

Anne Arundel County Department of Health Community Health Announcements and News Releases November 2019

EMPLOYMENT OPPORTUNITIES

For employment opportunities at the Department of Health, visit www.aahealth.org/jobs.

BIRTH AND DEATH CERTIFICATES

The Department of Health can provide certified copies of Maryland birth and death certificates. Visit www.aahealth.org/birth-certificates or call 410-222-4462 for office hours and fees.

OPEN BURNING REQUIREMENTS

Anne Arundel County residents and visitors can go to www.aahealth.org/openburn to get information about open burning restrictions; applications and licenses to conduct an open fire; and filing nuisance complaints.

DENTAL HEALTH SERVICES

The Department of Health provides dental services by appointment to income-eligible children, young adults, expectant mothers and to adult participants in the county REACH program. Dental clinic locations are in Annapolis (3 Harry S. Truman Parkway, 410-222-7138) and in Glen Burnie (North County Health Building, 791 Aquahart Road, 410-222-6861). Services include cleaning, fluoride treatment, periodontal treatment, sealants, fillings, root canals, extractions, crowns, bridges, oral health education and dental health referrals.

BREAST AND CERVICAL CANCER SCREENING REFERRALS YEAR-ROUND

The Department of Health provides referrals for free breast exams, mammograms and Pap tests to eligible county residents. For details, call 410-222-6180 or visit www.LearnToLiveHealthy.org.

SAFE STATIONS INITIATIVE

Anne Arundel County and Annapolis City fire and police stations are designated safe environments for individuals seeking assistance from heroin/opioid addiction. Those seeking help can visit any fire or police station 24/7 to be linked with a substance use disorder treatment program.

STAR (Screening Teens to Access Recovery)

The Anne Arundel County STAR Program allows school health nurses to utilize technology to connect public high school students in a tele-session with a Department of Health licensed therapist. High school students can go to their health room during the school day for help with substance use issues.

BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND TEENS

The Department of Health provides outpatient mental health and substance use disorder treatment for 4- to 18-year-old children and their families without private medical insurance. For more information, call 410-222-6785.

DRUG AND ALCOHOL USE PREVENTION AND EDUCATION FOR COUNTY YOUTH

The Prevention and Education Services Office helps to increase awareness of the risks associated with drug and alcohol use among young people in Anne Arundel County. The program provides information, training, presentations and exhibits to county schools, after-school programs, community groups, faith-based programs and parent groups. For information, call 410-222-6724.

DENIALisDEADLY.ORG: SUBSTANCE MISUSE TREATMENT AND RECOVERY RESOURCES

Visit www.DENIALisDEADLY.org for facts and county data on heroin and prescription opioids. The website includes information about free Narcan response training and kits; the new wellmobile for county residents with substance use disorders; crisis stabilization, treatment and recovery programs; and local prescription drug disposal sites.

SUBSTANCE MISUSE TREATMENT SERVICES

Substance misuse assessment, referrals and treatment services are available through the Department of Health. For details, call 410-222-0117. Methadone and Suboxone maintenance services (for opiate-addicted adults) are available. For information, call 410-222-0100.



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Anne Arundel County Department of Health

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SMOKING AND VAPING CESSATION

For free quit-smoking kits and information on smoking and vaping cessation classes, adults who live, work or attend school in Anne Arundel County can visit www.MyQuitKit.org or call the Learn To Live Line at 410-222-7979.

SAFE SEX KIT

The Department of Health's STI Services offers a free Safe Sex Kit, which includes fact sheets and a variety of condoms in a condom case. Order a kit at www.aahealth.org/safesexkit.

HIV/AIDS/STI SERVICES

The Department of Health offers free, confidential testing and counseling for HIV, the virus that can cause AIDS. Call one of these health centers for an appointment: Glen Burnie (410-222-6633) or Parole (410-222-7247). The department also offers free HIV case management services. Call 410-222-7108 for more information. Follow HIV/AIDS Services on Twitter at www.twitter.com/hivxpressions. Testing services for other sexually transmitted infections (STI) are offered by the department. For more information, call 410-222-7382.

