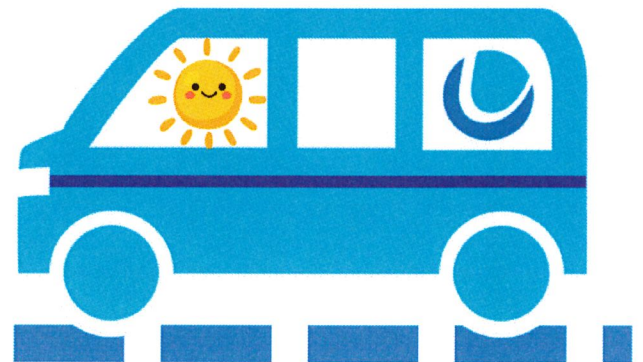


JULY is SUN SAFETY Month.

Protect your skin by applying broad-spectrum sunscreen with at least SPF 30 before heading outdoors, and reapply every two hours or after swimming. Wear a wide-brimmed hat and sunglasses to shield your face and eyes from harmful UV rays.

Check out our puzzle page to learn important pedestrian safety tips.



JULY 2026

Sip, Sip, Hooray! Stay Hydrated



Staying hydrated is essential for your body to function properly, especially during the hot summer months. Water helps regulate body temperature, keeps joints lubricated, delivers nutrients to cells, and supports organ function. Most adults should aim to drink at least eight 8-ounce glasses of water per day, though you may need more if you are physically active or spending time outdoors in the heat.

Signs of dehydration include dark yellow urine, dry mouth, fatigue, dizziness, and headaches. Children and older adults are especially vulnerable to dehydration and should be encouraged to drink water

frequently throughout the day, even if they do not feel thirsty.

To make hydration easier, try carrying a reusable water bottle wherever you go and setting reminders to take sips throughout the day. Adding slices of fruit like lemon, cucumber, or berries can make water more enjoyable if you find plain water boring.

Limit sugary drinks, sodas, and excessive caffeine, as these can actually contribute to dehydration. Foods with high water content, such as watermelon, cucumbers, oranges, and strawberries, also count toward your daily fluid intake.

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

JULY 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 |
|---------------|---------------------|---|
| Thurs, July 2 | 10:00 – 11:00 AM | Lisbon Senior Center, Lisbon |
| Fri, July 3 | closed | HOLIDAY |
| Tues, July 7 | 11:00 AM - 12:30 PM | Lebanon Senior Center, Lebanon |
| Tues, July 7 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, July 8 | 11:00 AM -1:00 PM | HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville |
| Wed, July 8 | 4:00 – 5:00 PM | MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich |
| Thurs, July 9 | 11:00 AM - 1:00 PM | St. Vincent DePaul Place, 120 Cliff St, Norwich |
| Fri, July 10 | 10:00 AM- 11:00 AM | MOBILE FOOD PANTRY at Preston Senior Center, 42 Long Society Rd. Preston |
| Fri, July 10 | 11:30 AM - 12:30 PM | Bozrah Senior Center, Bozrah |
| Mon, July 13 | 12:30 -1:30 PM | Preston Senior Center, Preston |
| Tue. July 14 | 10:30 - 11:30 AM | Salem Senior Center, Gardner Lake Firehouse, Salem |
| Tues, July 14 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Thur, July 16 | 4:00 - 5:00 PM | MOBILE FOOD PANTRY at Griswold Public Works, 1148 Voluntown Rd. Griswold |
| Tues, July 21 | 11:30 AM - 12:30 PM | Franklin Senior Center, Franklin |
| Tue, July 21 | 12:30 - 1:30 PM | St. Jude Commons, Norwich |
| Tues, July 21 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, July 22 | 11:00 AM - 1:00 PM | HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville |
| Tues, July 28 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, July 29 | 1:00 - 2:00 PM | MOBILE FOOD PANTRY at Dodd Stadium, Norwich |
| Thu. July 30 | 12:00 - 1:00 PM | Sprague Senior Center, Sprague |

