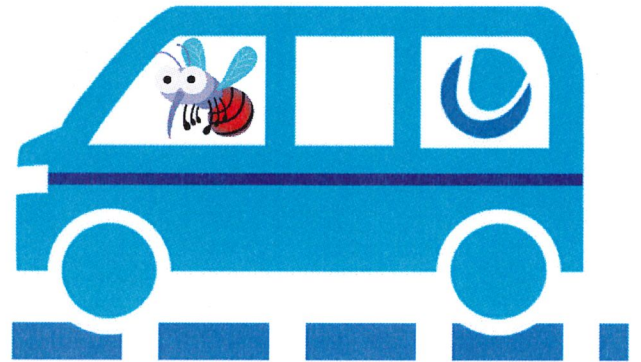


Germs are Tough...

...but proper **HANDWASHING** with soap and water for 20 seconds can easily beat them. You can learn more about how germs survive on surfaces through the "Germs are Tough" flyer inside. Be sure to also check out the Handwashing Guide so you, too, can become a "Germ Buster".

Our puzzle page is all about **Emergency Preparedness**. Be prepared this storm season.



AUGUST 2026

MOSQUITOES BITE

Southeastern Connecticut's coastal marshes and swamps breed large mosquito populations late each summer, creating a unique local risk for the rare but dangerous Eastern Equine Encephalitis (EEE) virus. While human infections remain very rare, sudden spikes in the bug population have previously caused four severe EEE cases in the area in the past.

But there are simple steps you can take to help prevent mosquito bites and the diseases they cause.

Apply insect repellent when outdoors. Use a repellent with an EPA-registered ingredient

(DEET, permethrin, picaridin, IR3535 or oil of lemon eucalyptus) according to the instructions on the product label.

Avoid peak mosquito hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities, if possible.

Mosquito-proof your home. Drain standing water and install or repair screens on windows.

Wear long sleeves, long pants and socks when outdoors.

-info courtesy of CT.gov and cdc.gov

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

AUGUST 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, August 4	11:00 AM - 12:30 PM	Lebanon Senior Center, Lebanon
Tues, August 4	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Tues, August 4	6:00 - 9:00 PM	National Night Out, Howard T. Brown Park, Norwich
Wed, August 5	11:00 AM - 1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Thurs, August 6	10:00 - 11:00 AM	Lisbon Senior Center, Lisbon
Thurs, August 6	3:30 - 5:30 PM	UCFS BACK TO SCHOOL FAIR at Three Rivers Community College
Fri, August 7	10:00 AM- 11:00 AM	MOBILE FOOD PANTRY at Preston Senior Center, 42 Long Society Rd. Preston
Tue. August 11	11:30 AM - 12:30 PM	Salem Senior Center, Gardner Lake Firehouse, Salem
Tues, August 11	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, August 12	9:30 AM - 1:00 PM	KIDS DAY at St. Vincent dePaul Place, 120 Cliff St., Norwich
Wed, August 12	4:00 - 5:00 PM	MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich
Thurs, August 13	11:00 AM - 1:00 PM	St. Vincent DePaul Place, 120 Cliff St, Norwich
Fri, August 14	10:30 - 11:30 AM	Bozrah Senior Center, Bozrah
Tues, August 18	10:30 AM - 11:30 PM	Franklin Senior Center, Franklin
Tue, August 18	12:30 - 1:30 PM	St. Jude Commons, Norwich
Tues, August 18	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Tues, August 25	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, August 26	11:00 AM - 1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Thu. August 27	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.

GERMS are TOUGH

- Viruses can be transferred from dry smooth surfaces up to 20 minutes after being contaminated.
- Some viruses can travel on droplets through the air.
- *E. coli*, *salmonella* and other bacteria can live up to two hours on surfaces like doorknobs, keyboards, and tables.

Bacteria double every 20 minutes.

Five bacteria on a sandwich at 12:00 noon will total over 10 million by 7 pm.