MEDICAL ASSISTANCE TRANSPORTATION

The Department of Health provides medical transportation services for eligible Medical Assistance/HealthChoice clients. Individuals with a valid Maryland Medical Assistance/HealthChoice card and no means of public or private transportation may be eligible. For information, call 410-222-7152.

ADMINISTRATIVE CARE COORDINATION PROGRAM (ACC)

ACC provides services to clients who are enrolled in (or eligible for) Medical Assistance and HealthChoice to help them access health care. Short-term care coordination may be provided for certain groups. The Ombudsman investigates issues with managed care organizations. For more information, call ACC at 410-222-7541 or the Ombudsman at 410-222-4380.

WOMEN, INFANTS AND CHILDREN (WIC)

The WIC supplemental nutrition program provides free nutritious foods, nutrition education, breastfeeding support and resource referrals for pregnant, breastfeeding and postpartum women and to infants and children up to age 5. To qualify, county residents must meet income guidelines. Call 410-222-6797 or 410-222-0139 (Spanish), or visit www.aahealth.org/wic for more information.

FOOD FACILITY INSPECTION REPORTS

The Department of Health conducts more than 4,600 food facility inspections in Anne Arundel County yearly. Monthly inspection summaries and individual reports are at www.aahealth.org. Enter "Food Facility" in the search bar.

HEALTHY MOMS AND BABIES

The department's Healthy Moms and Babies website, www.aahealthybabies.org, has free pregnancy resources, including facts on preterm labor, fetal movements and secondhand smoke.

HEALTHY START

Healthy Start nurses and social workers meet with pregnant women and the parents of children up to age 2 to discuss pregnancy, childcare, child safety and community resources. For a Healthy Start nurse home visit, call 410-222-7177.

INFANT SAFE SLEEP — ABCs

The Department of Health urges all parents, grandparents and caregivers to put babies to sleep by following the safe sleep ABCs — **A**lone, on their **B**acks, in a safe **C**rib. For details, visit www.aahealthybabies.org.

CHILDREN'S IMMUNIZATIONS

Your baby needs immunizations at 2 months, 4 months, 6 months, and between 12 and 18 months. Boosters are given prior to entering kindergarten. Call your health care provider or the Department of Health at 410-222-4896 for details. Information on immunizations at area health centers for eligible children can be found at www.aahealth.org/immunizations.

MEDICAL COVERAGE FOR FAMILIES

Does your family need health insurance? Medical Assistance for Families/MCHP has comprehensive medical coverage for income-eligible families, children and pregnant women through managed care organizations (MCOs). For application information, call 410-222-4792, or visit www.aahealth.org/mchp.

PRESCRIPTION SAVINGS PROGRAM

The Prescription Savings Program is for residents of any age and income. There is no cost to obtain the savings card. For more information, call 410-222-4531 or go to www.scriptsave.com and log in with Group #586.

Subscribe to our

You Tube Channel

www.youtube.com/aahealth



Time to get your flu shot!

Anne Arundel County Department of Health
Free Flu Vaccinations 2019

For ages 6 months and older

Flu Vaccinations by Appointment*

Glen Burnie Health Center

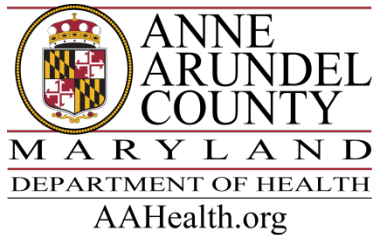
Call 410-222-6633
416 A Street, SW
Glen Burnie, MD 21061

Parole Health Center

Call 410-222-7247
1950 Drew Street
Annapolis, MD 21401

***Appointments are scheduled based on vaccine availability.**





NEWS RELEASE

FOR IMMEDIATE RELEASE

Department of Health Offers Food Safety Tips for the Holiday Season

The federal Centers for Disease Control and Prevention (CDC) estimates that 48 million Americans get sick from foodborne illnesses each year. Infants, the elderly and those with compromised immune systems are at the greatest risk.

