are possible. Radon testing kits can be purchased at home improvement stores for \$10-\$40, **or receive a FREE kit from the Uncas Health District office.** It's as simple as opening a package, placing a radon detector in the basement or on the first floor, and, after 2 to 7 days, sending the detector to a lab for analysis. The best time to test for radon is in the colder season between the months of November through March when your house is closed up.

If your home has elevated levels of radon in the air, you should choose a qualified radon mitigation contractor to take steps to reduce the level. -info courtesy of CDC website

Uncas Health District serves the communities of Bozrah, Franklin, Griswold, Lebanon, Lisbon, Montville, Norwich, Preston, Salem, Sprague and Voluntown.



Scan to
learn more



uncashd.org
860-823-1189

JANUARY 2026

Mobile Health Team



For more information, call [860-823-1189](tel:860-823-1189) or scan the QR to visit us at uncashd.org.

| Date | Time | Location / Details |
|--------------|---------------------|---|
| Tues, Jan 6 | 11:00 AM-1:00 PM | Lebanon Senior Center, Lebanon |
| Tues, Jan 6 | 2:00 -3:00 PM | HARM REDUCTION SERVICES, Veterans Park, Jewett City |
| Wed, Jan 7 | 10:30 AM – 1:00 PM | St Vincent DePaul Place, 120 Cliff St., Norwich |
| Wed, Jan 7 | 2:00 – 3:00 PM | HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville |
| Thur, Jan 8 | 10:00 – 11:00 AM | Lisbon Senior Center, Lisbon |
| Fri, Jan 9 | 10:00 - 11:00 AM | MOBILE FOOD PANTRY at Preston Senior Center, 42 Long Society Rd. Preston |
| Fri, Jan 9 | 11:30 AM - 12:30 PM | Bozrah Senior Center, Bozrah |
| Mon, Jan 12 | 12:30 - 1:30 PM | Preston Senior Center, Preston |
| Tue, Jan 13 | 11:30 AM - 12:30 PM | Salem Senior Center Mtg. at Gardner Lake Firehouse |
| Tues, Jan 13 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, Jan 14 | 2:00 – 3:00 PM | HARM REDUCTION SERVICES at Montville Town Hall |
| Wed, Jan 14 | 4:00 – 5:00 PM | MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich |
| Thur, Jan 15 | 4:00 - 5:00 PM | MOBILE FOOD PANTRY at Griswold Public Works, 1148 Voluntown Rd. Griswold |
| Fri, Jan 16 | 10:30 – 11:30 AM | Bozrah Senior Center, Bozrah |
| Tue. Jan 20 | 10:30 - 11:30 AM | Franklin Senior Center, Franklin |
| Tue. Jan 20 | 12:30 - 1:30 PM | St. Jude Commons, Norwich |
| Tue, Jan 20 | 2:00 – 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, Jan 21 | 10:30 AM – 1:00 PM | St Vincent DePaul Place, 120 Cliff St., Norwich |
| Wed, Jan 21 | 2:00 – 3:00 PM | HARM REDUCTION SERVICES at Montville Community Center |
| Tue, Jan 27 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, Jan 28 | 1:00 - 2:00 PM | MOBILE FOOD PANTRY at Dodd Stadium, 14 Stott Ave, Norwich |
| Wed, Jan 28 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville |
| Thu. Jan 29 | 12:00 - 1:00 PM | Sprague Senior Center, Sprague |

We offer the following services at all of our events:

blood pressure screening, flu vaccination (seasonal), illness prevention, smoking cessation information, harm reduction services, Hepatitis C / HIV screening, syringe services, wound care education, STI prevention, and seasonal health education.

Protect Your Family from Radon



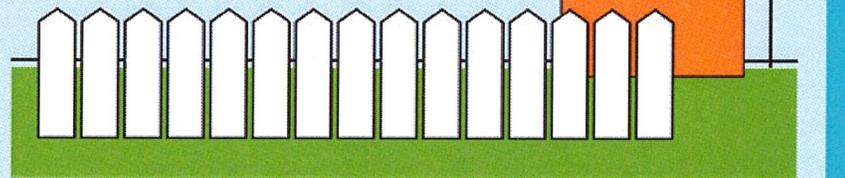
Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

Radon is a gas that you can't see, smell, or taste — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.