- Microorganisms can build up resistance to drugs (antibiotic resistance) intended to kill them.
- Hot water will not kill bacteria—only temperatures over 140 degrees can kill them.

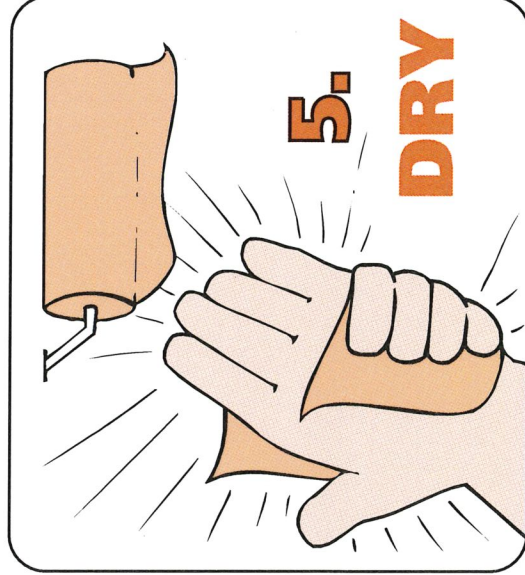
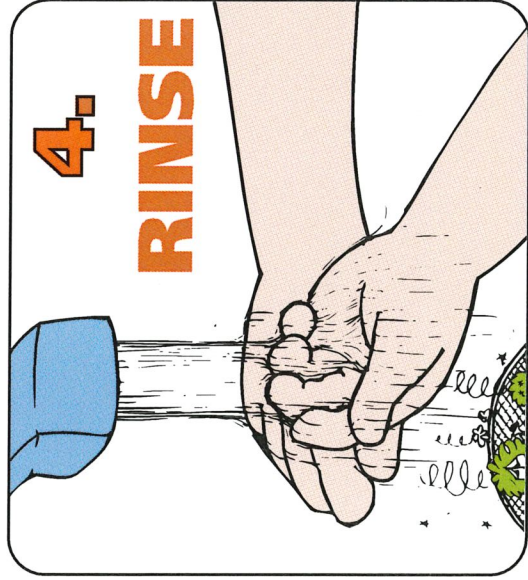
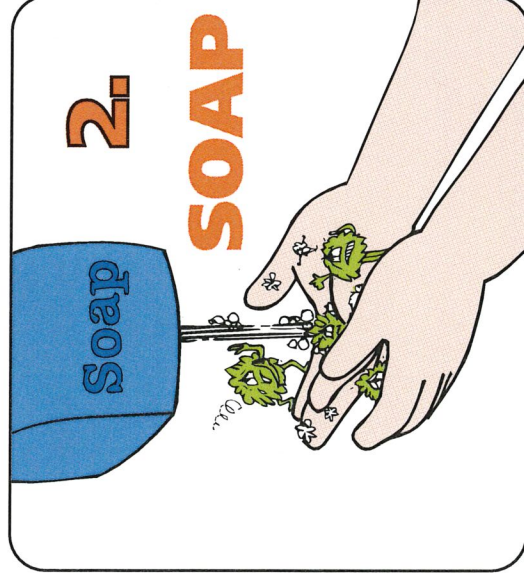
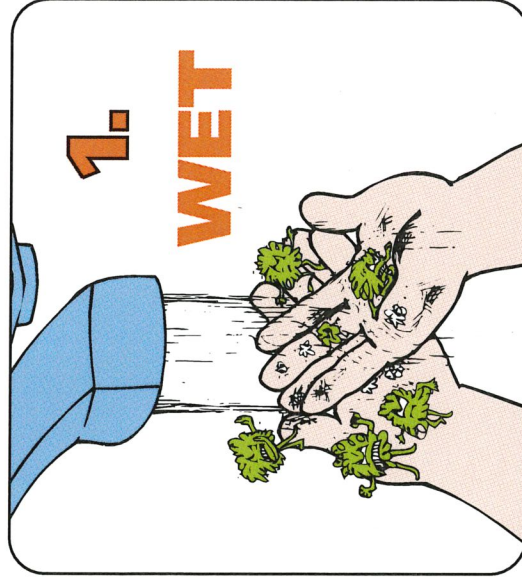
WASH YOUR HANDS!
COVER YOUR COUGH!



