



FEBRUARY 2022

MONTGOMERY COUNTY DEPARTMENT OF HEALTH



COVID Vaccines and Boosters are Available

Vaccines are available to all individuals ages 5-11 or 18+ at the Department of Health. Adults are eligible for boosters if it has been at least 5 months since last vaccination.

See page 2 for more information

National Wear Red Day

February 4th is National Wear Red Day for Heart Health. This is a day to bring more awareness to heart health. We hope you will celebrate with us by wearing red on February 4th. To learn ways you can protect your heart see pg.5.

Flu Vaccines

Vaccines are available at the Department of Health by appointment. To schedule your appointment contact the front desk at 910-572-1393.

In This Issue

- Pg. 1. COVID-19 Testing and Vaccines
- Pg. 2. Homebound Vaccines
- Pg. 3 Department News
- Pg. 4 February News

Children's Dental Health Month

February is Children's Dental Health Month. The Department of Health offers dental varnishing for children ages 0-3.5 years of age at each well child exam.

Health News

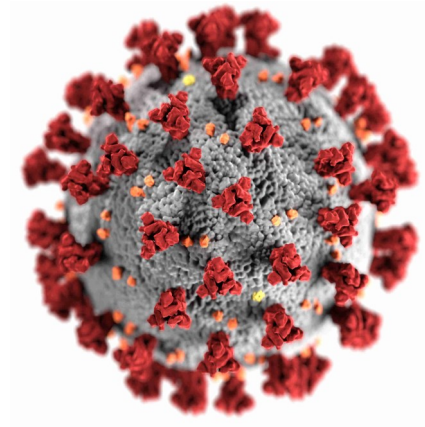
MCDH Vaccine Information

The COVID-19 Vaccine is available for all individuals ages 5-11 old years 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 and should be returned to the outside drop box.



COVID-19 Vaccine for Homebound Individuals

Are you or a loved one homebound and need a COVID-19 vaccine?

To schedule an appointment for a homebound individual please contact Margaret Gibbons by phone (910-572-1393 ext. 1228) or email (Margaret.gibbons@montgomerycountync.com).

COVID-19 Testing

COVID-19 testing will be available at

East Montgomery High School

157 Eagle Lane

Biscoe, NC 27209

The times are as follows:

Monday, Wednesday, and Saturday:
9am to 2pm

Tuesday and Thursday: 12pm to 5pm
To register

Lhicare.covidtesting

Contact Number: 887-562-4850

Department News

Safe Sleep Class February 25th

We are offering our 1-hour Safe Sleep Class through zoom on February 25th at 10am. The class is available to all Montgomery County residents who are pregnant (preferably at least 5 months along), or the parent of a newborn less than 6 months old. After completing the class you will receive a free crib or pack n play. To sign up, contact Kimberly Burger (910-572-1393 ext. 1227) or fill out our online form (<https://bit.ly/3zjVwuw>). The class will cover practical steps that parents can take to lower the risk of a SIDS death.

WIC Program Updates

- The **Fruit & Vegetable Cash Value Benefit Increase** continues! It has been extended through March 2022. We will continue to provide \$24/ month for children, \$43 per month for pregnant and postpartum women, and \$47/ month for postpartum women who are breastfeeding.
- We're giving out FREE cooking kits to our participants (one per family), which includes a reusable shopping bag, measuring cups and spoons, a small cutting board, potholder, a bag clip and sandwich spreader/citrus peeler. Kits can be picked up any time during normal business hours.

Communicable Disease Department-Quarantine Guidelines Updated

The CDC has updated their guidance around quarantine times when someone is exposed to COVID-19. There are several different scenarios depending on someone's vaccination status, or if a person had a positive COVID test within the last 90 days.

-See the next page for updated guidance from the CDC on when someone should stay home. Please read the guidance carefully.

