

Anne Arundel County Department of Health Community Health Announcements and News Releases December 2019

REACH PROGRAM HAS OPEN ENROLLMENT

Beginning in December 2019, the REACH health care program for uninsured adults, will have open enrollment for new qualifying applicants. Applicants will need to make an appointment to submit an application. To make an appointment or for more information, call 410-222-7020. REACH offers county residents low-cost doctor visits, checkups, prescription medicine, lab work and tests, radiology services and dental services.

DENTAL HEALTH SERVICES

The Department of Health provides dental services by appointment to income-eligible children, young adults, expectant mothers and to adult participants in the county REACH program. Dental clinic locations are in Annapolis (3 Harry S. Truman Parkway, 410-222-7138) and in Glen Burnie (North County Health Building, 791 Aquahart Road, 410-222-6861). Services include cleaning, fluoride treatment, periodontal treatment, sealants, fillings, root canals, extractions, crowns, bridges, oral health education and dental health referrals.

BREAST AND CERVICAL CANCER SCREENING REFERRALS YEAR-ROUND

The Department of Health provides referrals for free breast exams, mammograms and Pap tests to eligible county residents. For details, call 410-222-6180 or visit www.LearnToLiveHealthy.org.

BIRTH AND DEATH CERTIFICATES

The Department of Health can provide certified copies of Maryland birth and death certificates. Visit www.aahealth.org/birth-certificates or call 410-222-4462 for office hours and fees.

SAFE STATIONS INITIATIVE

Anne Arundel County and Annapolis City fire and police stations are designated safe environments for individuals seeking assistance from heroin/ opioid addiction. Those seeking help can visit any fire or police station 24/7 to be linked with a substance use disorder treatment program.

STAR (Screening Teens to Access Recovery)

The Anne Arundel County STAR Program allows school health nurses to utilize technology to connect public high school students in a video tele-session with a Department of Health licensed therapist. High school students can go to their health room during the school day for help with substance use issues.

BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND TEENS

The Department of Health provides outpatient mental health and substance use disorder treatment for 4- to 18-year-old children and their families without private medical insurance. For more information, call 410-222-6785.

DRUG AND ALCOHOL USE PREVENTION AND EDUCATION FOR COUNTY YOUTH

The Prevention and Education Services Office helps to increase awareness of the risks associated with drug and alcohol use among young people in Anne Arundel County. The program provides information, training, presentations and exhibits to county schools, after-school programs, community groups, faith-based programs and parent groups. For information, call 410-222-6724.

DENIALisDEADLY.ORG: SUBSTANCE MISUSE TREATMENT AND RECOVERY RESOURCES

Visit www.DENIALisDEADLY.org for facts and county data on heroin and prescription opioids. The website includes information about free Narcan response training and kits; the new wellmobile for county residents with substance use disorders; crisis stabilization, treatment and recovery programs; and local prescription drug disposal sites.

SUBSTANCE MISUSE TREATMENT SERVICES

Substance misuse assessment, referrals and treatment services are available through the Department of Health. For details, call 410-222-0117. Methadone and Suboxone maintenance services (for opiate-addicted adults) are available. For information, call 410-222-0100.



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SMOKING AND VAPING CESSATION

For free quit-smoking kits and information on smoking and vaping cessation classes, adults who live, work or attend school in Anne Arundel County can visit www.MyQuitKit.org or call Learn To Live at 410-222-7979.

SAFE SEX KIT

The Department of Health's STI Services offers a free Safe Sex Kit, which includes fact sheets and a variety of condoms in a condom case. Order a kit at www.aahealth.org/safesexkit.

HIV/AIDS/STI SERVICES

The Department of Health offers free, confidential testing and counseling for HIV, the virus that can cause AIDS. Call one of these health centers for an appointment: Glen Burnie (410-222-6633) or Parole (410-222-7247). The department also offers free HIV case management services. Call 410-222-7108 for more information. Follow HIV/AIDS Services on Twitter at www.twitter.com/hivxpressions. Testing services for other sexually transmitted infections (STI) are offered by the department. For more information, call 410-222-7382.

MEDICAL ASSISTANCE TRANSPORTATION

The Department of Health provides medical transportation services for eligible Medical Assistance/HealthChoice clients. Individuals with a valid Maryland Medical Assistance/HealthChoice card and no means of public or private transportation may be eligible. For information, call 410-222-7152.

ADMINISTRATIVE CARE COORDINATION PROGRAM (ACC)

ACC provides services to clients who are enrolled in (or eligible for) Medical Assistance and HealthChoice to help them access health care. Short-term care coordination may be provided for certain groups. The Ombudsman investigates issues with managed care organizations. For more information, call ACC at 410-222-7541 or the Ombudsman at 410-222-4380.

