

# HEALTHY HAPPENINGS



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



Welcome to our May issue. We hope you enjoy!



## EMERGENCY PREPAREDNESS

Hurricane season doesn't start until June 1 but it's never too early to be prepared. Remember to *make a plan* in case of evacuation (and don't forget your pets), *build a kit* (that includes enough food and water for each person for 3 days), and *stay informed* (sign up for local alerts). For more information, visit [somersethealth.org](http://somersethealth.org).



## SAFE ROUTES TO SCHOOL



Walk to School Day promotes health, road safety, public transport, and the environment. Children under the age of 10 should always hold an adult's hand when crossing the road, should look left and right, cross the road at a crosswalk if possible and/or use a stoplight. We hope you'll join us at Woodson Elementary on May 12 for another Walk to School Day event. Walking to begin at 8 a.m. For more information, call 443-523-1700.

## ENVIRONMENTAL HEALTH

Mark your calendars, our drive through spring rabies clinic will be taking place on May 17 from 3pm to 6pm here at the health department in Westover. Dogs, cats, and ferrets welcome. \$8 per pet, cash only. Clients are encouraged to pre-register. For questions or to pre-register, call 443-523-1700.



Somerset County  
Health Department



@somersethealthmd



@somersethdmd

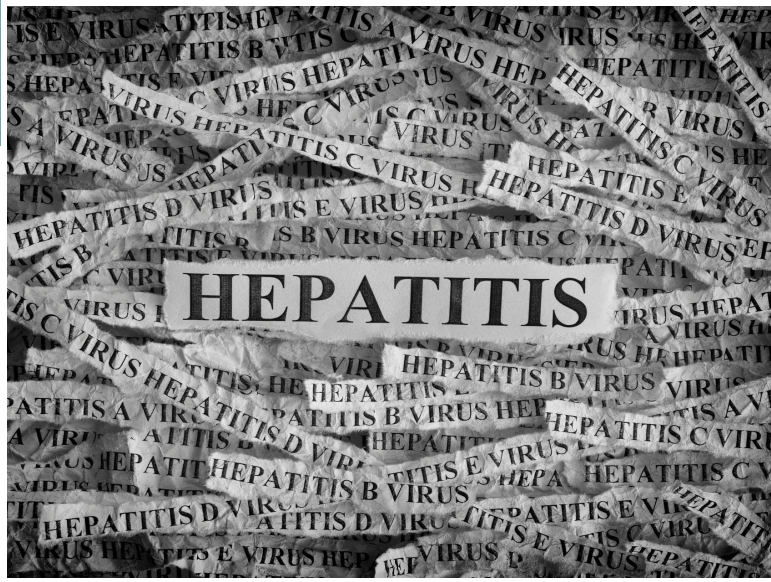


# AOD PREVENTION

When you serve or sell alcohol, you know the risks:

- Risk lawsuits if you overserve
- Risk lives if you serve a drunk driver
- Risk your livelihood if you sell to a minor

Decide now to lower your risk - GET TIPS! TIPS training is for anyone who sells, serves, or consumes alcohol. Call 443-523-1700 for more information.



## HEPATITIS

May is Hepatitis Awareness Month. Viral Hepatitis is an infection in the liver and can be caused by heavy alcohol use, toxins, some medications or certain medical conditions. We offer testing for Hepatitis A and Hepatitis C. Vaccines are also available. Call 443-523-1700 for more information.

## SEXUAL HEALTH

Roughly 1 in 4 teens get pregnant by the age of 20. The only way to 100% guarantee against an unplanned pregnancy is to practice abstinence. Practicing abstinence allows you to develop a stronger relationship with yourself and your partner, gives you freedom of time to focus on the things you love, creating a healthy self-esteem, and prevents the risk of getting or transmitting a sexually transmitted diseases.



## TOBACCO



The annual World No Tobacco Day campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use. Check out the above artwork to see what students in Somerset County are doing to raise awareness in the community!







The Deterra Drug Deactivation System is the **simplest** and **most effective** way to keep drugs out of waterways.

# TEAR, FILL, SHAKE & TRASH

## It's just that EASY

Call Somerset County Health Department for your Drug Disposal Bag



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443.543.1700 or  
**#UNMASKADDICTION.ORG**

Funded by Somerset County Health Department, MDH and SAMHSA



# COVID-19

Staying up to date with your COVID-19 vaccines lowers your risk of getting seriously ill, being hospitalized, or dying from COVID-19. We offer 1st, 2nd, 3rd (additional) and booster doses of Pfizer and Moderna every Wednesday and Friday. Call 443-523-1920 for available dates and times. Walk-ins also accepted.

# OPIOID MISUSE

The Deterra Drug Deactivation System is the simplest and most effective way to keep drugs out of the waterways. Just tear, fill, shake and trash. It's that easy! Call 443-523-1700 to pick up your free drug disposal bag. For more information on opioid misuse, visit [unmaskaddiction.org](http://unmaskaddiction.org).



# PREVENTION

Are you a parent, wondering how to have a tough conversation with your child about sexual health, substance abuse and everything in between? Join our Virtual Parent Prevention Night on May 5 from 5:30pm - 6:30pm. Scan the QR code to register! Those who register and attend are entered to win a free kitchen basket! Questions? Call 443-523-1700.

Somerset County Health Department


## Virtual Parent Prevention Night

Get tips on how to have all the tough conversations with your kids.

**May 5, 2022**  
**5:30 PM - 6:30 PM**

**Scan the QR Code to Register**

Register and attend to be entered to win a free kitchen basket!




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