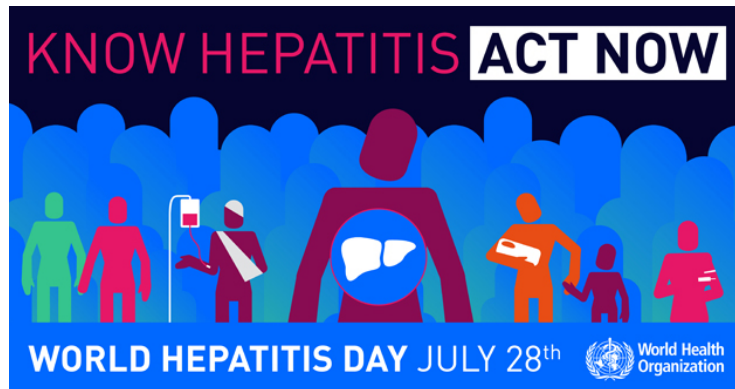




DORCHESTER COUNTY HEALTH DEPARTMENT

COMMUNITY UPDATE



World Hepatitis Day

World Hepatitis Day is observed annually on **July 28** to raise global awareness of viral hepatitis (A, B, C, D, and E) and encourage prevention, diagnosis, and treatment.

Viral hepatitis is a disease of the liver caused by a virus. Untreated, viral hepatitis can lead to serious liver problems, like scarring or cancer. Even if you don't have any symptoms, you can spread viral hepatitis. Getting tested is the only way to know you have viral hepatitis. Vaccines can prevent hepatitis A and hepatitis B and medications can cure hepatitis C.

Associated Viral Hepatitis Services at
Dorchester County Health Department

- **Testing:** The Dorchester County Health Department (located at 627 Race Street, Cambridge, MD) offers confidential Hepatitis C (Hep C) testing and counseling as part of its Communicable Diseases and Reproductive Health services. Interested in knowing your status? Call ahead at 410-228-3223 to schedule an appointment.
- **Vaccines:** For eligible residents, Dorchester County Health Department offers hepatitis A and hepatitis B vaccines. Talk to your provider to see if you are eligible for these vaccines. Call 410-228-3223 to schedule an appointment.

Take the Maryland Community Health Survey - Your Voice Matters

The University of Maryland Greenebaum Comprehensive Cancer Center (UMGCCC) and the Community Ministry of Prince George's County (CMPGC) are asking Maryland residents to complete a brief survey about their views on cancer needs in their community (family, neighborhood, friends).

This community health survey aims to learn more about the cancer knowledge, beliefs, and behaviors of people throughout Maryland. UMGCCC will use the information we gather from the survey to develop wellness and cancer education, outreach, treatment, and research activities.

Researchers want more Marylanders, particularly those residing on the Eastern Shore, to complete the survey and express their views.

Please complete the survey and ask your family members, friends, and associates across Maryland to complete the survey.

To participate in the community health survey, individuals should be:

- Ages 18 years or older
- Live or reside in Maryland
- Willing to complete a 10-minute survey in English about wellness and cancer in their community.

To complete the survey and express your views, please click here:

https://sunybuffalo.qualtrics.com/jfe/form/SV_3fr0DEBAC0JlHiC

Most importantly, please know that Your Voice Matters!



Free Adult Vaccines

Free adult vaccines are available at Dorchester County Health Department at 627 Race St. in Cambridge.

You can now get free vaccines if you meet all the requirements:

- You live in Maryland.
- You are 19 years or older

AND you fit one of these two categories:

- You do not have health insurance **OR**
- You have insurance but it does not cover the full cost of the shot.

Appointments are recommended.

Call 410-228-3223 to schedule or for more information.

Healthy Families Dorchester Offers “Beloved” Initiative

Healthy Families, a Dorchester County Health Department Program, has expanded its free home-visiting program to include "Beloved," a wellness initiative designed to honor and uplift expectant mothers.

Operating locally out of the Dorchester County Health Department in Cambridge, MD, the Beloved program focuses on early relational health, offering participants personalized gifts, farm-fresh foods, professional makeovers, and maternity photoshoots. For more information about the Beloved initiative or to learn how to enroll in Healthy Families Dorchester's services, contact Kaitlyn Jolley at 410-901-8155.

Climate & Health Corner

Dorchester County Health Department hosts inaugural Environmental Justice Council Meeting

With attendees from several local community-based organizations, government agencies, academic institutions, and local residents, Dorchester County Health Department held its first Environmental Justice Council on June 17, 2026.

Major local environmental concerns discussed included lead exposure in older homes, air quality monitoring, extreme heat, littering, and coastal flooding.

We are looking forward to the holistic approach that this collective takes to addressing these local issues in an equitable manner.

Interested in joining our local EJ council? Please email La'Toya Jackson at latoya.jackson@maryland.gov.

Help Keep People Cool This Summer

We are now recruiting volunteers to staff cooling stations this summer.

To register, please click here:

bit.ly/MDH-MD-Responds-Registration

You do not need to have a medical background.

Interested in opening up your space as a cooling center or simply putting up a hydration tent during extreme heat?

Let's partner.

We have limited cooling supplies for our partner facilities that we are happy to loan out for the summer!

Please contact La'Toya Jackson by phone at 443-225-7305.

Community Survey: Climate Action Plan

Help us shape Dorchester County Health Department's Climate Action Plan by sharing your priorities, concerns, and ideas regarding environmental sustainability and resilience.



