



JANUARY 2021

MONTGOMERY COUNTY DEPARTMENT OF HEALTH

January is Cervical Cancer Awareness Month

More than 14,000 women are diagnosed with cervical cancer each year. This can be prevented with screening by getting an HPV vaccine. The Montgomery County Department of Health offers HPV vaccines Monday-Friday with an appointment.

COVID Vaccines and Boosters are Available

Vaccines are available to all individuals ages 5-11 or 18+ at the Department of Health

See page 2 for more information

New Pumping Rooms Installed in All Montgomery County Schools

Now staff members and students who are currently breastfeeding will have a private room located on campus.

More information on page 4

Flu Vaccines

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

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Medication Drop Boxes Available

There are medication drop boxes **available at the Biscoe Police Department and Montgomery County Sheriff's Office.** You can safely dispose of your unused and expired prescription medications at either location.

Health News

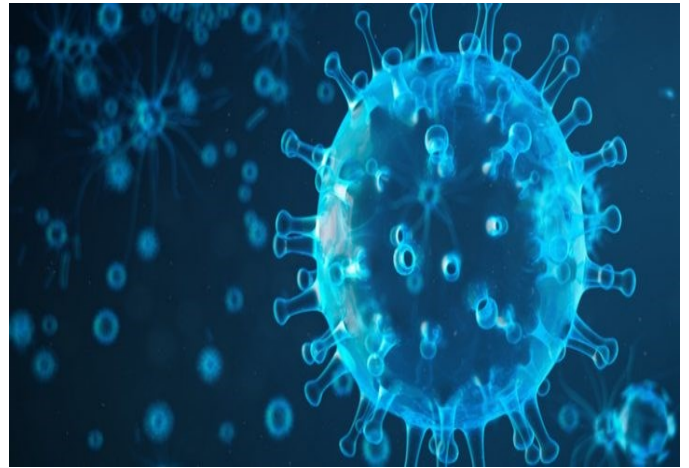
MCDH Vaccine Information

The COVID-19 Vaccine is available for all individuals ages 5-11 old years or 18+

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
West Montgomery High School
147 Warrior Drive
Mt. Gilead, NC 27306.

The times are as follows:

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

Tuesday and Thursday: 12pm to 5pm

Testing will be moving to East Montgomery High School

Department News

Safe Sleep Class January 20th

We are offering our 1-hour Safe Sleep Class through zoom on January 28th 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 teach practical steps that parents can take to prevent a SIDS death.

WIC Updates

The WIC Vegetable and Fruit benefit has been extended through March 31st, 2022, with benefit levels remaining at current levels of \$24/month for children, \$43/month for pregnant and postpartum participants, and \$47/month for pregnant and postpartum month for breastfeeding participants.



ALERT from Care Managers for High Risk Pregnancies -(CHMRP) and At Risk Children.

If you or your children now have one of the new healthcare plans, (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare, Wellcare), and if you HAVE NOT looked through the packet of information that was sent to you, or looked it up online, you could be missing out on FREE incentives that could greatly benefit your family!

Each health plan offers different incentives such as gift cards, baby items, asthma products, free classes, etc, that you may qualify for. But for most of them, you must follow the instructions in the packet (make a call, complete a form, etc), to receive them. We encourage you to look through your packets, or call the information line for your particular healthcare plan OR get online for your particular healthcare plan so you don't miss out!

News & Events

Pumping Rooms Installed in Montgomery County Schools

Montgomery County Department of Health, in partnership with ICO4MCH and Montgomery County Schools, were able to supply all county locations with a private pumping space. These pumping spaces are currently available for all breastfeeding individuals (staff and students) to utilize on MCS campuses.



National Glaucoma Awareness Month

Every January the National Eye Institute sponsors Glaucoma Awareness month. According to the National Eye institute, glaucoma is the leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms, therefore half the people with glaucoma are not aware they have it.

Those at higher risk for developing Glaucoma include:

- anyone over age 60, specifically Hispanic and Latino populations.
- African Americans over age 40
- People with a family history of glaucoma

The National Eye Health Education Program encourages those at higher risk to make a new years resolution to get a dilated eye exam in the new year!

Contact Information

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

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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).