

UNCAS HEALTH DISTRICT UPDATE

Seasonal Flu is on the Rise

Within the Uncas Health District's 11 towns, there have been 368 seasonal flu cases in the 2022-2023 season as of November 29). All but 1 of those cases are A strain flu. The highest number of cases are in the school age group (5-17 Years). They are followed by the 18-49 year old group, the 0-4 year old group and the 50-64 and 65+ age groups have an equal number of cases.

In comparison to prior flu seasons, this one is shaping up to be a very busy one! If you haven't yet gotten your flu shot... now is the time. As always, wash your hands, cover your cough and PLEASE stay home if you're sick!

The Uncas Health District will be offering clinics every Thursday in December from 12:00 pm-5:00 pm targeting the pre-k and childcare children who require their flu shot before returning to school in the new year. Call the Uncas Health District office at (860) 823-1189 for an appointment. Enjoy a Safe Holiday Season
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From late November to mid-January, when families gather, parties are scheduled and travel spikes, safety should be top of mind. Over the next few weeks, UHD will share some tried-and-true advice to ensure your family remains safe and injury-free throughout the season.

ENJOY A SAFE HOLIDAY SEASON

Stay Up to Date with COVID-19 Vaccines and Flu Vaccines

According to the CDC, children and adults should stay up to date with COVID-19 vaccines. Updated bivalent boosters became available Sept. 2, 2022. Of course, anyone who has symptoms of illness should stay home. Getting the flu vaccine is another important step to protect yourself and those around you. When gathering with people from multiple households, consider taking a COVID-19 test prior to the event to further reduce risk.

Food Poisoning Is No Joke

Keep your holidays happy by handling food safely. The foodsafety.gov website from the U.S. Department of Health and Human Services provides some valuable holiday food safety tips:

- Wash your hands frequently when handling food
- Keep raw meat away from fresh produce
- Use separate cutting boards, plate and utensils for uncooked and cooked meat to avoid cross-contamination
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate hot or cold leftover food within two hours of being served
- When storing turkey, cut the leftovers in small pieces so they will chill quickly
- Leftovers are safe for three to four days when properly refrigerated

These tips were shared courtesy of the National Safety Council and Uncas Health District.