

HEALTHY HAPPENINGS



Public Health
Prevent. Promote. Protect.
Somerset County
Health Department

Welcome to our first monthly newsletter! We hope you enjoy.

TOBACCO

Cigarette smoking causes about 1 in every 5 deaths in the United States each year. Smoking impacts nearly every organ in the body, including the heart and blood vessels. Interested in quitting smoking? Contact Alyssa Rink at alyssa.rink2@maryland.gov.



KN95 MASKS



Wearing a mask that fits well, covering the bridge of the nose and mouth, is an important tool for preventing the spread of COVID-19. We are now distributing free KN95 face masks. Call 443-523-1920 for locations. TIP: KN95 masks are usually replaced after 5 days or until worn out or damaged.

CANCER PREVENTION

February is National Cancer Prevention Month! Do you need to be screened for cancer? The Maryland BCCP on the Eastern Shore provides breast and cervical cancer screenings at **NO COST** to women across the shore who meet program eligibility guidelines.

SCALE FOR WOMEN

SUSTAINABLE CHANGE AND
LIFESTYLE ENHANCEMENT

FREE 6-WEEK WEIGHT LOSS, NUTRITION, HEALTH &
WELLNESS PROGRAM FOR WOMEN 18-55 IN WICOMICO
AND SOMERSET COUNTY

Virtual or in-person sessions with your church group, office mates, and other small groups.

Day and Evening Classes Available. Contact for Details.

WHAT'S INCLUDED?

- Health Coaching/Accountability & Group Support
- Nutrition education
- Physical activity sessions
- Cooking demonstrations



For more information contact:
Somerset County Health Department
443-523-1700 or email: kalia.wight@maryland.gov

Funded by Community Health Care Resources Commission

HEALTHY LIVING



Somerset County Health Department



@somersethealthmd



@somersetdmd

NARCAN



Did you know that naloxone, also known as Narcan, is a safe and easy-to-use nasal spray that can reverse an opioid overdose and save a life? The overdose may be from drugs such as heroin or fentanyl, or from accidentally taking one too many opioid prescription pain pills. Free training with Narcan kits are available.

HIV/AIDS

HIV is a virus that attacks the immune system and is spread by contact with certain bodily fluids. HIV is not curable, but it is treatable and preventable. We offer education, counseling and testing, case management and other support services. On site rapid testing and individual counseling for HIV, Hepatitis C, and Syphilis are available.



SUBSTANCE ABUSE

Before you hit the town to go out on that Valentine's date or celebrate "Galentine's" Day with the girls, think about making a social drinking plan. Celebrating is more fun when everyone is responsible and safe. How many of these tips are you practicing?

WINTER SAFETY

Shoveling snow can mean taking on more than your body can handle. And ignoring signs that you need to take a break from shoveling may prove to be harmful. Take it slow, listen to your body, dress warm, and watch your back! For more information, visit ready.gov.



SOCIAL

MAKE A DRINKING PLAN BEFORE THE PARTY STARTS!

MAKE A DRINKING PLAN

- 1 HAVE A DESIGNATED DRIVER TO GET HOME SAFELY
- 2 SET A REALISTIC GOAL FOR YOUR ALCOHOL USE
- 3 ALTERNATE ALCOHOLIC DRINKS AND NON-ALCOHOLIC DRINKS
- 4 EAT WHEN YOU DRINK
- 5 HELP EACH OTHER KEEP TO THE PLAN!

AGREE TO HELP EACH OTHER MAKE & KEEP TO THE PLAN!



Funded by MDH and SAMHSA



For more information on all of our programs, call 443-523-1700 or visit somersethealth.org.