

# HEALTHY HAPPENINGS



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

Welcome to our April issue. We hope you enjoy!

## OPIOID MISUSE

April 30 is National Drug Take Back Day! Drug take back day offers the chance to drop off unused/expired medications in a safe way. Visit any of these local sites to dispose of medications! Needles, liquids, thermometers or biohazard materials will not be accepted. For more information, visit [unmaskaddiction.org](http://unmaskaddiction.org).



DROP OFF HERE

1. Crisfield Police
2. Maryland State Police
3. Princess Anne Police
4. Crisfield Pharmacy
5. Karmore Pharmacy
6. Marion Pharmacy

## HIV/AIDS

One in five new HIV diagnoses in the U.S. occurs in young people ages 13-24. HIV is not curable but it is treatable and preventable. We offer on site rapid testing and individual counseling for HIV, Hepatitis C, and Syphilis. Visit [somersethealth.org](http://somersethealth.org) for more information.



## COVID-19

Are you experiencing symptoms of or were exposed to someone with a confirmed case of COVID-19? Get tested! We offer free COVID-19 testing every Tuesday from 9:30am - 11:30am at the Health Department in Westover. No appointment required, open to all ages. Questions? Call 443-523-1920!



## AOD PREVENTION

It's no secret that underage and binge drinking are harmful to not only your health but also to the well-being of anyone around you. There are dangers and consequences to underage and excessive drinking. The more you know, the more you'll be able to resist peer pressure and stay safe. For more information, call 443-523-1700.



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@somersethealthmd



@somersethdmd



# SPRING WALKS

The weather has turned and spring is sprung which means its the perfect time to take a walk! Join us on April 7 & April 8 for our spring walks in honor of National Public Health Week. Free and open to the public. Interested in becoming a vendor? Call 443-523-1700!

## National Public Health Week

# Spring Walks

### FREE AND OPEN TO THE PUBLIC!

Local vendors will be on-site providing free information and giveaways to help you live your healthiest life!

## ● April 7, 2022 ●

(Rain Date April 14, 2022)

3-6pm

### Terrapin Run Trail

4053 Hinman Ln. Crisfield, MD

## ● April 8, 2022 ●

(Rain Date April 15, 2022)

3-6pm

### Manokin River Park

11840 Somerset Ave. Princess Anne, MD

For more information call 443-523-1700



## UNMASK ADDICTION

Did you know? Addiction costs American businesses and organizations an average of \$81 billion in the lost profits every year. Unmask Addiction in the Workplace aims to raise awareness, reduce stigma, and connect individuals with services. For more information, call 443-523-1700 or visit [unmaskaddiction.org](http://unmaskaddiction.org).

## TOBACCO

Is your child struggling with a Nicotine addiction? We are here to help. Enroll your child in our new Youth Tobacco Cessation Program. This free 10-week program helps youth quit smoking or vaping. For more information, contact Alyssa Rink at [alyssa.rink2@maryland.gov](mailto:alyssa.rink2@maryland.gov).

## SEXUAL HEALTH

STI Awareness Month is the perfect time to take action and start a conversation. Sexually Transmitted Infections are passed from one person to another through sexual contact. The best way to completely prevent yourself from contracting an STI is to practice abstinence. However, testing options are available. Call 443-523-1700 for more information.

# YES MEANS TEST



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