

Anne Arundel County Department of Health Community Health Announcements and News Releases June 2017



Visit the Anne Arundel County Department of Health's website, www.aahealth.org, for information about the Department's services and links to national, state and local resources. Follow the Department of Health on Twitter. Go to www.twitter.com/aahealth.

DENIALisDEADLY.ORG HAS FACTS AND RESOURCES ON OPIOID MISUSE

Visit www.DENIALisDEADLY.org for information about heroin and prescription narcotics. The website includes information on treatment resources, free Narcan opioid overdose response training and prescription drug disposal sites.

DRUG AND ALCOHOL USE PREVENTION AND EDUCATION FOR COUNTY YOUTH

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

BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND TEENS

The Department of Health provides outpatient mental health and substance abuse treatment for 4- to 18-year-old children and their families without private medical insurance. For mental health services, call 410-222-6785. For substance abuse services, call 410-222-6725.

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 teeth and gum cleaning, fluoride treatment, gum treatment, sealants, fillings, root canals, extractions, crowns, bridges, oral health education and dental health referrals.

EMPLOYMENT OPPORTUNITIES

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

SUBSTANCE ABUSE TREATMENT SERVICES

Substance abuse assessment, referral and access to treatment services are available through the Department of Health. For details, call 410-222-0117. Narcan training and methadone and Suboxone maintenance services (for opiate-addicted adults) are available through the Adult Addiction Program. Call 410-222-0100.

BREAST AND CERVICAL CANCER SCREENING

The Department of Health provides free breast exams, mammograms and Pap tests to eligible female county residents ages 40 and over. For details, call 410-222-6180 or log on to www.LearnToLiveHealthy.org.

MEDICAL COVERAGE FOR FAMILIES

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

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.

Anne Arundel County Department of Health

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BEACH WATER QUALITY RESULTS

From Memorial Day through Labor Day, the Department of Health provides water sampling results for more than 70 county beaches. Visit www.aahealth.org/beach or call 410-222-7999 for more information.

SMOKING CESSATION

For free quit-smoking kits and information on free smoking cessation classes, Anne Arundel County residents can call the Learn To Live Line 410-222-7979, or visit www.MyQuitKit.org.

BIRTH CERTIFICATES

The Department of Health can provide certified copies of Maryland birth certificates. Visit www.aahealth.org/birthcertificates or call 410-222-4462 for more information. The hours for the Birth Certificates Office are from 8 a.m. to noon and from 12:30 p.m. to 3:30 p.m., Monday through Friday, except for Maryland State holidays.

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.

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.

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.

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 year-round 24/7 for a medical assessment and assistance with obtaining detoxification and treatment resources.

PRESCRIPTION SAVINGS PROGRAM

The Prescription Savings Program is for Anne Arundel County 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.scriptsaver.com and log in with Group #586.

PHONE DIRECTORY OF SERVICES

The Department of Health has a phone directory of department services that is posted online at www.aahealth.org/pdf/directory-services.pdf.

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.

HIV/AIDS AND STD SERVICES

The Department of Health offers free, confidential testing and counseling for HIV, the virus that causes 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 diseases are offered by the department. For more information, call 410-222-7382. Get a free Safe Sex Kit, which includes fact sheets, a condom case and a variety of condoms. To order a kit, go to www.aahealth.org/safesexkit.



COMMUNITY ANNOUNCEMENT

FOR IMMEDIATE RELEASE

Anne Arundel County Department of Health Provides Advice on Water-Associated Health Risks

As warmer weather approaches the area, the Anne Arundel County Department of Health reminds county residents about health risks associated with natural bodies of water and with eating raw shellfish.

Natural bodies of water can contain bacteria, viruses and other microorganisms. Swimmer's ear, an infection of the outer ear, is most common, but other water-related illnesses can be acquired. Disease-causing microorganisms, such as various forms of *Vibrio*, can enter the body through open cuts and sores. Eating raw shellfish can also cause *Vibrio*-related illnesses. Each summer as water use and temperatures rise, cases of *Vibrio*-related illnesses are reported in Anne Arundel County.

People with liver disease or weakened immune systems are at highest risk of serious infection from *Vibrio* bacteria. They should avoid contact with raw shellfish whether in the water or on the plate. Although rare, *Vibrio* can also cause serious infections in healthy people.

The Department of Health offers the following recommendations:

- Cook crabs, oysters, clams, mussels and other shellfish completely.
- Do not swim in natural bodies of water if you have an ear infection, perforated eardrum, open cut, skin lesion or immunity problem.
- Wash well with soap and warm water after coming in contact with natural bodies of water.
- Thoroughly clean any cuts or wounds you sustain during water activities. Boaters may want to carry hand sanitizers and first aid supplies in case of cuts and scrapes, especially those related to handling seafood.
- If an infection develops in a wound, seek medical attention as soon as possible.

Answers to commonly asked questions about natural water bodies, health risks and water-related illnesses, including *Vibrio* and *Mycobacterium marinum*, are at www.aahealth.org. Go to "Topics A-Z" and select "Water Quality, Health Risks, and Swimming or Fishing in Anne Arundel County Rivers and Creeks."

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May 31, 2017

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

Communications Office ♦ Department of Health ♦ 3 Harry S. Truman Parkway ♦ Annapolis, MD 21401

DID YOU KNOW...?

Misuse of prescription opioids can lead to addiction and can cause unintentional overdose or death.

What are opioids?

Opioids are natural or synthetic chemicals that reduce feelings of pain. These medications, when taken as prescribed, can be part of a safe and effective treatment plan.