We offer the following services at all of our events:

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



SUN SAFETY



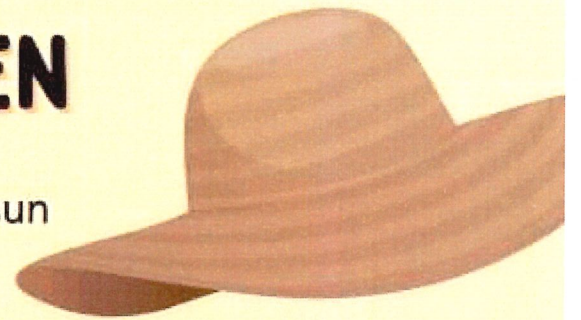
COVER UP

Wear clothing that covers your skin.



APPLY SUNSCREEN

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



WEAR A HAT & SUNGLASSES

Broad-brimmed hats provide better protection and make sure your sunglasses block both UVA and UVB rays.



SEEK SHADE

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.





American Heart Association.
Healthy for Good™

IT'S GREAT TO HYDRATE.

Staying hydrated benefits your body.



What is hydration?

Your body needs water to function. Hydration is the process of replacing water within your body.



What are sources of hydration?

Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.



Why is hydration important?

Staying hydrated helps your heart pump blood through the body, and helps to rid the body of waste. It also helps to regulate body temperature.



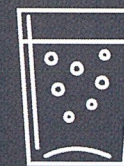
Rethink what you drink.

Avoid sugary fruit juices and sodas. (Even many "sports drinks" are high in sugar and calories.) Caffeinated beverages cause you to lose fluids and become less hydrated.



Staying well-hydrated.

Each person is different. But, in general, experts recommend about 15 and a half cups (or 3.7 liters) of fluids per day for men, and about 11 and a half cups (or 2.7 liters) of fluids per day for women. *(Note that's cups, not glasses. Drinking glasses and water bottles often hold more than one cup.)*



Make hydration a habit.

Our "[Habit Coach](#)" videos unpack the science behind habits.

Make good hydration a daily routine.

heart.org/healthyforgood

PEDESTRIAN SAFETY TIPS

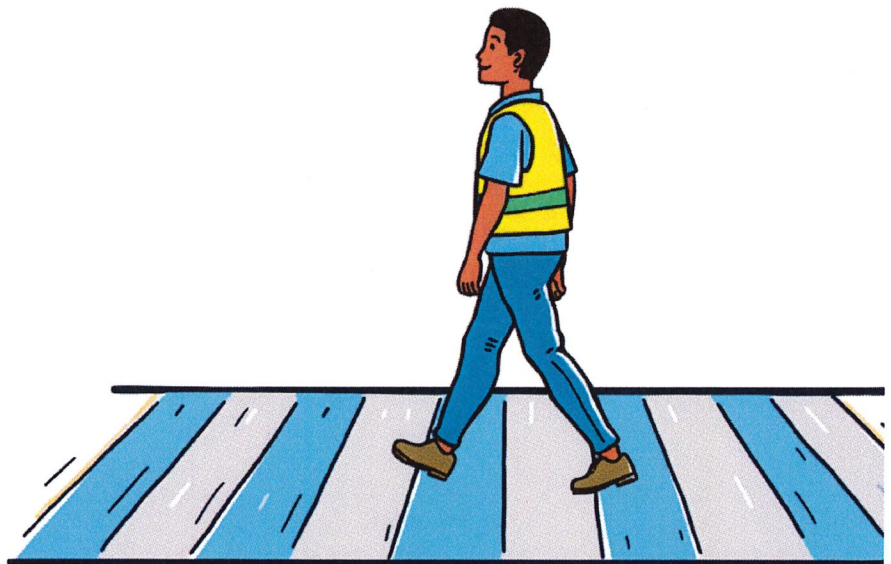
KNOW THE FACTS

Connecticut 2025 Pedestrian Safety Statistics

In 2025, 62 people were hit and killed while walking on Connecticut roads. There were 274 total traffic deaths that year. Overall deaths went down, but pedestrian deaths remain high — 6% above the five-year average.

