

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

### **DENIALisDEADLY.ORG: SUBSTANCE MISUSE TREATMENT AND RECOVERY RESOURCES**

Visit [www.DENIALisDEADLY.org](http://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.

### **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.

### **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.

### **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 more information, call 410-222-6785.

### **BIRTH AND DEATH CERTIFICATES**

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

### **EMPLOYMENT OPPORTUNITIES**

For employment opportunities at the Department of Health, visit [www.aahealth.org/jobs](http://www.aahealth.org/jobs).

### **PHONE DIRECTORY OF SERVICES**

The Department of Health has an online phone directory for the department's services at [www.aahealth.org/phone-directory](http://www.aahealth.org/phone-directory).

### **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.

### **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](http://www.aahealth.org/wic) for more information.

### **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](http://www.LearnToLiveHealthy.org).



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[www.facebook.com/aahealth](http://www.facebook.com/aahealth)

# Anne Arundel County Department of Health

## Community Health Announcements and News Releases

### June 2019

#### **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](http://www.aahealth.org). Enter "Food Facility" in the search bar.

#### **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](http://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](http://www.scriptsave.com) and log in with Group #586.

#### **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.

#### **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.

#### **SMOKING CESSATION**

For free quit-smoking kits and information on free smoking cessation classes, people who live, work and attend school in Anne Arundel County can visit [www.MyQuitKit.org](http://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](http://www.aahealth.org/safesexkit).

#### **WELL AND SEPTIC RECORDS**

The Department of Health can provide information about the location and other details of residential and commercial property water wells and on-site sewage disposal systems. Request well and septic records online at [www.aahealth.org/request-for-copies-of-septic-or-well-records](http://www.aahealth.org/request-for-copies-of-septic-or-well-records).

#### **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](http://www.aahealth.org/immunizations).

#### **HEALTHY MOMS AND BABIES**

The department's Healthy Moms and Babies website, [www.aahealthybabies.org](http://www.aahealthybabies.org), has free pregnancy resources, including information cards on preterm labor, fetal movements and secondhand smoke.

#### **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](http://www.aahealthybabies.org).

#### **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.

#### **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](http://www.twitter.com/hivxpressions). Testing services for other sexually transmitted infections (STI) are offered by the department. For more information, call 410-222-7382.

Subscribe to our

**You Tube Channel**

[www.youtube.com/aahealth](http://www.youtube.com/aahealth)



**FOR IMMEDIATE RELEASE**

**Department of Health Provides Water Quality  
Information for County Beaches on Website**

The Anne Arundel County Department of Health provides water-sampling results for more than 80 county beaches on its website from Memorial Day through Labor Day. Visit the mobile-friendly Beach Swim Guide at [www.aahealth.org/beach](http://www.aahealth.org/beach) to check if the water at local beaches meets acceptable bacteria-level standards for swimming.

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May 28, 2019

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## **COMMUNITY ANNOUNCEMENT**

### **Department of Health Provides Lyme Disease Prevention Advice**

According to a study by the U.S. Centers for Disease Control and Prevention, "Geographic Distribution and Expansion of Human Lyme Disease, United States," Anne Arundel County is a high-risk area for Lyme disease, and Maryland is one of 16 Northeast and Upper Midwest states with high-risk jurisdictions. More than 90 cases of Lyme disease are reported in Anne Arundel County annually. Last year, 91 newly confirmed or probable cases were reported. The Anne Arundel County Department of Health provides information about Lyme disease—and the blacklegged tick that causes it—on [www.aahealth.org](http://www.aahealth.org).

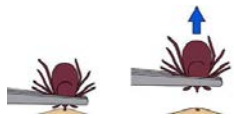
The Department of Health strongly urges parents to monitor children's outdoor activities and carefully check their clothing, skin and hair when coming indoors. Also, check pets when they come inside, and do not have contact with deer, raccoons and other wildlife. The following tips will help to protect you and your family from ticks that may cause Lyme disease or other tick-borne illnesses, such as babesiosis and Rocky Mountain spotted fever:

- In tick infested areas, wear light-colored, long-sleeved shirts and long pants tucked into your socks. Spray your arms and legs with an insect repellent containing 20 to 30 percent DEET. Always follow product instructions.
- Clear leaves, brush and tall grass around houses and at the edge of gardens.
- After coming indoors, remove clothing and wash and dry it at a hot temperature.

