

HEALTHY HAPPENINGS



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

Welcome to our March issue. We hope it's a pot of gold for you!

COLORECTAL CANCER

March is National Colorectal Cancer Awareness Month! If you are 45 or older and at average risk, it's time to **get screened**. Colorectal cancer may develop without symptoms. Colorectal cancer is preventable, treatable, and beatable. Call 443-523-1700 to see if you qualify for a colonoscopy at no cost to you.



OPIOID MISUSE

March 6th Black Balloon Day

Remembering those who
lost their lives to an overdose

If you or someone you know
needs help or support call the
Somerset County Health Department

443-523-1700

or visit

unmaskaddiction.org

Where there is help, there is hope



ADOLESCENT HEALTH

Is your child 14-19 years old and enrolled in a Somerset County School? Help your child be a voice for change by joining the Youth Advisory Board. Members of YAB will gain leadership skills and make a difference in their community by advocating for change on issues that matter to youth. Interested in joining? Scan the QR code or email rowan.renshaw@maryland.gov for more information.

FLOOD SAFETY



It's never too early to be prepared. Floods can happen at any time - know your risk, make an emergency plan (that includes your pets) and have emergency supplies at work, at home and in your car. Remember - if you come across a flooded street, **Turn Around, Don't Drown!** Learn more at ready.gov.



Somerset County Health Department



@somersethealthmd



@somersetdmd



TOBACCO

We are offering free cessation classes throughout the county this month. Join us at any of the three locations:

- **Mondays**- 2:00pm-3:00pm at the Princess Anne Library
- **Tuesdays**- 3:00pm-4:00pm at the Crisfield Library
- **Wednesdays**- 10:00am-11:00am at the Somerset County Health Dept.

Contact Alyssa Rink at alyssa.rink1@maryland.gov for both in-person and virtual one-on-one sessions.



HEALTHY LIVING

It's National Nutrition Month! Good nutrition plays an important role in our lives. It can help prevent diseases, cancer, and obesity. Wellness and nutrition classes for women age 18-55 are available in Somerset and Wicomico County, call 443-523-1700 for more information.



COVID-19

Has it been 5 months since your last dose of a COVID-19 vaccine? If so, you are eligible for a booster. We offer 1st, 2nd, additional and booster doses every Wednesday (1:30pm - 3:30pm) and Friday (9:30am - 12pm). Appointments preferred. Questions? Call 443-523-1920!

AOD PREVENTION

Every day, 29 people in the United States die in a motor vehicle crash that involves an alcohol-impaired driver. When celebrating St. Patrick's Day, remember to drink responsibly. Make a plan to have a designated driver before you go. **Do not drink and drive.** Call 443-523-1700 for more information on the dangers of alcohol.

BOOSTER ELIGIBILITY:

IF YOU GOT PFIZER

Everyone 12+ is eligible

Must be at least 5 months after completing 1st, 2nd, and/or additional doses.

Can receive Pfizer, Moderna or J&J booster if 18 and older. **Teens 12-17 must get a Pfizer booster.**

IF YOU GOT MODERNA

Everyone 18+ is eligible

Must be at least 5 months after completing 1st, 2nd, and/or additional doses.

Can receive Pfizer, Moderna or J&J booster if 18 and older.

IF YOU GOT J&J

Everyone 18+ is eligible

Must be at least 2 months after completing 1st dose.

Can receive Pfizer, Moderna or J&J booster if 18 and older.