KEY SAFETY TIPS:

1. Wear reflective or high-visibility clothing, especially in low-light conditions.
2. Stay alert — avoid phones or headphones when walking near traffic.
3. Use crosswalks, obey signals, and make eye contact with drivers before crossing.



✦ Walk facing traffic when no sidewalk

✦ Be extra cautious at night

✦ Obey all traffic signals



Pedestrian Safety Word Search

ALERT
CAR
CROSSING
DRIVEWAY
LIGHT

LOOK
OBEY
PEDESTRIAN
REFLECTIVE
SAFE

STREET
STOP
TRAFFIC
WALK
YIELD

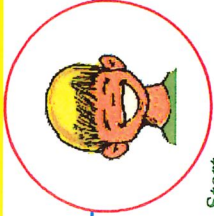
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When walking

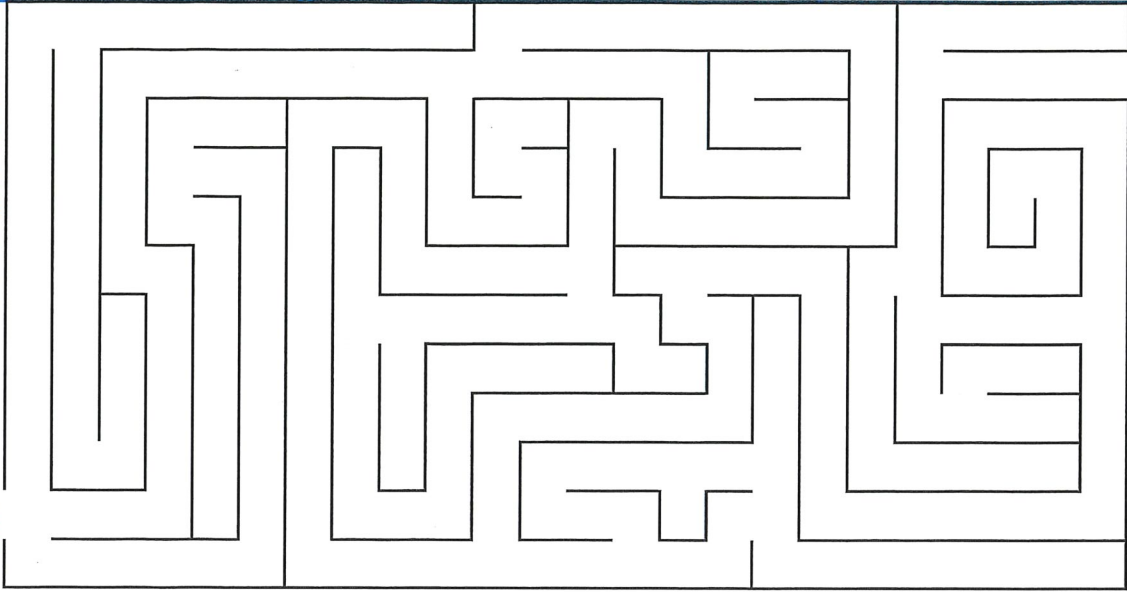
**BE SAFE
AND
BE SEEN!**



Help me find my jacket with reflective stripes so vehicle drivers can see me when I walk to school.



Start



Finish



Take the Time to Cross Safely.



Use the secret code to complete the phrase.

| | | | | | | | | | | | | |
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Safety Tips:

Driveways and alleys are dangerous because cars can be entering or leaving at any time.

- LOOK for backup lights
- LISTEN for engine noise
- LOOK for drivers in cars

Secret code answer: Look left, right then left again before crossing the street.