

The Central Connecticut Health District is the local health department for the towns of Berlin, Rocky Hill and Wethersfield. The Health District is committed to providing essential local public health services by monitoring, diagnosing and investigating health problems; education; and enforcement of laws and regulations. An Emergency Preparedness Coordinator is on staff to facilitate the ongoing development of a public health emergency response plan in coordination with the town and regional plans. The Health District is responsible for assisting with actual response to local and regional public health emergencies, developing a local health alert network and recruiting/training local volunteers to assist with immunization clinics.

A wide variety of environmental programs and services are provided. State and Local laws and regulations are used to inspect, license and monitor numerous types of facilities and businesses such as food service establishments, barber shops, nail salons, day cares, motels, massage parlors, pools and swimming areas, septic systems, wells and rental housing. Complaint investigations are performed to eliminate violations and hazardous conditions.

Many wellness and educational programs are offered to help town residents lead healthier lives. Programs are open to all town residents. Examples of programs include blood pressure, weight, and cholesterol screening and management, fall prevention, diabetes self-care program, and the ACTIVE Fitness class. Additional services include prescription drug counseling, flu and pneumonia shot clinics, foot care services and vascular and skin cancer screenings. Bike helmets and radon detection kits are sold at nominal costs. Articles are regularly published in local newspapers on various health topics and also appear on the Health District's web site at www.ccthd.org.

PUBLIC HEALTH EMERGENCIES: *Answer the Call!*

Volunteer



Central Connecticut Health District

Serving the Towns of Berlin
Newington, Rocky Hill and Wethersfield

CADH
CONNECTICUT ASSOCIATION
OF DIRECTORS OF HEALTH, INC.

CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

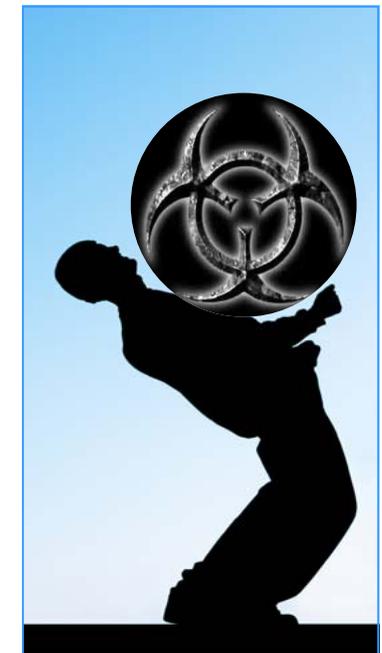
Your Local Health Department Needs Your Help!

Public Health Emergencies can sweep across the globe at rates faster than an airplane can travel. Local health departments are responsible for ensuring that each town in our state is prepared to respond to protect the health of our residents in the event of an emergency, whether it be food poisoning, a rapidly spreading disease or a natural disaster. In the case of a widespread outbreak, residents will need to come together to support each other and the community to help lessen the impact of a disease. This will most likely require more resources than your local health department has...so the question is:

Are YOU willing to help your community respond to this threat?

By working together, we can make sure that our community is prepared.

Health departments can't carry the burden of responding to this type of emergency alone...but with your help, WE CAN ALL BE PROTECTED!



How can you help? Volunteer with your local health department!

In Times of Trouble...

Everyone has the potential to provide strength and resources in times of emergency. You don't have to be a medical professional to help during a public health emergency. Many of the tasks that need to be done, like helping your neighbors fill out a form or making sure people get through a clinic quickly and easily, require only a commitment of your time and a desire to help. The donation of your time and effort can be of significant value in an emergency. Volunteers can help to provide essential services to help their community respond to the situation at hand.



Anyone can help...
So Get Involved!

Preparing for Disaster...

Through emergency planning and practicing, local health departments can identify problems before a disaster strikes and be better prepared to respond.

You can help them prepare by:

- Joining a planning committee in your community to prepare the response plan
- Acting as a "patient" during an exercise to test the community's response to a public health threat
- Organizing the resources necessary to prepare for an emergency health clinic
- Preparing communications about upcoming meetings, drills and exercises

Central Connecticut Health District

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When Your Community Calls...

In a public health emergency, your health department may need to set up clinics to provide medication or vaccinations to those affected by the disease outbreak. These clinics will need people with a variety of skills in order to accomplish the many tasks associated with operating a clinic.

Some tasks include:

- Collecting forms
- Directing people where they need to go in a clinic
- Distributing information about the outbreak
- Providing supplies to keep clinic staff going



Health departments provide medication and vaccinations in an emergency.

If we all help to perform the necessary tasks, our health department will be prepared to respond to any emergency and protect our community's health!

I want to help...Tell me more!

Please contact me with information about:

- Volunteer opportunities in preparation for an emergency
- How I can participate in a drill or exercise
- Opportunities for people with medical training

Name _____

Address _____

Phone _____

E-mail _____

I prefer to be contacted via:

- Phone
- Mail
- E-mail

