



AUGUST 2022

MONTGOMERY COUNTY DEPARTMENT OF HEALTH

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COVID Vaccines are available for ages 6 months to 5 years

Vaccines are available to children 6 months to 5 years old at the Department of Health.

See page 3 for more information.

Montgomery County Lactation Celebration

*Step Up for Breastfeeding
Educate and Support*

*Celebrating Our Expecting/Breastfeeding Moms
During National Breastfeeding Month*

Tuesday, August 9th 2022

11 am - 2 pm

**217 South Main Street Troy, NC 27371
Montgomery County Department of Health**

Photo Booth,
FREE photos
for Mom
and Baby

Light
Refreshments
provided

Lactation
Consultant
on site for
breastfeeding
help &
questions

Swag Bags for
every mom &
3 big raffle
items



SCAN ME to register for



ICO 4 MCH
Sandhills Collaborative
CUMBERLAND • Hoke • RICHMOND • MONTGOMERY • HOOVER



Join us for the 3rd annual Lactation Celebration in honor of National Breastfeeding Month.

See page 4 for more information.

Anyone can get monkeypox. The virus can make you sick, including a rash or sores (pox), often with an earlier flu-like illness. For more information on how Monkeypox is transmitted, see page 6.

Understanding Tick Bites

PREVENT TICKBORNE DISEASES



- Wear repellent
- Check for ticks daily
- Shower soon after being outdoors
- Call your doctor if you get a fever or rash following a tick bite

www.cdc.gov/ticks



Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



Source: https://www.cdc.gov/lyme/resources/toolkit/factsheets/Hooks_Ticks-and-Lyme-Disease-508.pdf

COVID Vaccinations

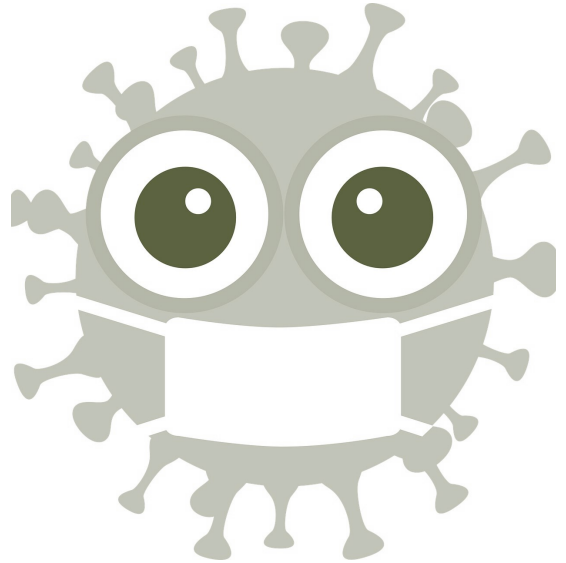
MCDH Vaccine Information

The COVID-19 Vaccine and Booster is available at the Department of Health for all individuals ages 6 months - 5 years old, 5-11 years old, or 18 and older.

Appointments are required.

You may register for a vaccine appointment by submitting a form online at montgomerycountync.com or by phone at (910)-572-1393.

Forms are also available outside the Department of Health building or at the Troy Library. All forms should be returned to the drop box located at the Department of Health



COVID-19 Testing

West Montgomery High School

417 Warrior Drive
Mt. Gilead, NC 27306

The times are as follows:
Monday, Wednesday, and
Friday: 9am to 2pm

Tuesday and Thursday: 12pm to 5pm

To register visit
Lhicare.covidtesting
or call 887-562-4850



Department News

Join us for the 3rd annual Lactation Celebration on August 9th at 11am. This year the event will be hosted at the Department of Health building at 217 S. Main Street, Troy, NC 27371.

Condado de Montgomery
Celebración de Lactancia

*Impulsemos la lactancia Materna
Apoyando y Educando*

*Celebramos Nuestras Mamás Esperando Y
Nuestras Mamás Lactantes Durante
el Mes Mundial de la Lactancia Materna*

Martes, 9 de Agosto del 2022
11 am - 2 pm
217 South Main Street Troy, NC 27371
Departamento de Salud del Condado de Montgomery

Fotos GRATIS proporcionado para Mamá y Bebé

Refrescos incluidos para el evento

Lactancia Consultor para ayuda sobre la lactancia materna

Bolsas con regalos para todas las Mamás y 3 grandes artículos de Rifa

SCAN ME para registrar

wic

ICO 4 MCH
Sandhills Collaborative
CUMBERLAND-HOKE-RICHMOND-MONTGOMERY-SCOTLAND

A PLACE FOR ALL PEOPLE
MONTGOMERY COUNTY
DEPARTMENT OF HEALTH

Montgomery County
Lactation Celebration

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Photo Booth, FREE photos for Mom and Baby

Light Refreshments provided

Lactation Consultant on site for breastfeeding help & questions

Swag Bags for every mom & 3 big raffle items

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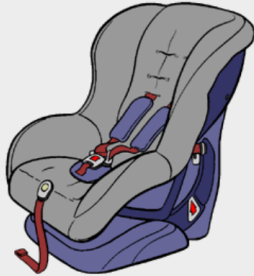
To sign up for the event, click [HERE](#), or call the office at 910-572-1393.

