



SERVING THE TOWNS OF BETHANY, HAMDEN, NORTH HAVEN & WOODBRIDGE

Winter 2023

Test Your Home. Protect Your Health.

JANUARY IS NATIONAL RADON ACTION MONTH



Radon is a naturally occurring, radioactive gas released in rock, soil, and water formed from the breakdown of uranium. You can't see radon or smell it.

January is National Radon Action Month. The Connecticut Department of Public Health's "Basic Radon Facts" provides the following information on radon (CT DPH, January 2021):

Radon levels in outdoor air pose a low threat to human health. However, radon can enter homes from surrounding soil and become a health hazard inside. Breathing radon over prolonged periods may damage lung tissue. Exposure to radon is the leading cause of lung cancer in nonsmokers in the United States, with the U.S Environmental Protection Agency (EPA) estimating that radon causes more than 20,000 lung cancer deaths in the country per year.

Testing for radon is the only way to know if it is in your home. The best time to test for radon is now, in the colder season between the months of November through March when your windows and outside doors are closed majority of the time.

The EPA recommends that homeowners may want to consider fixing their homes for radon levels between 2pCi/L and 4 pCi/L. Radon problems can be corrected by qualified radon mitigation contractors. The approximate cost of a radon mitigation (reduction) system in CT is \$1,200. To obtain a list of qualified radon mitigation contractors, please visit the DPH Radon Program web site at www.ct.gov/dph/radon.

QVHD is offering a **limited number** of free radon test kits to residents. Residents in the towns of Bethany, Hamden, North Haven, and Woodbridge can reserve a free radon test kit for pick up at the health district located at 1151 Hartford Turnpike in North Haven. Supplies are limited, so please reserve by calling: (203) 248-4528 or e-mailing: info@qvhd.org. Radon test kits can also be purchased from the American Lung Association (1-800-LUNG-USA or www.lung.org), home improvement stores/local hardware stores, or can be done by a qualified tester. Visit CT DPH Radon Program website for a list of qualified radon measurement professionals.

Additional resources: <https://www.epa.gov/radon> www.ct.gov/dph/radon



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Quinnipack Valley
Health District



SERVING THE TOWNS OF BETHANY, HAMDEN, NORTH HAVEN & WOODBRIDGE

Stay Safe this Winter

With the winter months upon us, take time to prepare and keep you & your loved ones safe this season.



DON'T FORGET YOUR PETS



Even with a natural fur coat, winter can be deadly for your pets unless proper care is given.



Keep them warm and dry, and indoors whenever possible.



Provide plenty of food and water. Dehydration is especially dangerous in winter.



When outside, keep them bundled up. Limit outside time, and thoroughly clean (including paws) when bringing them in



weather.gov



Images Credit: weather.gov



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CANNABIS LAWS IN CT: WHAT TO KNOW

RECREATIONAL SALES OF CANNABIS BEGIN JANUARY 10, 2023



ADULTS WHO ARE 21 AND OLDER ARE NOW LEGALLY ALLOWED TO PURCHASE, CARRY, AND USE CANNABIS (MARIJUANA) IN CT

IT IS ILLEGAL FOR ADULTS TO PROVIDE CANNABIS TO MINORS JUST LIKE TOBACCO & ALCOHOL, THE PURCHASE, USE, OR POSSESSION OF CANNABIS BY ANYONE **UNDER 21** YEARS OF AGE IS STILL AGAINST THE LAW

AN INDIVIDUAL 21+
MAY POSSESS AND
USE UP TO 1.5 OZ
OF CANNABIS

AN INDIVIDUAL MAY ALSO
STORE UP TO **5 OZ** IN A
LOCKED CONTAINER AT
HOME, OR TRANSPORT
IT IN A LOCKED
GLOVEBOX/TRUNK

**DRIVING UNDER THE INFLUENCE IS
AGAINST THE LAW**
IT IS AGAINST THE LAW FOR BOTH
DRIVERS AND PASSENGERS TO
USE CANNABIS IN A VEHICLE
WHILE IT IS OPERATING



KEEP CANNABIS, INCLUDING EDIBLES,
SAFELY STORED IN A SECURE, LOCKED LOCATION TO
AVOID MISUSE BY CHILDREN OR OTHERS IN THE HOME



LOCATION MATTERS

- Generally you cannot smoke/vape anywhere you can't smoke or vape tobacco; be considerate of others around you, don't smoke indoors.
- Towns/Cities may enact ordinances on where cannabis can/can't be consumed
- Cannabis use will be prohibited in state parks, beaches, & waters



All information obtained from
www.beintheknowct.org

IF A CHILD INGESTS CANNABIS, CALL POISON CONTROL IMMEDIATELY: 1-800-222-1222

IF A PET INGESTS CANNABIS, CALL ANIMAL POISON CONTROL IMMEDIATELY: 1-888-426-4435



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QUINNIPACK VALLEY HEALTH DISTRICT
1151 HARTFORD TURNPIKE, NORTH HAVEN
WWW.QVHD.ORG | 203-248-4528 | INFO@QVHD.ORG

FREE Suicide Prevention Training



**Ask A Question,
Save A Life.**

QUESTION. PERSUADE. REFER.

**Thursday, March 9th, 2023
North Haven Recreation Center
6:00 PM -7:30 PM**

Learn three steps to help prevent suicide

- How to **Question, Persuade and Refer** someone who may be suicidal.
- Common causes of suicidal behavior.
- Warning signs of suicide.
- How to help prevent suicide.
- How to get help for someone in crisis.

**Participants must be 18 years of age or older
Space is limited; register by visiting: bit.ly/QVHDQPR**

*Link to registration is character sensitive



For questions, contact
Kara or Ali: 203-248-4528



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