For additional information on quarantine and isolation guidance visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Quarantine Guidelines-When to Stay Home

IF YOU
Were exposed
to COVID-19
and are NOT
[up-to-date](#) on
COVID-19
vaccinations

Quarantine for at least 5 days

Stay home
Stay home and [quarantine](#) for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

Get tested
Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU
Were exposed
to COVID-19
and are [up-to-date](#) on COVID-19 vaccinations

No quarantine
You do not need to stay home unless you develop symptoms.

Get tested
Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU
were exposed
to COVID-19
and
had confirmed
COVID-19
within the past
90 days (you
tested positive
using a viral
test)

No quarantine
You do not need to stay home unless you develop symptoms.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

News & Events

American Heart Health Month

Heart disease is the leading cause of death in the United States, but there is a lot you can do to prevent it. Small acts of self-care like taking walks, getting quality sleep, and cooking healthy meals help your heart. Research shows that self-care can help keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke. “Self-care” means the things you do to stay healthy. So, what parts of self-care can help your heart? Here are some ideas:

- ♦ Get your daily dose of physical activity for example a brisk walk
- ♦ Cook meals that are low in sodium and unhealthy fats
- ♦ Take your medication as prescribed and keep your medical appointments
- ♦ Sleep 7-8 hours a night
- ♦ Manage stress

Children’s Dental Health Month

February is National Children’s dental health month. The right dental health routine, done consistently, will help to keep kids smiles healthy from the start! A healthy smile is important to a child’s self esteem and their overall health.

Tooth decay is among the most common chronic diseases among youth in the United States. More than 45 percent of American children experience tooth decay in their primary or permanent teeth. If left untreated, tooth decay can lead to pain loss of teeth and serious infections.

The month of February is a great time for us to remind parents about the importance of brushing their child’s teeth morning and night. Parents should help their child floss regularly and take their child to the dentist for checkups every 6 months. Parents should also try to avoid a large amount of sugar in their child diet which can lead to more cavities.

Vaccine Locations

ARE YOU LOOKING FOR A COVID VACCINE IN MONTGOMERY COUNTY?

Montgomery County

Department of Health

Moderna (age 18+) Vaccine - by appointment only

910-572-1393

CVS Pharmacy, Inc.

Moderna (age 18+) Vaccine

910-572-1393

Walmart Inc.

Moderna (age 18+) Vaccine

Pfizer (age 12+) Vaccine

910-428-1851

Montgomery Health Center

Moderna (age 18+) Vaccine - by appointment only

910-428-9020

Cochrane-Ridenhour Drug

Moderna (age 18+) Vaccine

Pfizer (age 12+) Vaccine

Johnson & Johnson (age 18+) Vaccine

910-439-6541

OptumServ

Moderna (age 18+) Vaccine

Monday, Wednesday, Saturday 9am-2pm; Tuesday and Thursday 2-7pm

157 Eagle Lane, Biscoe, NC 27209

COVID Testing Locations

Montgomery County Testing Locations

OptumServe

East Montgomery High School
157 Eagle Lane, Biscoe
PCR Test
Hours: M, W, Sat 9-2
Tues & Thur 12-5
Contact Number
877-562-4850
[Lhi.care/covidtesting](https://lhi.care/covidtesting)

Troy Pharmacy

436 Albemarle Rd.
Troy
PCR Test
Hours: M-F 9-7
Sat 10-3
Contact Number
910-573-3431

Cochrane Ridenhour Drug

116 S Main Street
#9254, Mt. Gilead
PCR Test
Hours: M-Sat 8:30-5
Contact Number
910-439-6541

Montgomery Health Center

103 Cotton Creek Rd.
Star
PCR Test
Hours: Mon and Wed
1-4pm
Contact Number:
910-428-9020

Contact Information

For more information, contact the
Montgomery County Department of Health
at (910) 572-1393.

Margaret Gibbons

Health Education Supervisor

910-572-1393 Ext. 1228

Margaret.Gibbons@montgomerycountync.com

Kimberly Burger

Health Educator II

910-572-1393 Ext. 1227

Kimberly.Burger@montgomerycountync.com

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).