Upcoming Classes

Car Seat Checks

To sign up: contact a Health Educator
by calling 910-572-1393

Learn how to properly
install your carseat in
your vehicle!



Did you know our Health Educators are
Certified Car Seat Technicians?

We can help you learn how to properly install
your car seat or check the installation of an
existing car seat! We are hosting our Car Seat
Inspection on Thursday, June 2nd at 2pm. To
sign up for this free event, call our Health
Educator at 910-572-1393.

Safe Sleep Class August 26th

We are offering our **FREE** 1-hour safe
sleep class through zoom on August 26th
at 10am. The class is available to all
Montgomery County residents who are
currently pregnant or the parent of a child
less than 6 months. After completing the
class you will receive a **FREE** safe sleep
space! This program will cover practical
steps that parents can take to lower the
risk of a SIDS related death.

To sign up, contact a Health Educator at
910-572-1393 or fill out our online form
<https://bit.ly/3zjVwuW>.

Conquering Motherhood

Our next conquering motherhood class will
begin on August 24th through zoom. This class
prepares parents with the basic knowledge of
infant feeding, car seat education, safe sleep
practices, and tips to help reduce
Post-partum depression.

To sign up, contact a Health Educator at 910-
572-1393 or fill out our online form
<https://bit.ly/3LkKzhr>.

*Conquering
Motherhood*

EMPOWERING MOMS
WITH CONFIDENCE

Monkeypox

Who is at risk for Monkeypox?

Anyone can get monkeypox, although many of the individuals recently diagnosed with monkeypox self-identify as being men who have sex with other men. The virus enters the body through broken skin, or mucus membranes such as the eyes, nose, mouth or genitals. The virus does not spread exclusively through any one gender, sexual, or social network.

What does Monkeypox look like?



Photo Credits: Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases (NCEZID), Division of High-Consequence Pathogens and Pathology (DHCPP) • NHS England High Consequence Infectious Diseases Network, The National Archives, contains public sector information licensed under the Open Government Licence v3.0.



Transmission

Monkeypox is transmitted person-to-person through direct skin-to-skin contact, having contact with an infectious rash, through body fluids or through respiratory secretions. Such contact often occurs during prolonged, face-to-face contact or during intimate physical contact, such as kissing, cuddling or sex. People who do not have monkeypox symptoms cannot spread the virus to others. Learn more about how monkeypox is spread and a summary of the 2022 U.S. outbreak: <https://bit.ly/3bczSjE>

Vaccines & Eligibility

Vaccines are available in limited supply, at no cost, for individuals with known or suspected exposure to monkeypox. This includes:

- People who have been in close physical contact with someone diagnosed with monkeypox in the last 14 days (PEP)
- Men who have sex with men, or transgender individuals, who report any of the following in the last 90 days: Having multiple or anonymous sex partners, Being diagnosed with a sexually transmitted infection, or receiving HIV pre-exposure prophylaxis (PrEP)
- Available for certain healthcare workers and public health response team members designated by public health authorities

Vaccines are available at the following departments:

Source: <https://epi.dph.ncdhhs.gov/cd/docs/Monkeypox-WhatYouNeedtoKnow.pdf>

- Cumberland (910) 433-3600
- Buncombe (828) 250-5300
- Durham (919) 560-9217

- Forsyth (336) 703-3100
- Guilford (336) 641-3245
- Mecklenburg (980) 314-9400

- New Hanover (910) 798-6800
- Pitt (252) 902-2300
- Wake (919) 250-4462

COVID Testing

OptumServe COVID testing hours have changed. The testing site will no longer hold weekend hours, but will run Monday through Friday.

To register for a test call (877) 562-4850 or visit lhi.care/covidtesting.

COVID TESTING LOCATION

West Montgomery High School

147 Warrior Drive, Mt. Gilead, NC 27306

Monday, Wednesday, Friday 9am - 2pm

Tuesday, Thursday 12pm - 5pm

There will be no weekend hours for testing.

Contact Information



**Montgomery County
Department of Health**
217 South Main Street
Troy, NC 27371
910-572-1393

If you would like to join the mailing list and ensure that you receive future communication from the Montgomery County Department of Health, please email Margaret Gibbons (margaret.gibbons@montgomerycountync.com).