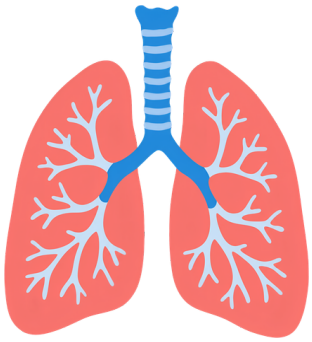
DORCHESTER COUNTY
HEALTH DEPARTMENT

COMMUNITY UPDATE



Healthy Lungs for Everyone

November is Lung Health Month! We want to remind everyone to protect your lungs by avoiding smoking, limiting exposure to pollutants, and getting regular check-ups.

Healthy lungs make it easier to stay active, cope with illness, and maintain independence. Lung health impacts on our daily lives, including the ability to work, study, or care for others. Comfortable breathing is closely linked to mental health and well-being.

Smoking remains the leading cause of Chronic Obstructive Pulmonary Disease (COPD) and lung cancer in the U.S.

To learn more about our smoking cessation program, please call Shannon Proffitt at 410-901-8133.

There is also a national quitline (1-800-QUIT-NOW) for free coaching, plan-mapping, and nicotine replacement therapies.

American Cancer Society
Every cancer. Every life.®



Healthy Lungs for Everyone

Lung cancer, asthma, bronchitis, COPD, emphysema, pneumonia, flu, and many other lung problems can affect anyone. Here are some of the best ways to help keep your lungs healthy.

Stay away from tobacco.

- If you do smoke, make a plan to quit. Visit **cancer.org/quittobacco** for more information.
- If you're between ages 50 and 80 and smoke or smoked in the past, ask your doctor if lung cancer screening is right for you.

Avoid secondhand smoke.

- Don't let anyone smoke in your home or car.
- Ask your workplace to go tobacco free.

Test your home for radon.

- Radon is a gas found in soil, rocks, and water. You can't see or smell it. It's the No. 1 cause of lung cancer in people who have never smoked.
- Some states offer free or low-cost test kits for radon. You can also find them online or at most home improvement stores.
- Learn more about testing and lowering radon levels by calling the National Radon Hotline at **1-800-SOS-RADON (1-800-767-7236).**

Protect yourself at work.

- Keep work areas clean; get rid of mold and pests.
- Ask your work to go fragrance free.
- Things like diesel exhaust, asbestos, arsenic, uranium, silica, tar, and soot can cause lung cancer and other lung problems. If you work with these, or are around them, make sure you wear the right gear to protect yourself.
- Ask your employee health team what they're doing to protect employees at work.

Protect yourself outside.

- Things like cars, trucks, construction sites, power plants, and wildfires pollute the air and can damage your lungs.
- Use the Air Quality Index on **airnow.gov** to check outdoor air quality in your area. Avoid going outside or doing intense outdoor activities when the air quality is bad.
- Don't burn trash, leaves, plastic, or rubber.

Improve indoor air quality.

- Keep indoor areas clean and ventilated to help prevent mold, dust, and other allergens.
- Use air filters to help clean the air inside your home. Most home improvement stores have them.
- Don't use aerosol sprays, such as air fresheners, deodorants, hairsprays, and cleaning products.
- If you burn wood in a fireplace, use dry, seasoned wood.

Prevent infections.

- Get your vaccines, including a yearly flu shot. Ask your doctor about the COVID-19 vaccine. If you're over 50 or have a weak immune system, ask about the pneumonia vaccine, too.
- If you are sick, stay home if you can. Cover your mouth when you cough. Wear a mask if you go out.

Get active, and eat healthy.

- Stay active, and practice deep breathing to give your lungs a workout.
- Eat healthy foods like whole grains, fruits, and vegetables.

To learn more about keeping your lungs healthy, visit the American Cancer Society website at **cancer.org** or call us at **1-800-227-2345**. We're here when you need us.

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It’s Time to Get Your Flu & Covid Vaccines

Over the past couple weeks, our Immunization Team, Ashlea Foxwell and Michelle Hughes have provided flu vaccines & flu mist to hundreds of children across the county at different schools.

Now is a great time to get your seasonal respiratory virus vaccines! Cold weather, dry indoor air, and increased time spent indoors create the perfect environment for respiratory viruses to spread. Most respiratory vaccines are now available by appointment at the health department and local pharmacies.

We encourage you to talk with your provider about any concerns or whether you fall into certain risk categories.



To schedule an appointment for adult immunizations, please call 410-228-3223.

The following adult vaccines are available: Influenza, COVID-19, HPV, Hepatitis A and B, Chickenpox, Tdap, MMR, Polio, RSV, Shingles, Pneumococcal, and Meningococcal.

DRI Dock Moves to 614 Race St.





The Health Department has moved the DRI-Dock Wellness and Recovery Center into their new building at 614 Race Street, just across the street from the main Health Department office.
DRI-Dock's mission is to help individuals and their families in their recovery from behavioral health disorders and related problems.
The center provides recovery support, advocacy, and a safe substance free environment.

DRI-Dock is a peer-led facility staffed by peer recovery specialists.
There are no sign-ups or insurance information needed to get services. All services are voluntary and free.
DRI-Dock's hours are 8 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday, and Friday and 8 a.m. to 7 p.m. Thursday. DRI-Dock is closed on the first Tuesday of each month for administrative work.
For more information, please call 410-228-3230.

Climate & Health Corner

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.

Now Recruiting Volunteers for Winter Warming Support



To register, please scan the QR Code:

It's that time of year! The Dorchester County Unit of the Maryland Responds Medical Reserve Corps Network is recruiting new members for our extreme cold outreach!

Whether you have medical training or simply a desire to help, we need volunteers from all backgrounds to support our communities through public health emergencies, disaster response and recovery, and community outreach and education.

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:

- Sunday, November 1, 10 a.m. to 12 p.m., Trash Free MD Cambridge Cambridge Creek Clean Up
- Saturday, November 7, 3 p.m. to 6 p.m., Campaign for Grade Level Reading Fall Festival
- Thursday, November 19, 4:30 p.m. to 5:30 p.m., DRI Dock Recovery Connections
- Friday, November 20, 3 p.m. to 5 p.m., MRC Volunteer Sign-Up Day

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.

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