



# 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.*



The US Department of Transportation offers the following suggestions for a safe ride every time:

- 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

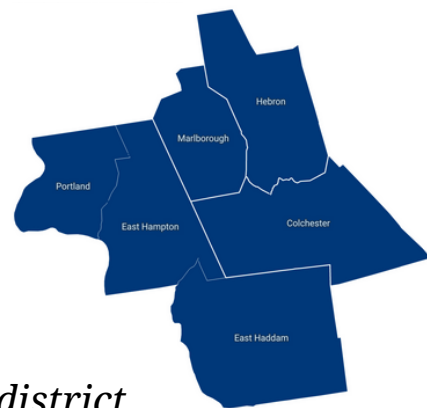
APRIL 3-9, 2023

## 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 poisoning 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>



WWW.CHATHAMHEALTH.ORG

