

HEALTHY HAPPENINGS



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

Welcome to our June issue. We hope you enjoy!



COMMUNITY FIELD DAY

The Somerset County Opioid United Team is hosting Somerset County Community Field Day in partnership with Somerset County Recreation and Parks on June 4 from 10:00am to 2:00pm at the Somerset County Centralized Athletic Facility, 30290 Sam Barnes Road, Westover. Join us for a mega brain, games, ice cream, behavioral health resources and more! We hope to see you there!



PARENT PREVENTION

Join us on June 1 with guest speaker Ashley Bendiksen to learn how to develop healthy relationships, personal leadership, and end domestic abuse. Open to all parents, educators, and youth in Somerset County! Attendees are entered into a raffle to win a gift basket. Scan the QR code above to register.



START YOUR QUIT JOURNEY TODAY FREE TOBACCO CESSATION CLASSES

FREE VOUCHERS FOR NICOTINE PATCHES AND GUM



Tuesdays from 11:00 am - 12:00 pm
Princess Anne Library
11767 Beechwood St., Princess Anne, MD



Tuesdays from 3:00 pm - 4:00 pm
Crisfield Library
100 Collins St., Crisfield, MD



Virtual and In-Person
One-on-One appointments available



443-523-1700



ALYSSA.RINK2@MARYLAND.GOV



SOMERSETHEALTH.ORG

TOBACCO

Ready to quit smoking? Check out our FREE tobacco cessation classes happening all month long. Have a busy schedule? Try our virtual or in-person one-on-one appointments! All participants are eligible for FREE vouchers of nicotine gum and patches. Call 443-523-1700 for more information.



SCAN ME



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AOD PREVENTION

Party at your place? Think again! Did you know that the town of Princess Anne has a social ordinance that could affect you? Police can write civil citations to hosts, renters, landlords or property owners for an unruly social event with penalties from \$500 - \$1,000. If you receive a citation, you must either pay the fine, appear in court or a warrant will be issued. For more information, visit townofprincessanne.org or princessannepolice.com.



OPIOID MISUSE

If you witness a drug or alcohol overdose and call 9-1-1, Maryland's Good Samaritan Law *will* protect you. You *cannot* be arrested, charged, or prosecuted for:

- Possession of a controlled, dangerous substance
- Possession or use of drug paraphernalia
- Providing alcohol to minors

Calling 9-1-1 will NOT affect your parole or probation status. Visit unmaskaddiction.org for more information.

SEXUAL HEALTH

Most of the time, STDs have no symptoms. Testing is the only way to know for sure if you have an STD. So if you've had any kind of sexual contact that can spread STDs — it's time to get tested. We offer weekly STD testing, available by appointment. Call 443-523-1700 to schedule!



LGBTQIA+



June is LGBTQIA+ Pride Month! There is not a better time to learn how to be an ally. Become an ally by staying informed on issues, utilizing pronouns, using your voice for change, supporting equality, and holding space for open and honest conversations. Allies can be a powerful voice for those in their community. For more information and resources, visit glaad.org or youth.gov.



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EMERGENCY PREPAREDNESS

June is Pet Preparedness Month. Your pets are an important member of your family, so be sure to include them in your emergency plan (if told to evacuate, don't forget them!) and when creating an emergency kit (have enough food and water for 3 days minimum). For more information on pet preparedness, visit ready.gov/pets.



WELLNESS & RECOVERY CENTER

Are you or someone you know struggling with addiction and are not sure where to get help? Were you recently incarcerated and are looking to re-enter the community? The Somerset Wellness & Recovery Center offers a wide variety of services including peer support, recovery maintenance, and service navigation as well as family support. Call 410-621-5739 for more information.

HEALTHY LIVING

This Chocolate Peanut Butter Banana Smoothie is packed with protein and even has a full serving of greens in it. Check out the recipe below:

INGREDIENTS

- 2 cups sliced frozen bananas
- 3 tablespoons all-natural creamy peanut butter
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon ground flaxseed
- 1 cup fresh spinach, packed (or more, if that's your jam!)
- 1 cup unsweetened almond milk (or more, depending on how thick you like it)

INSTRUCTIONS

1. Place all ingredients into a high-speed blender.
2. Blend on high until smooth, making sure there are no spinach chunks visible. You may need to add a little more almond milk depending on how thick/thin you like your smoothies.

COVID-19

While we're looking forward to the many activities and vacations summer brings, it's important to get tested for COVID-19, especially if traveling or experiencing symptoms. We offer COVID-19 testing every Tuesday at the health department in Westover from 9:30am - 11:30am. No appointment necessary, open to all ages. Questions? Call 443-523-1920!



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