WOMEN, INFANTS AND CHILDREN (WIC)

The WIC supplemental nutrition program provides free nutritious foods, nutrition education, breastfeeding support and resource referrals for pregnant, breastfeeding and postpartum women and to infants and children up to age 5. To qualify, county residents must meet income guidelines. Call 410-222-6797 or 410-222-0139 (Spanish), or visit www.aahealth.org/wic for more information.

FOOD FACILITY INSPECTION REPORTS

The Department of Health conducts more than 4,600 food facility inspections in Anne Arundel County yearly. Monthly inspection summaries and individual reports are at www.aahealth.org. Enter "Food Facility" in the search bar.

HEALTHY MOMS AND BABIES

The department's Healthy Moms and Babies website, www.aahealthybabies.org, has free pregnancy resources, including facts on preterm labor, fetal movements and secondhand smoke.

HEALTHY START

Healthy Start nurses and social workers meet with pregnant women and the parents of children up to age 2 to discuss pregnancy, childcare, child safety and community resources. For a Healthy Start nurse home visit, call 410-222-7177.

INFANT SAFE SLEEP — ABCs

The Department of Health urges all parents, grandparents and caregivers to put babies to sleep by following the safe sleep ABCs — **A**lone, on their **B**acks, in a safe **C**rib. For details, visit www.aahealthybabies.org.

CHILDREN'S IMMUNIZATIONS

Your baby needs immunizations at 2 months, 4 months, 6 months, and between 12 and 18 months. Boosters are given prior to entering kindergarten. Call your health care provider or the Department of Health at 410-222-4896 for details. Information on immunizations at area health centers for eligible children can be found at www.aahealth.org/immunizations.

MEDICAL COVERAGE FOR FAMILIES

Does your family need health insurance? Medical Assistance for Families/MCHP has comprehensive medical coverage for income-eligible families, children and pregnant women through managed care organizations (MCOs). For application information, call 410-222-4792, or visit www.aahealth.org/mchp.

PRESCRIPTION SAVINGS PROGRAM

The Prescription Savings Program is for residents of any age and income. There is no cost to obtain the savings card. For more information, call 410-222-4531 or go to www.scriptsav.com and log in with Group #586.

Subscribe to our

YouTube Channel

www.youtube.com/aahealth



Time to get your flu shot!

Anne Arundel County Department of Health **Free Community Walk-in Flu Clinic**

Quadrivalent and high-dose flu vaccines will be available.

Thursday, December 5, 2019

**Parole Health Center
1950 Drew Street
Annapolis, Maryland 21401**

8:00 a.m. – noon and 1:00 p.m. – 3:30 p.m.

Appointments are also available at:

**Glen Burnie Health Center
416 A Street SW
Glen Burnie, MD 21061
410-222-6633**

**Parole Health Center
1950 Drew Street
Annapolis, MD 21401
410-222-7247**





NEWS RELEASE

FOR IMMEDIATE RELEASE

Department of Health's Website Has Tips for Staying Safe in Cold Temperatures

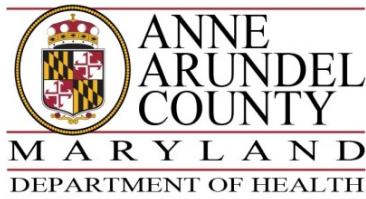
Anne Arundel County residents can safely enjoy the outdoors during cold weather by visiting the "Cold Weather Tips" page of the Department of Health's website, www.aahealth.org. The webpage includes advice on dressing for cold weather; suggestions for items to have in case of a snowstorm; and a list of frostbite and hypothermia symptoms. Tips for preventing freezing and bursting pipes; advice for maintaining space heaters and fireplaces; and links to information on portable generator safety are also included.

Visit www.aahealth.org, and click on "Cold Weather Tips" under "In the News," or go to the page directly at www.aahealth.org/cold-weather.

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December 3, 2019

Media Contact:
Elin Jones, Public Information Director, 410-222-4508, hdjones@aacounty.org



COMMUNITY ANNOUNCEMENT

FOR IMMEDIATE RELEASE

Department of Health Offers Advice for Dealing with the “Holiday Blues”

Although the holidays can be a time of celebration and joy, they can also cause some people to feel stressed and unhappy. This feeling is called the “holiday blues” and is a fairly common condition. People trying to cope with the holiday blues may misuse drugs or drink and eat excessively. They may have difficulty sleeping and have physical complaints. The Anne Arundel County Department of Health’s website offers information on what causes the holiday blues, including anniversaries, unpleasant memories and unrealistic expectations; and it suggests healthy ways to cope with them. For more information, visit www.aahealth.org, and click on “Holiday Blues and Stress” under In the News.