While preparing seasonal foods to enjoy with family and friends, you can reduce the risk of foodborne illness with the following suggestions:

- At the grocery store, purchase cold foods like meat and poultry last. Get them home quickly and put them in the refrigerator. Freeze meats if not cooking within two days.
- Make sure to wash hands and surfaces with warm, soapy water before and after handling food or eating. Wash fresh produce thoroughly.
- To cook meat safely, use a food thermometer and follow temperature guidelines. The internal temperature of whole and ground poultry should reach 165 F; ground beef hamburgers, 160 F; and pork, beef, veal, lamb steaks and roasts, 145 F.
- Don't leave food at room temperature for more than two hours.
- Thaw frozen foods in the refrigerator, under cold running water or in the microwave. Cook immediately after thawing if using cold water or the microwave.
- Divide leftovers into shallow containers for rapid cooling. Put food directly in the refrigerator or freezer.
- Cut turkey off the bone and refrigerate stuffing and turkey separately.
- Use cooked leftovers within four days, reheating them thoroughly to 165 F or above. Reheating smaller portions of meat or poultry ensures a more uniform reheat.

These tips can help protect you and your family from foodborne illness during the holidays. For more information, call the Anne Arundel County Department of Health's Food Protection Program at 410-222-7192 or go to "Holiday Food Safety" under In the News at www.aahealth.org.

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October 30, 2019

Media Contact: Elin Jones, Public Information Director, hdjones@aacounty.org, 410-222-4508



NEWS RELEASE

FOR IMMEDIATE RELEASE

Department of Health Provides Information on Seasonal Affective Disorder

Everyone feels down or sluggish sometimes; however, some people experience a more serious mood change and become very depressed when cold weather comes around. This condition is known as Seasonal Affective Disorder (SAD) and is a form of depression. The Department of Health offers information about SAD at www.aahealth.org. Click "Seasonal Affective Disorder" under In the News.

The symptoms of SAD usually begin in autumn and end in the spring. Some of the common symptoms of SAD include: change in appetite, especially a craving for sweet or starchy foods; weight gain; heavy feeling in the arms or legs; drop in energy level; fatigue; tendency to oversleep; difficulty concentrating; irritability; increased sensitivity to social rejection; and avoidance of social situations.

SAD is caused by a lack of sunlight -- when the days become shorter and daylight is scarce. Depression symptoms are usually mild or moderate, but can become severe. Increased exposure to sunlight can improve symptoms of SAD.

If you think that you are experiencing the symptoms of SAD, it is important to seek the help of a trained medical professional. SAD symptoms can be confused with other medical conditions, such as hypothyroidism, hypoglycemia or viral infections, so proper evaluation and treatment are necessary.

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October 30, 2019

Media Contact: Elin Jones, Public Information Director, 410-222-4508



COMMUNITY NEWS RELEASE

FOR IMMEDIATE RELEASE

Department of Health's Anti-Bullying Campaign Encourages Individuals to "Be an Upstander, Not a Bystander"

The Anne Arundel County Department of Health recently launched an anti-bullying campaign that includes the new website, www.FriendlyAndNice.org, and public announcement videos. The campaign, "Be an Upstander, Not a Bystander," targets young people, their parents, educators and those who mentor youth. It encourages individuals to stand up, step in and speak up against bullying. FriendlyAndNice.org has bullying prevention resources for children, teens and adults.

According to the Department of Health's *Bullying in Anne Arundel County Report* (Oct. 2018), bullying is a public health problem that likely affects 20 to 40 percent of middle and high school students in the county.

The Students Against Destructive Decisions (SADD) chapters at George Fox Middle School and Northeast High School helped with the videos, which were produced by Pinnacle Communications. SADD is a national organization that helps young people successfully confront risk and pressures that challenge them throughout their lives.

