

### FOOD SAFETY IN HOT WEATHER

Warm weather conditions may be ideal for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness.

Take these steps to reduce your risk:

- ▶ Wash hands thoroughly before and after handling food;
- ▶ Use a food thermometer to ensure that food reaches a safe internal temperature - hamburgers should be cooked to 160°F large cuts of beef may be cooked to 145°F for medium rare or 160°F for medium; poultry must reach 165°F;
- ▶ Do not put cooked food on the plate that held raw food unless it has been washed with hot water and soap first;
- ▶ Do not let food sit out for more than **one** hour in hot weather without it being refrigerated.

### AQUARION CUSTOMERS IN WESTPORT

In an effort to conserve water, Aquarion has announced a mandatory twice weekly sprinkler irrigation schedule in effect through October 31. If the last digit of your address is an even number, you may water Sunday and Wednesday from 12:01 am-10:00 am, or 6:00 pm – Midnight. If the last digit of your address is an odd number, you may water Saturday and Tuesday from 12:01 am-10:00am, or 6:00 pm – Midnight. If you do not have an address number, you may water Sunday and Wednesday from 12:01 am-10:00am, or 6:00 pm – Midnight.

Questions? Call Aquarion Customer Service Center at 1-800-732-9678 during regular business hours (Monday through Friday, 8:00 am to 5:30 pm).

### DRUG DEACTIVATION KITS

WVHD has a number of drug deactivation kits that it is distributing free of charge. These kits can be used to deactivate up to 45 pills, 6 ounces liquid, or 6 patches (NO syringes). These kits provide a safe way to dispose of excess and expired medications. Ask at the Health District's front desk for your kit.

### CHOLESTEROL AND BLOOD PRESSURE SCREENING

Westport Weston  
Health District  
180 Bayberry Lane  
Westport

Screenings include total, LDL, and HDL cholesterol levels, blood sugar, triglyceride levels and blood pressure. With this information, licensed health professionals will help you develop a personal action plan to make heart healthy choices. Fasting is required. The cost for the screening is \$25, cash, check, Mastercard or Visa. Call Loren Pace, RN, at 227-9571, ext. 231, for an appointment.

### THE WESTPORT WESTON WILTON MEDICAL RESERVE CORPS

Westport Weston Wilton



The Westport Weston Health District is seeking motivated volunteers to join its Medical Reserve Corps (MRC). The MRC is a specialized component of the Citizens Corps, and part of a national network of volunteers dedicated to assisting hometown emergency preparedness and response efforts. The MRC stands ready to respond with our community's local officials to public health emergencies (and non-emergencies as well). MRC members receive free training and learn to better prepare themselves and their families for emergency situations. For more information about the MRC see our web site ([www.wwhd.org](http://www.wwhd.org)).

## CLINICS

The following clinics are held at the Health District,  
180 Bayberry Lane, Westport

#### HIV/AIDS COUNSELING AND TESTING CLINIC

##### By Appointment Only

Open to all regardless of age or residence. Anonymous or confidential HIV, STD (chlamydia and gonorrhea) and Hepatitis C testing available. This clinic is free, but a \$10 donation is suggested. Call Loren Pace, RN, at 227-9571, ext. 231, to schedule an appointment.

#### WELLNESS FOR ADULTS & CHILDREN

##### By Appointment Only

Blood sugar testing and free blood pressure screening, monitoring, and counseling are offered. TB testing is available for a charge.

#### IMMUNIZATION CLINIC

##### By Appointment Only

Routine immunizations and boosters are available for adults and children. Fees payable by cash, personal check, or Mastercard/Visa. Call Loren Pace, RN, at the Health District at 227-9571, ext. 231, to schedule an appointment.

#### TRAVELERS CLINIC

##### By Appointment with the Clinic Physician

Travelers meet with a WVHD physician to review travel itinerary and receive recommended immunizations and prescriptions. Bring records of previous immunizations. Fees payable by cash, personal check or Visa/Mastercard. Call Melissa Romano at 227-9571, ext. 224, to schedule an appointment.

