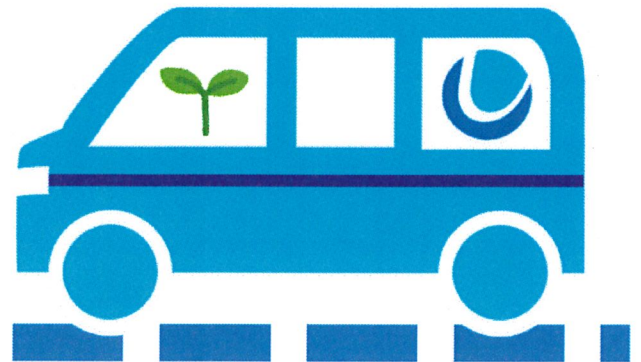


**National Public Health Week is APRIL 6-10**  
**PUBLIC HEALTH vs. HEALTH CARE- what is the difference?**

Public health focuses on keeping communities healthy by preventing disease, promoting safety, and improving the environments where we live, work, and play.

Health care focuses on treating individuals when they are sick or injured.

Both are essential—and together, they help keep our communities healthy, resilient, and strong.



**APRIL 2026**

**“SPRING” into SPRING CLEANING**

Spring cleaning may seem like a seasonal chore, but its benefits go beyond appearance. Deep cleaning, organizing, and decluttering can improve your health by enhancing air quality, reducing hazards, and supporting mental well-being. It’s an opportunity to create a cleaner, safer, and more uplifting space for you and your family.

Here are some suggestions:

**Improve Air Quality:**

- Replace HVAC air filters, dust surfaces, and vacuum regularly to reduce allergens like pollen, pet dander, and dust mites. While cleaning, check for signs of mold—especially in damp areas like bathrooms, basements, and around windows.

**Reduce Risk of Foodborne Illness:**

- Deep clean your refrigerator and pantry by wiping down shelves, discarding expired items, and organizing food properly. Keeping these areas clean helps prevent the growth of harmful bacteria and reduces the risk of foodborne illness.

**Support Mental Health:**

- Decluttering can boost mood and reduce stress. Instead of throwing items away, consider donating gently used clothing and household goods

**Safely Dispose of Medications:**

- Go through your medicine cabinet and remove expired or unused medications. Use safe disposal methods, such as Detera bags, to prevent misuse and protect the environment.

***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**

# APRIL 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](http://uncashd.org).

Date	Time	Location / Details
Wed, April 1	10:30 AM – 1:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich
Thur, April 2	10:00 – 11:00 AM	Lisbon Senior Center, Lisbon
Fri, April 3	closed	Holiday- office closed
Wed, April 8	11:00 AM -1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Wed, April 8	4:00 – 5:00 PM	<b>MOBILE FOOD PANTRY</b> at Three Rivers Community College, 574 New London Tpke, Norwich
Mon, April 13	12:30 -1:30 PM	Preston Senior Center, Preston
Tues, April 14	11:30 AM - 12:30 PM	Salem Senior Center, Gardner Lake Firehouse
Tues, April 14	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, April 15	10:30 AM – 1:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich
Thur, April 16	4:00 - 5:00 PM	<b>MOBILE FOOD PANTRY</b> at Griswold Public Works, 1148 Voluntown Rd. Griswold
Tue. April 21	10:30 - 11:30 AM	Franklin Senior Center, Franklin
Tues, April 21	12:30 - 1:30 PM	St. Jude Common, Norwich
Tue, April 21	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, April 22	11:00 AM - 1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Wed, April 22	1:00 - 2:00 PM	<b>MOBILE FOOD PANTRY</b> at Dodd Stadium, 14 Stott Ave, Norwich
Fri, April 24	1:00 - 3:00 PM	HEALTH FAIR at Griswold Senior Center
Tues, April 28	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Thu. April 30	12:00 - 1:00 PM	Sprague Senior Center, Sprague

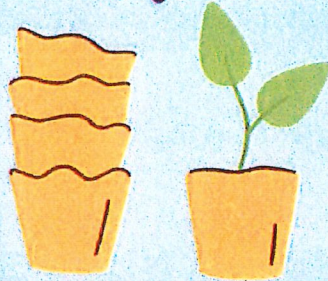
**We offer the following services at all of our events:**

**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.**

# HOW GARDENING HELPS YOUR MENTAL HEALTH



Natural sunlight exposure raises levels of vitamin D and can lead to better sleep.



Encouraged social interaction within community gardening.



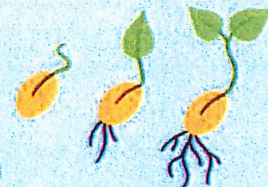
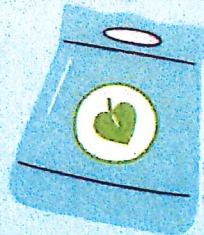
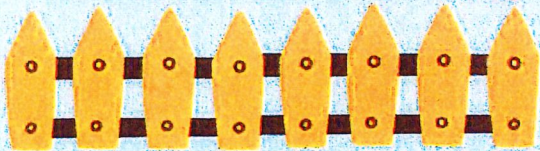
Improved mood and reduced stress from the environment of greenery, flowers or water. Focusing on the details help push away negative thoughts.