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If you find a tick on your skin:

- Use sharp, pointed tweezers to grasp the tick as closely to the skin as possible.



Pull straight out, gently but firmly.

- You may save the tick for identification through the Maryland Department of Agriculture. Do not put the tick in alcohol if you plan to have it identified. Access the instructions at [www.mda.maryland.gov/plants-pests/Documents/tickid.pdf](http://www.mda.maryland.gov/plants-pests/Documents/tickid.pdf).
- To dispose of a live tick, submerge it in alcohol. Place tick in a bag or container; seal bag or container very tightly; and toss it out. Do not smash the tick.
- Clean the tick bite with rubbing alcohol, an iodine scrub, or soap and water.

Lyme disease is difficult to diagnose because there may be no symptoms or there could be symptoms that mimic other diseases, such as headaches, fever and tiredness. Consult with your health care provider. Lyme disease can be treated with antibiotics in the early stages. Sometimes within three days to one month after the bite, a “bull’s-eye rash” of red circles may appear, spreading from the tick bite. If left untreated, the infection can lead to serious illness of the heart, joints and nervous system.

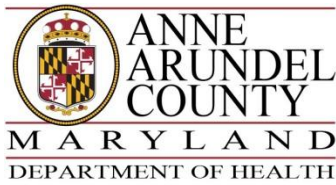
For more information, call the Epidemiology Office at 410-222-7256 or visit the department’s website at [www.aahealth.org](http://www.aahealth.org).

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May 28, 2019

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## NEWS RELEASE

### **FOR IMMEDIATE RELEASE**

#### **Anne Arundel County Department of Health Encourages Parents to Speak To Graduating High School Seniors about Alcohol Use**

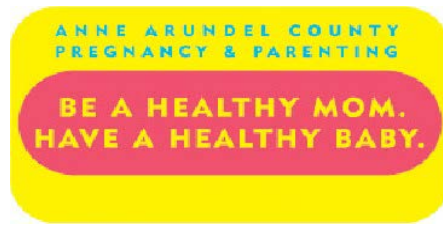
Graduation is an important event in the lives of high school seniors. Anne Arundel County Department of Health encourages youth to participate in senior events that are safe and alcohol-free. Parents are encouraged to speak to their graduating seniors concerning the dangers of underage drinking, including the health, family and legal consequences of use. The Play It Safe project, a nationally-recognized drug and alcohol use prevention program, was developed for graduates who celebrate the end of high school in Ocean City, Maryland. This project includes public awareness, education and alternative activities for the purpose of encouraging youth to make safe and responsible choices during the celebration of this exciting milestone in their lives. Some of the alcohol-free events being held in Ocean City during senior week include karaoke, go-karting, beach volleyball, a basketball tournament, Jurassic miniature golf, and beach yoga. More information about the Play It Safe Project is at [www.playitsafeoceancity.com](http://www.playitsafeoceancity.com).

For information on how to speak to your teenager about alcohol, visit The Partnership at Drugfree.org's website at [www.drugfree.org](http://www.drugfree.org). For more information about the Department of Health's Prevention and Education Services, call 410-222-6724.

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May 28, 2019

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**FOR IMMEDIATE RELEASE**

**Department of Health Features Prenatal and Parenting Tips for Fathers**

June 16 is Father’s Day, and the Anne Arundel County Department of Health encourages fathers to play an important role in prenatal care and parenting. For tips on how fathers can be involved during pregnancy and after the baby is born, download the free “Fathers Card” PDF from [www.aahealth.org/fathers-card](http://www.aahealth.org/fathers-card).

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.

To order a free Healthy Baby Care Kit, take free online child care classes, or get more information on calming babies, secondhand smoke, safe sleep, home safety, and other pregnancy and infant care resources, county residents can visit [www.aahealthybabies.org](http://www.aahealthybabies.org) or call 410-222-7223.

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May 28, 2019

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