



Healthy
Matters of Interest
from
InterCommunity, Inc.

InterCommunity Health Care Supports Black Communities

COVID-19 Update

Coronavirus Testing at InterCommunity



Find out if you or a member of your family have coronavirus.

Adults and children can now be tested at

InterCommunity Health Care offices in Hartford, East Hartford and South Windsor.

Hartford:

Mon., Wed. & Fri.
1:00 pm - 3:00 pm

Tues. & Thurs.
9:00 am - 3:00 pm

16 Coventry Street

East Hartford:

Wednesdays & Fridays

9:00 am - 3:00 pm

281 Main Street

South Windsor:

Mondays & Wednesdays

9:00 am - 3:00 pm

828 Sullivan Ave.

- Walk up testing all locations
- No doctor's order or appointment needed
- Testing for adults and children
- Test is a self-administered nasal swab

- Bring identification and insurance card
- InterCommunity will call you with the results of your test
- Insurance and uninsured accepted

Help us stop the spread of coronavirus. Get tested today.

Please wear a face mask, scarf or bandanna and observe social distancing of 6 feet while waiting to be tested.

REMINDER: InterCommunity Health Care's detox center in Hartford is open and accepting patients. **Call 860-569-5900, Ext. 515**

Maintaining Children's Healthy Vision

[Safety Month](#), raising awareness about the importance of children's vision health and prevention of eye injuries. One out of 20 children ages 3 to 5 has a vision problem such as near-sightedness, far-sightedness, astigmatism, uneven focus, color-blindness, amblyopia (lazy eye) or strabismus (crossed eyes).

Regular eye exams for children are crucial as they aid in early detection and referral for proper treatment. For example, lazy eye can often be corrected if treatment is started before the child reaches 8 or 9 years of age.



The American Academy of Ophthalmology and the American Association for Pediatric Ophthalmology and Strabismus recommend [regular vision screening](#), which can be done at well-child visits. Visual acuity should be tested as soon as a child is old enough to read an eye chart.



Preventing Eye Injuries

Thousands of sports-related eye injuries and blindness happen every day, with one-third of injuries happening in children under age 16. Most [eye injuries](#) related to sports or recreational activities can be avoided if children wear protective eyewear. Polycarbonate lenses are shatterproof and highly resistant to impact, and are recommended for children who participate in

basketball, racquet sports, soccer, and field hockey.

In addition, children who spend a lot of time outdoors should wear sunglasses with standard UV 400 lenses or 100% UV protection. Wearing sunglasses as a child can help protect against the most common eye conditions that develop in adulthood.

Back to School Health Care Clinics for East Hartford School-age Children

Make your child's appointment now for back-to-school physicals, sports physicals and immunizations. Call 860-569-5900 today.

East Hartford High School: August 7, 11, 14, and 21 from 9 am - 3:30 pm

East Hartford Middle School: August 13, 19, and 20, from 9 am - 3:30 pm

[English flier](#)
[Spanish flier](#)



If you, or someone you know, is interested in [addiction recovery services](#), [primary care](#), or [mental health care](#) for children or adults, contact

InterCommunity. To receive services at any of our Hartford, East Hartford, or South Windsor locations, please call us first at 860-569-5900.