The announcements will run on social media and at local Screenvision Media theaters this fall.

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October 30, 2019

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A blue rectangular button with rounded corners containing the text "Be an Upstander. Not a Bystander." in white, bold, sans-serif font.

**Be an Upstander.
Not a Bystander.**



FOR IMMEDIATE RELEASE

Department of Health Offers Free Preterm Labor Information and Other Pregnancy Resources

November is National Prematurity Awareness Month, and the Anne Arundel County Department of Health works to promote healthy pregnancies and healthy babies. Prematurity is a serious health issue. Babies born before 37 weeks of pregnancy can often have low birth weight and lifelong or life-threatening health problems. In most cases, preterm labor (before 37 weeks of gestation) begins unexpectedly and with no known cause.

The Department of Health's Healthy Moms and Babies website, www.aahealthybabies.org, has free pregnancy resources, including information cards on preterm labor, fetal movements and secondhand smoke. Women may be in preterm labor if they have one or more of these signs:

- Contractions (belly tightens like a fist) 10 minutes apart or less
- Changes in vaginal discharge, like bleeding or leaking fluid
- Stomach cramps that feel like you have diarrhea or gas
- Cramps that feel similar to period cramps
- Pelvic pressure or a feeling that your baby is pressing down
- A low, dull backache

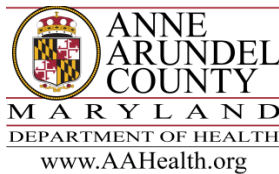
A pregnant woman should contact her health care provider or hospital immediately if she has more than six contractions within an hour that continue despite lying down; has vaginal fluid leakage; or has vaginal bleeding.

Free Healthy Pregnancy and Baby Care Kits for county residents can be ordered online at www.aahealthybabies.org or by calling 410-222-7223.

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October 30, 2019

Media Contact: Elin Jones, Public Information Director, 410-222-4508, hdjones@aacounty.org



NEWS RELEASE

FOR IMMEDIATE RELEASE

Anne Arundel County Department of Health Provides In-School Vision and Hearing Screenings

Anne Arundel County Department of Health vision and hearing technicians and school nurses conduct mandated vision and hearing screenings in public schools each year. The screenings are for children in preschool, kindergarten, first and eighth grade, and for students new to Anne Arundel County schools. Special education students receiving speech therapy may also be recommended for screening. Department of Health vision and hearing technicians also administer vision and hearing screenings at private schools, nurseries and day care programs to ensure that the appropriate children are screened. Children who wear glasses should bring them to school on the day of the screening. Students in the following schools and programs will be screened in November:

November 1	Benfield Elementary The Summit School
November 4	Ridgeway Elementary
November 5	Crofton Meadows Elementary Monarch Annapolis
November 6	Marley Middle
November 7	Carrie Weedon Early Education Center
November 8	Wee, Lad and Lassie Early Learning Center
November 11	Edgewater Elementary Park Elementary -more-

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Anne Arundel County Department of Health In-School Vision and Hearing Screenings

November 12	Folger McKinsey Elementary Riviera Beach Elementary
November 13	Old Mill Middle School South
November 14	Hannah More School at Severn River Middle Severn River Middle
November 15	Rolling Knolls Elementary
November 18	J. Albert Adams/Mary Moss Academy
November 19	Chesapeake Science Point Mayo Elementary
November 21	Annapolis Area Christian Lower School Central Elementary
November 22	Annapolis Area Christian Upper School Beaver Creek Kindergarten

Children are screened in order to detect vision or hearing problems that may impair a child's ability to perform successfully in school. If a potential deficiency is detected, a letter is sent to the parents or legal guardians informing them of the results. The parents are advised to contact the child's doctor for further testing and advice. For more information on the School Vision and Hearing Program, call Kim Roussey, vision and hearing technician supervisor, at 410-222-6838.

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