The DCHD Climate Ready Youth Committee is now recruiting for their Fall Cohort. If you have a child in middle school or high school interested in climate and health topics, please register them for this 10-week program starting on **September 14**: <https://forms.gle/WcyZPc6oi55XJ9BeA>.

Steps to Save a Life

If someone is having an **opioid overdose**, naloxone (Narcan) can save their life. Follow these steps:

1. Get Their Attention: Yell their name or rub their chest hard.

2. Call 911: Get medical help right away.

3. Give Naloxone (Narcan): Spray it into one nostril.

4. Help Them Breathe: Tilt their chin back, pinch their nose, and give 2 breaths, then 1 breath every 5 seconds.

5. Recovery Position: Turn them on their side with their top knee bent.

6. Stay with Them: Do not leave until the ambulance arrives.

24/7 Free Narcan

Cambridge:

- **Health Department:** 627 Race St., (Box located outside on Cedar Street)
- **Cambridge Library:** 303 Gay St.
- ***Groove City Mini Market:** 605 Pine St.
- ***Jones Mini Mart:** 739 Pine St.

Hurlock:

- **Hurlock Library:** 222 South Main St.
- ***Shop Stop:** 300 Broad St.

East New Market:

- **Town Hall:** 101 Main St.

*Box provided and supplied by Grace Street Recovery

Narcan Training

Training on how to use Narcan is held at 10 a.m. on the first and third Wednesdays of the month at DRI-Dock Recovery & Wellness Center, 103 Maryland Ave., Cambridge.

Or call 410-228-7714 to ask for training for your organization.

Our Overdose Prevention and Response Program uses public health strategies such as prevention, risk reduction and health promotion to empower individuals who use drugs and their families to live healthier lives.

Services Provided:

- Narcan Training
- Test Strips
- STOP the BLEED Training
- Basic Wound Care Training
- First Aid/Wound Care Kits
- Hygiene Kits
- Peer Support Services
- Referral Services

Contact us:

Overdose Prevention and Response Program,
103 Maryland Avenue,
Cambridge, MD 21613
Phone: 410-228-7714
Phone: 410-228-3230





STORY TIME & Teddy Bear Clinic

FEATURING:

A VISIT FROM THE DORCHESTER COUNTY
HEALTH DEPARTMENT FOR A TEDDY BEAR

CLINIC!

JULY

22



DORCHESTER COUNTY
HEALTH DEPARTMENT

WEDNESDAY

10:30 AM

AT THE CAMBRIDGE LIBRARY



BRING ALONG YOUR
FAVORITE STUFFED
FRIEND FOR STORY
TIME! OUR FRIENDS AT
THE HEALTH
DEPARTMENT WILL GIVE
YOUR TEDDY BEAR A
CHECK-UP!

HEALTH ROCKS

FREE
SUMMER
PROGRAM!

AGES
8-12

SUMMER CAMP

JOIN DORCHESTER COUNTY 4-H
& THE YOUTH ACTION COUNCIL

FOR A WEEK OF FUN AND LEARNING!

WHAT WE'LL EXPLORE



JULY 20 - 24TH, 2026

11:00 A.M. - 4:00 P.M. Daily



THENDARA 4-H PARK

6275 Lords Crossing Road
Hurlock, MD 21643

SCAN THE QR CODE TO
REGISTER



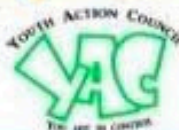
SPACES ARE LIMITED!
REGISTER TODAY!

<https://forms.gle/ZMC8LnHRhn7JR6h7A>

UNIVERSITY OF
MARYLAND
EXTENSION



Beyond
Ready



DORCHESTER COUNTY
HEALTH DEPARTMENT

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

If you need a reasonable accommodation to participate in any event or activity, please contact Karli Parks two weeks prior to the event.
kabbott3@umd.edu
(410) 228-8800

Monthly Community CPR Classes at DCHD



Dorchester County Health Department Emergency Preparedness Program offers free CPR classes for interested community members monthly on Wednesday evenings.

Registration is first come, first serve. Classes fill up quickly. Classes are already scheduled for the remainder of the calendar year and are based on instructor availability. Call Hannah Mayhew at 410-901-8108 to inquire about class offerings and reserve your spot in class today.

COMMUNITY EVENTS

Please see below for upcoming public events that include health programming from various DCHD programs, as well as events held by our community partners:

- Wednesday, July 8, 11 a.m., Cooling Kit Packing Party at St. Andrew's Episcopal Church, 303 S. Main St., Hurlock
- Thursday, July 9, 1-3 p.m., Monthly Health Fair at One Mission, 614 Race St., Cambridge
- Wednesday, July 15, 10 a.m., Naloxone (Narcan) training, DRI-Dock Recovery & Wellness Center, 103 Maryland Ave., Cambridge
- Saturday, July 18, 12-4 p.m., Unity in the Community, Waugh Chapel United Methodist Church, 425 High St., Cambridge
- Wednesday, July 22, 10:15 a.m.-12:15 p.m., Teddy Bear Tea Time & Clinic, Cambridge Library, 303 Gay St., Cambridge

Invite the Dorchester County Health Department to your event, request a speaker, or get materials by filling out the form at <https://dorchesterhealth.org/invite>.

Please submit at least 4 weeks in advance.



DORCHESTER COUNTY

HEALTH DEPARTMENT

COMMUNITY UPDATE