Improved attention span by devoting full attention to a gardening project rather than our devices.



Boosted self-esteem from accomplishments of growing something from the ground up.



 @BCBSMICHIGAN

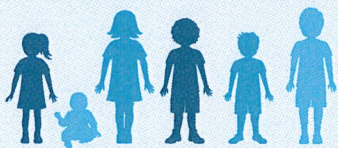
---

*Seed packets were donated by the UCONN Extension Service and the UNCAS Health District. Happy Gardening!*

---

# PREVENTING MEASLES

## BEFORE AND AFTER TRAVEL



Measles can be dangerous, especially for babies and young children. Severe measles can lead to hospitalization and even death.

Measles is still common in many parts of the world. Anyone who is not fully vaccinated against measles and travels internationally or to a place with a measles outbreak is at risk.



You can protect yourself and your children against measles with the measles, mumps, rubella (MMR) vaccine.

### What to do BEFORE international travel

1. **Talk to your doctor, nurse, or clinic** to make sure everyone is protected against measles.
2. **Get the vaccine at least 2 weeks before you leave.**
  - Babies 6 through 11 months old should get a dose of the MMR vaccine.
  - Everyone 12 months and older (including adults) should get 2 total doses before travel.
    - If you haven't been vaccinated before, get the 1st dose right away. You can get the 2nd dose 28 days later.
    - If you've gotten 1 dose before, get a 2nd dose before travel.
3. **Even if your trip is less than 2 weeks away, you can still get 1 dose of the MMR vaccine.**

If you plan to travel to an area in the U.S. with a measles outbreak, talk to your doctor, nurse, or clinic to make sure everyone is protected against measles.



### What to do AFTER international travel or travel to a place with a measles outbreak

1. **Watch for measles symptoms for 3 weeks** after you return. Measles is **very contagious** and can spread to others quickly.
2. **Call the doctor or clinic RIGHT AWAY if:**
  - You think you or your child have been exposed to measles.
  - You or your child gets sick with a rash and fever. Tell your doctor where you traveled, and if you and your child got the MMR vaccine.
3. **If you or your child is sick with a rash and fever stay home** until you talk to the doctor or clinic.

LEARN MORE

[cdc.gov/measles/travel](https://cdc.gov/measles/travel)





IS PROVIDING  
**HANDS-ONLY CPR, STOP  
THE BLEED, and NALOXONE**  
**TRAINING**

Join us for a course designed to give you the skills and confidence to respond in emergencies.

**TRAINING INCLUDES**

- ✓ **Severe Bleeding Control**
- ✓ **CPR (without mouth-to-mouth breaths)**
- ✓ **Naloxone administration**
- ✓ **Hands-on Training**

STOP THE BLEED COURSE  
MADE POSSIBLE BY A GRANT FROM



**FREE COURSE!**

Call to schedule a training class for your group or organization

**860-823-1189**

# APRIL 6-10 is NATIONAL PUBLIC HEALTH Week

## What do public health nurses do?

Analyze data	L S V Y S M O K I N G C E S S A T I O N S N R M
Community health	M E C X H M F Q M H F C P Y T A V N N M O N K A
Food-illness prevention	R S Q E D V S H E P A T I T I S C T E S T I N G
Hands Only CPR	A R A S S J A Y K R C N Y V K Q Q E E R F G Y F
Harm reduction	Z U T A Y V X A F B K G D G Q V R B A Q O Y X H
Hepatitis C Testing	M N R E R X V M F B Z W Q S V C U Y B J P C O T
HIV testing	A D D S I S H T L A E H E T O M O R P K X I Z L
Illness prevention	I E T I N N Q E A F J M S P R N O I Z J O L C A
Immunize	L R J D G M S M Q V X H R S Y B L P O Q M O O E
Influence policy	L E Y T E Z K X N A F K Y V V K S Y Z U R P I H
Naloxone training	N T G N S O V W C Z J D O Y T I M I C S Z E S Y
Prevent disease	E S X E E F H A R M R E D U C T I O N P K C T T
Promote health	S I D V R C Z P A T A D E Z Y L A N A I R N O I
Provide education	S G L E V W K G H I V T E S T I N G C E Q E P N
Registered nurses	P E Z R I P W V O O K P Z E E R X U I F R U T U
Screenings	R R M P C H Z A K N J W D N C Z O L U Q Q L H M
Smoking cessation	E D H P E C M Z K X Q L D X L R I H H V K F E M
Stop The Bleed	V I G F S T T I C K T E S T I N G N B F Q N B O
Suicide prevention	E W R E F Y E A O E N O D U J S D N U L S I L C
Syringe services	N P R O V I D E E D U C A T I O N Q D M Y Z E V
Tick testing	T R F G N I N I A R T E N O X O L A N T M W E S
	I C S C R E E N I N G S L G X O E U H S T I D B
	O D B S U I C I D E P R E V E N T I O N L I K I
	N A P N O I T N E V E R P S S E N L L I D O O F

Stop by our van and say Hello!