Opioids include prescription drugs such as hydrocodone (Vicodin®) and oxycodone (OxyContin®, Percocet®). Heroin is an illegal opioid.

What are the risks?

- Tolerance. You must take more of a drug to achieve the same effect.
- Physical Dependence. Your body adapts to a drug. When you stop taking the drug, you experience withdrawal symptoms.
- Addiction. You are unable to stop using a drug despite negative health and social consequences.
- Overdose and Death. An opioid overdose causes breathing to slow to a dangerous rate and can lead to death.

I'm in pain—what should I do?

Talk to your health care provider and develop a plan to manage your pain. Ask about the potential risks of prescription opioids and ways to manage your pain without opioids. If opioids are used, include criteria for stopping or continuing medication in your plan.

Who do I call if I or loved ones need help?

Anne Arundel County Substance Abuse Treatment Referral and Resource Line:

410-222-0117 DENIALisDEADLY.org

Anne Arundel County Crisis Warmline:

410-768-5522

SAMHSA's 24-Hour National Help Line:

1-800-662-HELP (4357)

OXY TODAY.

HEROIN TOMORROW?

DENIAL IS DEADLY.

DENIALisDEADLY.org

410-222-0117



Prescription Opioid Safety Checklist

- Talk to your health care provider about the potential risks of taking prescription opioids, including addiction and overdose.
- Take medication as directed. Do not take more than prescribed.
- Do not mix prescription opioids with other prescription drugs, unless specified by your health care provider.
- Do not use in combination with alcohol—alcohol is a depressant and can increase your risk of accidental overdose.
- Never share prescription drugs.

Help prevent misuse and abuse—Mind Your MEDS.

Monitor all prescription and over-the-counter drugs in your household.

Ensure that your children and loved ones understand the dangers of using and abusing drugs.

Dispose of expired, unwanted and unused medicine safely. Use the prescription drug drop-off places listed below.

Secure and seal your medicine to avoid misuse.

Anne Arundel County Free Year-Round Prescription Medication Disposal Program

Drop off your expired or unused medications safely at these locations 24 hours daily, 7 days a week:

Anne Arundel County Police Department

Northern District

939 Hammonds Lane
Baltimore, MD 21225
410-222-6135

Southern District

35 Stepneys Lane
Edgewater, MD 21037
410-222-1961

Eastern District

204 Pasadena Road
Pasadena, MD 21122
410-222-6145

Western District

8273 Telegraph Road
Odenton, MD 21113
410-222-6155

Annapolis Police Department

199 Taylor Avenue
Annapolis, MD 21401
410-268-9000

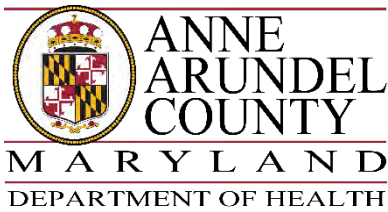
Maryland State Police

6800 Aviation Boulevard
Glen Burnie, MD 21061
410-761-5130

Monday-Friday, 8 a.m. – 4 p.m.:

Anne Arundel County Police Department

8495 Veterans Highway
Millersville, MD 21108
410-222-8050



COMMUNITY RELEASE

FOR IMMEDIATE RELEASE

The Department of Health Encourages Pregnant Women to Protect Themselves from Zika Virus

The Anne Arundel County Department of Health encourages women who are pregnant or who are trying to become pregnant to take measures to protect themselves from Zika virus disease (Zika). The disease has been linked to serious birth defects in babies born to pregnant women with Zika infection. Zika is usually spread through the bite of an infected mosquito, but it can also be contracted through sex with an infected partner—even if the partner does not have symptoms.

At this time, no case of local mosquitoes transmitting the Zika virus has been reported; however, there have been human cases in Maryland linked to travel to areas where Zika is circulating. Women that are pregnant or trying to become pregnant and their partners should avoid traveling to areas where Zika is circulating. If travel to an affected region is necessary, they should strictly follow steps to avoid mosquito bites and practice safe sex or do not have sex for the time period recommended by their health care provider. The Centers for Disease Control and Prevention (CDC) provides a map of areas with Zika risks at <https://wwwnc.cdc.gov/travel/page/world-map-areas-with-zika>. For more information on preventing Zika, visit the Department of Health's webpage at www.aahealth.org/zika.

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May 31, 2017

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FOR IMMEDIATE RELEASE

Department of Health Features Prenatal and Parenting Tips for Fathers

Father's Day is June 18. The Anne Arundel County Department of Health encourages dads to play an active role in prenatal care and parenting. Download the free Fathers Card PDF by entering "Father" in the search bar of www.aahealthybabies.org. The card offers tips to fathers on how to keep their baby safe and healthy at all stages of the baby's life. By staying actively involved, fathers can make a significant difference in the health and well-being of their children.

The Department of Health offers the following recommendations for fathers:

- Go to health care appointments and attend childbirth or parenting classes with your baby's mother.
- Don't smoke around pregnant women or babies, and help your baby's mother stay away from smoking, alcohol and drugs.
- Support breastfeeding—it is best for the baby.
- Always put the baby to sleep on his or her back, alone and in a safe crib.
- Never shake a baby. Shaking a baby can cause brain damage or death.

More information on calming babies, safe sleep, home safety, pregnancy health, and infant care is available at www.aahealthybabies.org. To order a free Healthy Baby Care Kit, county residents can visit the website or call 410-222-7223.

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