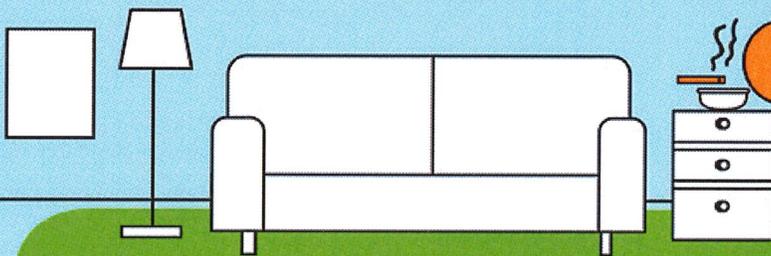
1
out of
15



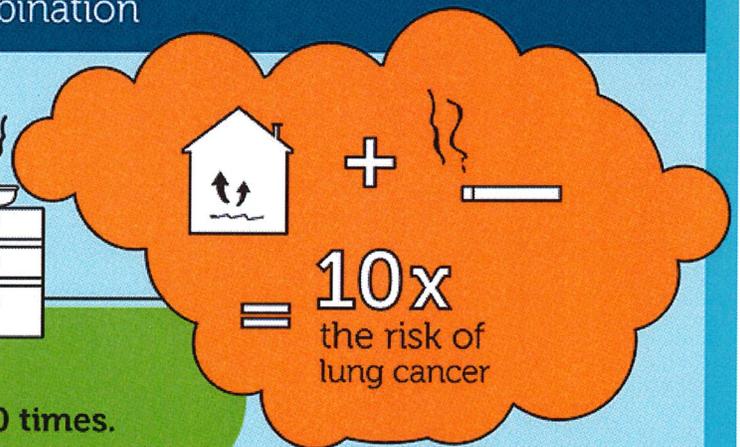
homes have high radon levels



Radon and Smoking: A Dangerous Combination

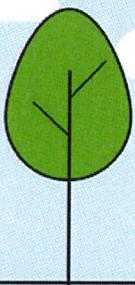


If you live in a home with high radon levels, smoking raises your risk of lung cancer by **10 times**.



Take the First Step

There's good news — you can protect your family by testing your home for radon.



Learn more by calling the
National Radon Hotline:
1-800-SOS-RADON



Centers for Disease
Control and Prevention
National Center for
Environmental Health

Have the "Wintertime Blues" got you down?

You may be suffering from

Seasonal Depression

Also known as **seasonal affective disorder (SAD)** which is a disorder that occurs and ends around the same time every year when the seasons change.

Most symptoms begin in the fall and continue into the winter months.

SYMPTOMS

- Depression
- Anxiety
- Mood Changes
- Sleep Problems
- Lethargy
- Overeating
- Social Problems
- Sexual Problems

TREATMENTS

- Phototherapy or bright light therapy has been shown to suppress the brain's secretion of melatonin.
- An antidepressant drug may be effective in reducing or eliminating symptoms.
- In some studies, Cognitive Behavioral Therapy (CBT) has also been shown to be effective; however, research is limited.

4 of 5
people who have
seasonal depression
are
WOMEN

CAUSES

The reduced level of sunlight in the fall and winter months may affect an individual's serotonin, a neurotransmitter that affects mood. Lower levels of serotonin have been shown to be linked to depression.

Melatonin, a sleep-related hormone secreted by the pineal gland in the brain, has been linked to seasonal depression.

The main age of onset of
seasonal depression is between
20 and 30 years of age,

however symptoms
can appear even earlier

PREVENTION

Since seasonal depression has a predictable pattern of recurrence, preventative measures may help to reduce symptoms. Some forms of prevention that can help include beginning light therapy in the early fall before the onset of symptoms, exercising more, increasing the amount of light at home, meditation and other stress management techniques, spending more time outside, and visiting climates that have more sun.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

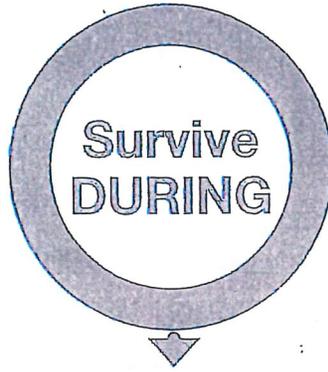
Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.



Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.



Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.





WINTER STORM SAFETY



WORD LIST

BATTERIES

BLANKETS

BOOTS

EMERGENCY KIT

FIRST AID

FLASHLIGHT

FROSTBITE

GLOVES

HAND WARMERS

HATS

HYPOTHERMIA

PREPARE

RESPOND

ROCK SALT

STORMS

SURVIVE

WARMTH

WATCH

WATER

WEATHER

Q L H S Q
 Q D I C Q A A
 Z N F T G Y V
 W O J A L F Z
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