

HEALTHY HAPPENINGS



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

Welcome to our July issue. We hope you enjoy!

SUMMER SAFETY

Summer is a time for fun in the sun, but it's also an important time to make sure you and your family are staying healthy. Protect yourself against the summer dangers by:

- Wearing sunscreen with at least 30 SPF
- Staying hydrated (drinking at least 8 oz of water daily)
- Wearing insect repellent
- Always wearing a helmet when biking

For more information on summer safety practices, visit somersethealth.org.



HEPATITIS

Did you know that Hepatitis is the leading cause of liver cancer? *Hepatitis testing can't wait.* The sooner you know your results, the better chance you have at a long and healthy life. We offer rapid Hepatitis C testing at no cost to you. Call 443-523-1700 to schedule a free appointment or ask questions.



COVID-19

We are continuing to offer 1st, 2nd, additional, and booster doses of Pfizer and Moderna every Wednesday (1:30pm - 3:30pm) and Friday (9:30am - 11:30am) to eligible persons at the health department in Westover. Appointments preferred but not required. Not sure if you're eligible for a booster? Check out the chart to the right!

BOOSTER ELIGIBILITY

WHAT DID YOU GET?	WHEN CAN YOU GET A BOOSTER?	WHO IS ELIGIBLE FOR A BOOSTER?
PFIZER	5 MONTHS AFTER 2ND DOSE	5 YEARS AND OLDER
MODERNA	5 MONTHS AFTER 2ND DOSE	18 YEARS AND OLDER
JOHNSON & JOHNSON	2 MONTHS AFTER SINGLE DOSE	18 YEARS AND OLDER



Somerset County
Health Department



@somersethealthmd



@somersethdmd

HEALTHY LIVING

This Strawberry Spinach Salad is going to keep you cool and coming back to the farmer's market all summer long! Check out the recipe below:

INGREDIENTS

- 10 oz. spinach/kale/lettuce
- 2 cups of sliced strawberries
- 1/4 cup red onions thinly sliced
- 2/3 cups of candied pecans or 1/2 cup of toasted almonds
- 4 oz. of goat cheese or feta cheese
- 1 avocado sliced
- 2 teaspoons of lemon juice

INSTRUCTIONS

1. Slice avocado and toss in lemon juice.
2. Combine remaining Ingredients in a large bowl. Drizzle with a dressing (add a light raspberry vinaigrette or balsamic vinaigrette dressing) and serve immediately.
3. For some added protein, try adding chicken, shrimp, or salmon!



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 looking to re-enter the community? The Somerset County Wellness & Recovery Center offers a wide variety of services including peer support, recovery care, referrals to services for those in recovery or in treatment for a substance use disorder and family support. Call 410-621-5739 for more information.



ADOLESCENT HEALTH

Looking for a summer program for your teen? Join S-RAY (Successful, Responsible, Accountable Youth)! Available to teens age 13-17. Sessions are held:

- Tuesdays (3pm - 4pm) at the Crisfield Library
- Wednesdays (3pm - 4pm) at the Princess Anne Library

To register your teen, email rowan.renshaw@maryland.gov.

S-RAY SUCCESSFUL, RESPONSIBLE, ACCOUNTABLE YOUTH

FREE 8 WEEK SUMMER PROGRAM AVAILABLE FOR TEENS AGES 13-17 STARTING THE FIRST WEEK IN JULY TO PROVIDE EDUCATION ON HEALTHY RELATIONSHIPS, GOOD DECISION MAKING, PEER PRESSURE, PERSONAL LEADERSHIP, AND PROMOTING ABSTINENCE.



**TUESDAYS 3:00-4:00PM
Crisfield Library
WEDNESDAYS 3:00-4:00PM
Princess Anne Library**

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OPIOID MISUSE

Did you know that naloxone, also known as Narcan, is a safe and easy-to-use nasal spray that can reverse an opioid overdose and save a life? The overdose may be from drugs such as heroin, fentanyl, or from accidentally taking one too many opioid prescription pain pills. Free training with Narcan kits are available. To schedule a training or re-fill your Narcan, call 443-523-1700.



AOD PREVENTION

Before attending a summer BBQ or heading out for a night out on the town, be sure to make a social drinking plan! A social drinking plan should include a designated driver, setting a realistic goal for alcohol consumption, alternating between non-alcoholic and alcoholic drinks, eating while drinking, and helping each other stick to your plan. For more information, visit somersethealth.org.

TOBACCO & VAPING

Do you need help quitting smoking or vaping? Join our free 8-week tobacco & vaping cessation program, designed to help you create healthy habits and quit! Virtual or in-person one-on-one appointments available. Pick up a free voucher for nicotine patches when you join. Call 443-523-1700 for more information.



THANK YOU!

We'd like to thank all of our sponsors, staff, community partners, and community members for coming out and participating in our community field day on June 4! It was a great time had by all. As we turn towards the summer, be sure to look for us in future community events all around the county!