Be A Germ-Buster



WASH YOUR HANDS



MINNESOTA
MDH
DEPARTMENT OF HEALTH

Minnesota Department of Health
Food Safety Center
625 N Robert St, PO Box 64975, St. Paul, MN 55164
651-201-5414, TDD/TTY 651-201-5797, www.health.state.mn.us

Adapted with permission from Washington State Department of Health

UNCAS
HEALTH DISTRICT

Be Prepared – Build a Home Emergency Kit



1 gallon per person, per day



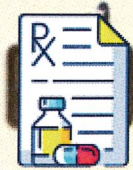
Medical equipment



Food



non-perishable



Medications



First aid kit



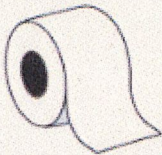
Flashlight



Personal hygiene



Small bills



Toilet Paper



Warm clothes



Tools



Extra batteries

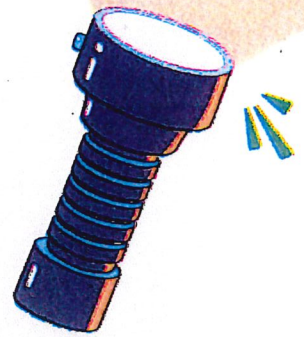


Sturdy shoes

Your Home Emergency Kit should have enough supplies for at least 3 days

What's in your family emergency kit?

Find the supplies you'll need during an emergency.



Z U O X X T U V M E D I C I N E F R N L M W X A
 W E I P N E I F O G C N W W J J R X K T Z Y T R
 R B A E A X U K G Z B C R J P J E J K O W E X I
 L N X T G T T W D T W B W F S G N S C Q V V J V
 N H P F D R C Z E I H H C H N N E I E F A A T T
 A S G O O A E L H J A G H Y V D P A X A K C I Y
 C L J O O C C K J L D T I A R Z O Q W M L U A Q
 Y I C D F E D E R U O Y S L E O N W W I U A O R
 T P U L E L Q O J O C R D R H D A O M L G T I B
 C C G U L L H M S M U A B N I S C I N Y Y I I A
 H P N D B P W P P F M V P I N F A A Q P G O K A
 D O X S A H G B L X E C O G W F C L B L H N E J
 C L D F H O N A C Z N U G L E K O B F A M P A C
 P X G G S N E Y M O T S T E K N A L B N Y L C M
 A L R G I E U O E E S J D R I Q Z D S N X A P T
 O C S H R B N B N W S S M B M P V E N Q A N V R
 S H S B E A F I A R I Z B M C J T J E W B R O I
 G A R X P T M R W T A I A N X W Y P K X M H J C
 C K E B N T O E C L T D R X P N O S P N I K J E
 P K T Y O E H M X Z O E I S Z M A T C H E S M I
 P I K T N R H S V U I N R O V F F N R H P A V W
 C V R I Q Y G M Q Q T H A I G A B O G O E K I B
 M Z W Y R O O J D R B D A T E J Q Y W A T E R Z
 U O G Z Y T I J P J K C K L E S F X R V S T Z F

soap
 batteries
 blankets
 can opener
 cash
 documents
 evacuation plan
 extra cell phone battery
 family plan
 first aid kit
 flashlight
 games
 go-bag
 matches
 medicine
 non-perishable food
 pet food
 radio
 water

UNCAS
 HEALTH DISTRICT
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 Norwich, CT 06360
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make a plan

gather supplies

get informed