

Anne Arundel County Department of Health Community Health Announcements and News Releases October 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.

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.

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. Methadone and Suboxone maintenance services (for opiate-addicted adults) are available through the Adult Addiction Program. Call 410-222-0100.

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.

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.

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.

FLU SHOTS BY APPOINTMENT

The Department of Health provides flu shots. Call the following centers for an appointment: Glen Burnie Health Center, 416 A St. SW, Glen Burnie, 410-222-6633 and Parole Health Center, 1950 Drew St., Annapolis, 410-222-7247.

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.

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 the Department of Health, 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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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.

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.

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.scriptsave.com and log in with Group #586.

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.

EMPLOYMENT OPPORTUNITIES

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

LIKE US ON FACEBOOK!

The Department of Health has an official, verified Facebook page at www.facebook.com/aahealth with information on current public health topics.

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.

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.



Anne Arundel County Department of Health
LearnToLiveHealthy.org

FOR IMMEDIATE RELEASE

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month and a reminder for women to talk with their doctor and become better educated about cancer screenings. Breast cancer is the most common cancer among women in Anne Arundel County. Detecting cancer early through screening offers the best chance of breast cancer survival. In addition, some studies have suggested that women may be at an increased risk for cancer due to several lifestyle factors.

Practicing the following healthy lifestyle tips may reduce your cancer risk:

- Maintain a healthy weight.
- Eat a healthy, balanced diet.
- Stay physically active.
- Avoid tobacco products.
- Limit alcohol intake.

Beginning at age 40, women should discuss mammography with their doctor to determine what is best for them. By age 50, all women should receive regular mammograms. Mammograms are the best method to detect breast cancer early when it is easier to treat. The Department of Health offers free mammograms and breast exams to eligible Anne Arundel County women. For more information about free breast exams and mammograms, call 410-222-6180 or visit www.LearnToLiveHealthy.org.

The Department of Health's Learn To Live program offers a free Women's Health Kit to county residents. The kit includes information on cancer screenings, healthy lifestyle tips and other women's health topics. To receive a Women's Health Kit, call the Learn To Live Line, 410-222-7979 or visit www.LearnToLiveHealthy.org.

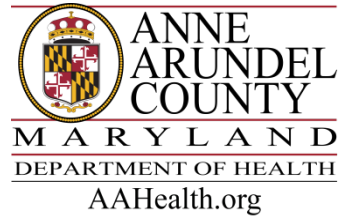
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September 28, 2017

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



Save a Life



OPIOID OVERDOSE RESPONSE TRAINING

FREE Opioid Overdose Response Training and Naloxone Kit

The Anne Arundel County Department of Health’s Adult Addiction Program is offering free training to community members on the use of intranasal naloxone to reverse an opioid overdose and prevent death. Trainees will receive a free naloxone nasal kit to administer to victims of opioid overdose.



Who Should Attend?

- At-risk individuals, family members, friends and associates of someone who is using and at risk for overdosing on heroin or prescription pain medications. Teens under 18 may take the training if accompanied by a parent or guardian.
- Treatment program, recovery services and transitional housing staff.

What Will I Learn?

Training will incorporate the following information:

- Facts about opioids.
- How to recognize, respond to and prevent an opioid overdose.
- How to administer the naloxone intranasally.
- Information about the Good Samaritan Law, treatment and recovery services and family support.

What Is Naloxone?

Naloxone is a prescription medication that is used to reverse an opioid overdose. It cannot be used to get “high” and is not addictive.

How to Register

To register, call the Naloxone Training Line at 410-222-1937 Monday through Friday between 8:00 a.m. and 4:30 p.m.

