

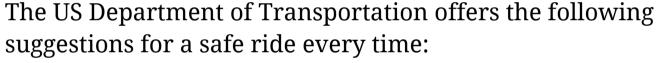
CHATTING

ABOUT HEALTH

DISTRACTED DRIVING AWARENESS MONTH

Distracted driving killed more than 3000 people in 2020

Texting while driving tops the list of potential distractions but other distractions include talking on the phone or with passengers, adjusting the radio, setting navigation, eating or drinking, applying makeup, and anything than can take attention away from the road.



- If you're in the driver's seat, driving is the only thing you should be doing. No distractions.
- Need to send a text? Pull over and park your car in a safe location.
- Designate your passenger as your "designated texter."
- Do not scroll through apps, including social media, while driving.
- Struggling to not text and drive? Put the cell phone in the trunk, glove box, or back seat of the vehicle until you arrive at your destination.
- If your driver is texting or otherwise distracted, tell them to stop and focus on the road.



Learn more from US Department of Transportation:



NATIONAL PUBLIC HEALTH WEEK APRIL 3-9, 2023

Chatham Health District

is the local health department for the towns of Colchester, East Haddam, East Hampton, Hebron, Marlborough and Portland.

We are your local health department.

Here are just some of the things that we do to promote, protect and improve the lives of residents of our district.

Reduce foodborne illness
through education and
inspection of food
service establishments

Protect public health and the environment by ensuring proper design and function of septic systems

Childhood lead posionsing prevention and investigation

Monitoring and control of communicable diseases

Vaccination clinics for COVID-19 and flu



Support testing of ticks that bite residents of our district

Learn more about us



Community education and outreach about various health topics

COVID-19 VACCINES AND BOOSTERS

• On December 9, 2022, CDC and FDA expanded the use of updated bivalent boosters to include everyone 6 months and older.



Learn more about vaccines at

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html

To find a COVID-19 vaccine clinic near you visit our website:

https://www.chathamhealth.org/vaccines