The Department’s website includes additional information for having a healthy holiday, including food safety guidelines, helping children deal with holiday stress and health tips for travelers. Visit www.aahealth.org to learn more.

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December 3, 2019

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FOR IMMEDIATE RELEASE

**Nicotine Free Week Set for February 23-29, 2020
in Anne Arundel County**

Nicotine Free Week, which rallies children and teens across Anne Arundel County against smoking and vaping, is set for February 23-29, 2020. Every year, thousands of young people participate in school and community group anti-nicotine and anti-tobacco activities. Nicotine Free Week, formerly Tobacco-Free Kids (TFK) Week, is the county's premier smoking and vaping prevention event for youth.

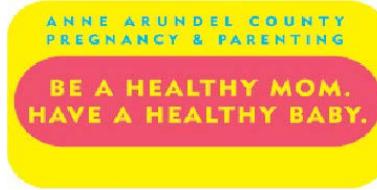
Visit www.NicotineFreeWeek.org for tips to plan activities. The webpage has the registration form and order form to request free supplies for schools and community organizations. Only groups from Anne Arundel County are eligible to receive supplies.

Nicotine Free Week is a Learn To Live healthy lifestyle program from the Anne Arundel County Department of Health.

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December 3, 2019

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FOR IMMEDIATE RELEASE

Department of Health Offers Healthy Holidays Tips and Free Information Kits For Pregnant Mothers and Babies

The Anne Arundel County Department of Health is working to promote healthy pregnancies and healthy babies by offering tips on travel safety, home safety and healthy eating during the holidays. Tips are available on the "Healthy Moms and Healthy Babies" webpage at www.aahealthybabies.org.

Travel Safety:

- Always use a child car safety seat that is installed correctly and is appropriate for the child's height and weight. By Maryland law, all children under 8 years old must ride in a car safety seat, unless they are taller than 4 feet 9 inches.

Home Safety:

- Always provide a safe sleep environment for infants and young children. Infants should never sleep on a chair, sofa, adult bed or with other people. Infants should be placed on their backs in a crib without blankets, stuffed animals or pillows. Remember the ABCs of safe sleeping— **Alone, on their Backs, in a safe Crib.**
- Closely supervise children at all times when visiting other people's homes. Make sure that poisons, medicine and household cleaners are secured and out of children's sight and reach.
- Avoid secondhand smoke, which is especially dangerous for pregnant women and infants.

Healthy Eating:

- Pregnant women and other family members should maintain a healthy diet. Eat lots of fruits and vegetables and cook with fat-free or low-fat substitutes.
- Drink plenty of water, 100 percent juice and low-fat milk. Avoid sugary drinks.
- To avoid foodborne illnesses, check expiration dates on all food. Do not eat foods that have been sitting out more than two hours and use leftovers within four days.

The Department of Health offers free Healthy Pregnancy and Baby Care Kits to Anne Arundel County residents. Kits can be ordered online at www.aahealthybabies.org or by calling 410-222-7223.

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December 3, 2019

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NEWS RELEASE

FOR IMMEDIATE RELEASE

Anne Arundel County Department of Health Provides In-School Vision and Hearing Screenings

Anne Arundel County Department of Health vision and hearing technicians and school nurses conduct mandated vision and hearing screenings in public schools each year. The screenings are for children in preschool, kindergarten, first and eighth grade, and for students new to Anne Arundel County schools. Special education students receiving speech therapy may also be recommended for screening. Department of Health vision and hearing technicians also administer vision and hearing screenings at private schools, nurseries and day care programs to ensure that the appropriate children are screened. Children who wear glasses should bring them to school on the day of the screening. Students in the following schools and programs will be screened in December:

December 3	Marley Elementary
December 4	Pasadena Elementary South Shore Elementary
December 5	Severna Park Children's Center
December 6	Annapolis Area Christian School (lower school) Severna Park Children's Center Southern High School

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Anne Arundel County Department of Health In-School Vision and Hearing Screenings

December 9	Severna Park Middle School
December 10	Chesapeake High School Severna Park Middle School
December 11	Ferndale Early Education Center Jacobsville Elementary
December 12	Rippling Woods Elementary
December 13	Linthicum Elementary
December 16	Richard Henry Lee Elementary
December 18	Deale Elementary Glendale Elementary
December 20	Annapolis High School

Children are screened in order to detect vision or hearing problems that may impair a child's ability to perform successfully in school. If a potential deficiency is detected, a letter is sent to the parents or legal guardians informing them of the results. The parents are advised to contact the child's doctor for further testing and advice. For more information on the School Vision and Hearing Program, call Kim Roussey, vision and hearing technician supervisor, at 410-222-6838.

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December 3, 2019

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