Training Dates:

122 North Langley Rd., Glen Burnie, MD 21060 10 a.m. - noon	3 Harry S. Truman Pkwy., Front Entrance Annapolis, MD 21401 10 a.m. - noon
Thursday, October 19, 2017	Thursday, October 12, 2017
Thursday, November 16, 2017	Thursday, November 9, 2017
Thursday, December 14, 2017	Thursday, December 21, 2017



FOR IMMEDIATE RELEASE

**October Is Sudden Infant Death Syndrome Awareness Month,
Department of Health Provides Information to Help Protect Babies**

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. It is a time to educate parents, relatives and caregivers about the risk factors associated with SIDS, one of the leading causes of death in babies less than one year old. From 2011 to March 2016, 29 babies died from SIDS in Anne Arundel County. Many of the infant deaths have risks in common, such as stomach sleeping, bed sharing and exposure to secondhand smoke.

The Anne Arundel County Department of Health offers tips for safe sleep for babies:

- Always put a baby to sleep on his or her back, alone and in a safe crib.
- Use a firm mattress that fits tightly into the crib frame and is covered by a well-fitting sheet.
- The distance between crib rails should not be wider than a 12-ounce soda can.
- Loose bedding, soft toys and bumpers should not be in the crib.
- Do not smoke or let others smoke around babies.

The Anne Arundel County Department of Health provides free Healthy Pregnancy and Baby Care Kits for county residents. For more information or to request a free kit, visit www.aahealthybabies.org or call 410-222-7223.

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**Anne Arundel County Healthy Babies ♦3 Harry S. Truman Parkway ♦Annapolis, MD 21401
410-222-7223 ♦fax 410-222-7294 ♦www.aahealthybabies.org**



Community Announcement

Department of Health Offers Tips for a Healthy and Safe Halloween

The Anne Arundel County Department of Health provides the following tips to help families have a fun, healthy and safe Halloween:

- Do not allow children to go trick-or-treating if they are ill. If they had a fever, it should be gone for 24 hours without the use of fever-reducing medicine. Those who are ill or who have an ill household member should not hand out treats.
- Do not share Halloween masks, vampire fangs or similar items. Avoid bobbing for apples, allowing children to dig into a candy bowl and other actions that involve sharing items that have come into contact with other people's mouths, noses and fingers.
- Purchase or make costumes that are light and bright enough to be clearly visible to motorists. Trim costumes with reflective tape. Carry a flashlight.
- An adult or an older, responsible child should always accompany young children.
- Be cautious of risky accessories, such as decorative contact lenses, which can cause serious eye damage.
- Warn children not to eat any treats until an adult has carefully examined them for evidence of tampering. Parents of very young children should remove any choking hazards, such as gum, peanuts, hard candies or small toys.
- Children should wash hands properly with soap and water before eating anything.
- Use party games or trick-or-treating as an opportunity for children to get their daily dose of 60 minutes of physical activity.

The Department recommends that parents limit their child's candy consumption. Parents should provide healthier alternatives as Halloween treats, such as fruit. For more information about Healthy Halloween Tips, visit the Hot Topics at www.aahealth.org in October.

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September 28, 2017

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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 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 October:

October 2	St. Jane Frances School
October 3	St. Andrew's United Methodist Day School Woodside Elementary
October 4 and 5	Georgetown East Elementary
October 5	Montessori International
October 6	School of the Incarnation
October 9	Indian Creek Upper School
October 10	Chesapeake Bay Middle
October 11	St. Mary's Elementary
October 12	Indian Creek Lower School Shady Side Elementary

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

October 13	Calvary Baptist Church Academy Naval Academy Primary School
October 16	North Glen Elementary Shipley's Choice Elementary
October 17	Bodkin Elementary
October 18	South County Pre-Kindergarten Co-op
October 19	Kiddie Academy of Arnold Summit School
October 23 and 24	Waugh Chapel Elementary
October 24	Annapolis Area Christian School Severn Campus
October 25	Marley Middle
October 26	Granite Baptist School Overlook Elementary
October 27	Anchors-A-Wee Preschool Crofton Nursery School Elvaton Christian School
October 30	Severna Park Elementary West Annapolis Elementary

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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