

The UConn Buzz



Fall Immunizations

As the respiratory disease season approaches, getting vaccinated against the flu and Covid-19 are one of the most important steps you can take to protect your health and the well-being of those around you.

The flu, caused by the influenza virus, is a highly contagious respiratory illness that can lead to serious health complications, especially in vulnerable populations such as the elderly, young children, and those with chronic health conditions.

COVID-19 caused by the novel corona virus is very infectious and can have serious complications. COVID-19 has shown how rapidly a virus can spread and impact global health. Vaccination is key to maintaining control over the virus. COVID-19 vaccines have been proven to reduce the severity of illness, prevent hospitalizations, and decrease the chances of death. Updated shots are also essential as they enhance immunity, especially in populations at higher risk.

Why Get Vaccinated?

1. Protection Against Severe Illness: The flu and Covid-19 can cause a range of symptoms, from mild discomfort to severe illness that may result in hospitalization or even death. The vaccines are

designed to protect against the most common and severe strains of the virus circulating each year. While it's not 100% effective, vaccines significantly reduce the likelihood of severe illness and complications. According to the Centers for Disease Control and Prevention (CDC), "flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick."

2. Community Immunity: When a significant portion of the population is vaccinated, it reduces the overall amount of virus circulating in the community, offering protection to those who cannot be vaccinated, such as infants or individuals with certain medical conditions. This phenomenon, known as community immunity or herd immunity, is crucial in preventing widespread outbreaks.

3. Other Benefits: Respiratory-related illness lead to missed workdays, reduced productivity, and increased healthcare costs. Getting vaccinated helps minimize these economic impacts by reducing the likelihood of contracting the flu or Covid-19 and spreading it to others. Getting vaccinated helps you to continue to do the things you love to do and reduces your risk of

getting those you love sick

Who Should Get Vaccinated?

The CDC recommends that most everyone aged six months and older receive a flu vaccine and a Covid-19 vaccine each year, with rare exceptions. It's especially important for individuals at higher risk of complications, including pregnant women, and people with chronic health conditions.

When and Where to Get Vaccinated

Flu and updated Covid-19 vaccines are typically available starting in the fall, before the respiratory disease season peaks. It's best to get vaccinated as soon as the vaccine becomes available to ensure maximum protection throughout the fall and winter season. Vaccines are available at doctor's offices, pharmacies, clinics, and community health centers. For more information about local vaccination go to: WWW.EHHD.ORG/VAX



Get on board. Stay on Track.
Get Vaxed.™



HAPPENINGS AROUND TOWN

Celebrate Mansfield Festival, Saturday September 28 from 2-8pm Come join the fun. The Festival has entertainment, a concert and dozens of booths sponsored by local businesses.

Spooky Stories at Indian Notch, Saturday October 5, at 5:30PM. Join the Bolton Recreation Department and Bentley Memorial Library for a fun evening of spooky stories and s'mores! Yummy Wagon will be attending with delicious hot dogs available for purchase as well. Registration is required!!

Things that Go Bump in the Night Candlelight Tour, various dates starting in September 26, 7-9 PM-October 31, 7-9 PM. Nathan Hale Homestead, Coventry, CT. Visitors will embark on a candlelit tour, passing the School House and cornfield, while hearing the Homestead's eerie ghost stories. The tour includes chilling tales of the Hale Staff's paranormal encounters, famously featured on Syfy's Ghost Hunters.

Sodium Savvy Eating and cooking Demonstration, November, 12, 5-6:30 PM, Manchester Hospital, Manchester. (Free) Join Registered Dietitians Bridget Sutherland, RDN and Lauren Rosenfield, RDN as they share information on sodium intake, how it affects your health and how to reduce sodium from your diet. To add some practical fun, there will be a cooking demonstration focused on holiday favorites.



Tomato, Cucumber and Red Onion Salad with Mint



INGREDIENTS ♦ 2 large cucumbers - halved lengthwise, seeded and sliced ♦ 1/3 cup red wine vinegar ♦ 1 Tbsp white sugar ♦ 1 tsp salt ♦ 3 large tomatoes, seeded and coarsely chopped ♦ 2/3 cup coarsely chopped red onion ♦ 1/2 cup chopped fresh mint leaves ♦ 3 T olive oil ♦ Salt and Pepper to taste

DIRECTIONS: In a large bowl, toss together the cucumbers, vinegar, sugar and salt. Let stand at room temperature for an hour, stirring occasionally. Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper. **Enjoy**

Fire Prevention In The Kitchen

"In 2021, fire departments in the United States responded to an estimated 170,000 home cooking fires" (U.S. Fire Administration). Household burns are among the most common injuries, often resulting in pain, scarring, and sometimes more severe health consequences. They can happen quickly and unexpectedly, making it crucial to adopt preventive measures to protect yourself and your loved ones. Here are some essential tips to help you avoid household burns and ensure a safer home environment.

The kitchen is a hotspot for potential burn injuries due to the frequent use of heat and open flames. To minimize the risk:

- 1. Stay Attentive:** Never leave cooking food unattended. A momentary distraction can lead to a kitchen fire.
- 2. Use Back Burners:** Whenever possible, use the back burners on your stove. This reduces the risk of children reaching up and getting burned.
- 3. Turn Pot Handles Inward:** Always turn pot handles away from the edge of the stove. This prevents accidental spills that can cause severe burns.
- 4. Keep Flammable Items Away:** Keep dish towels, paper towels, and other flammable items away from stove tops and ovens.



- 5. Test Food Temperature:** Be cautious when microwaving. Stir and test the temperature before eating, especially from the stove.

Finally, don't forget to test your fire alarm, monthly for battery powered alarms and twice yearly for hardwired alarms. And keep yourself and loved ones safe.

Source: U.S. Fire Administration

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice

