



JUNE 2022

MONTGOMERY COUNTY DEPARTMENT OF HEALTH

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COVID Vaccines and Boosters are Available

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

See page 3 for more information.

It is time for the Montgomery County Maternity Fair.

Join us Tuesday, June 14, 2022 at 6:00pm for the maternity fair located at Page Street Elementary School. See page 4 for more event details.

Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. There are 24 million Americans over the age of 40 who are affected by cataracts. Learn more about cataracts on page 2.

* Information
* Interactive Booths
* Light Refreshments
* Door Prizes !!!

Tues., June 14, 2022

The Montgomery County Maternity Fair

6:00 - 8:00 PM
Page Street Elementary School (Cafeteria) • Troy, NC

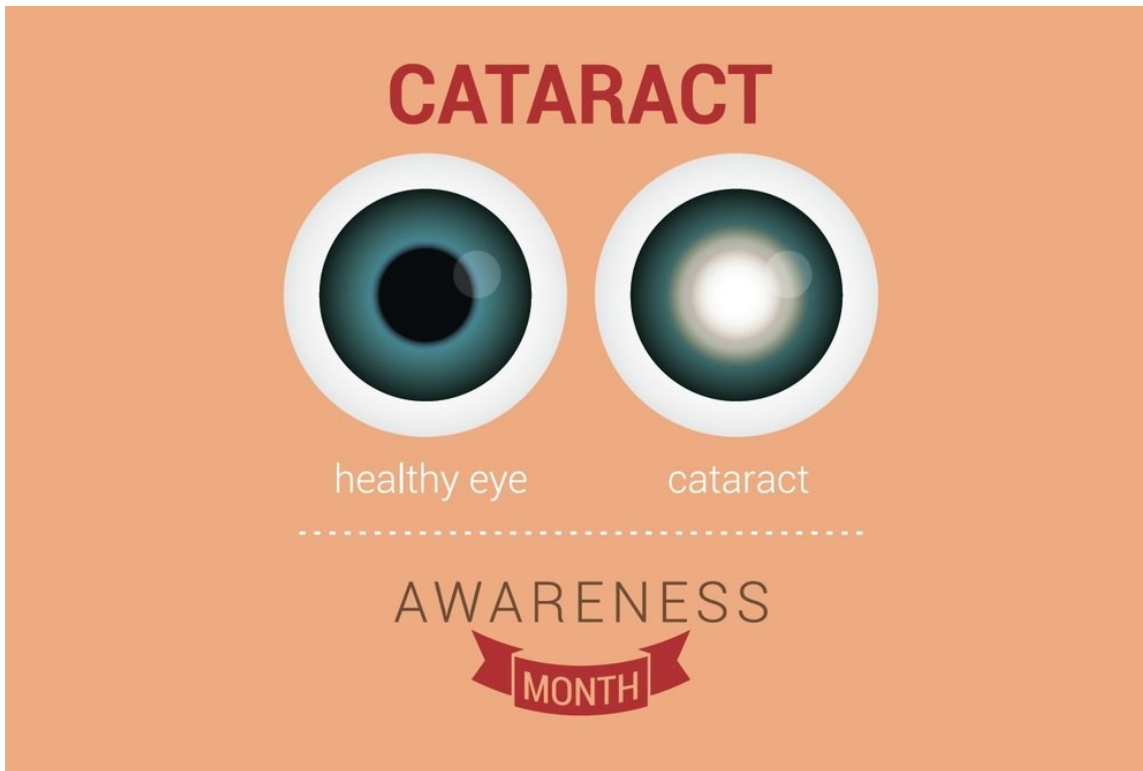
PREGNANT?
Parent of a Newborn under 6 months?
PLANNING?

Nutrition & Breastfeeding Info.
Baby Care - Diapering, Swaddling, Baths
Safe Sleep Hospital Bag Preparation
Car Seats - Choosing & Using
Reproductive Life Counseling

Montgomery County Partnership for Children
NC COOPERATIVE EXTENSION
2022 Planning Team

Registration is **FREE** for you and one guest (spouse, friend, family member), but please RSVP in advance (to help us plan for refreshments.)
PLEASE CALL: Margaret Gibbons at 910-572-1393 ext. 1228

Health News



Prevent Blindness America has declared June to be Cataract Awareness Month, an initiative aimed at raising awareness of and advocating for education on cataract risk factors, symptoms, and treatments.

Gainesville Eye Associates

What are the symptoms of Cataracts?

Cataracts can start small and subtle, so it's not always evident that a cataract is developing. Over time, you may notice the following symptoms:

- Faded or yellowed colors
- Reduced night vision
- Light sensitivity and increased glare
- Halo effect around lights
- Dim, cloudy, or blurry vision
- More frequent glasses prescription changes
- Double vision in a single eye

Cataract Risk Factors

The main risk factor for cataracts is advancing age, but other factors can make them more likely to develop earlier. These include diabetes, smoking, a family history of cataracts, exposure to UV radiation over time, high blood pressure, previous inflammation or injury to an eye, previous eye surgery, obesity, excessive alcohol consumption, and prolonged use of corticosteroid medication.

Source: <https://www.gainesvilleeye.com/2020/06/15/june-is-cataract-awareness-month/>

Health News

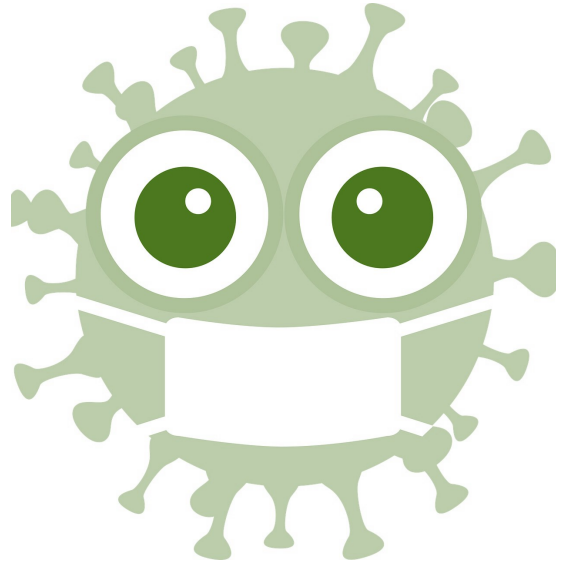
MCDH Vaccine Information

The COVID-19 Vaccine and Booster is available at the Department of Health for all individuals ages 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 building.



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



Maternity Fair

We are proud to work with our community partners, Montgomery County Partnership for Children and NC Cooperative Extension-Montgomery County, to host this years Montgomery County Maternity Fair!

The Maternity Fair will be held on **Tuesday, June 14, 2022** from **6:00 pm to 8:00pm**. We will be located in the **Page Street Elementary School Cafeteria** in Troy, NC.

Our vendors will cover topics related to baby care, safe sleep, breastfeeding, nutrition, and so much more.

If you are currently pregnant, a parent of a newborn under 6 months, or planning for your family join us for this fun and educational event!

Registration is **FREE** for you and one guest (spouse, friend, family member), but please RSVP in advance (to help us plan for refreshments.)
PLEASE CALL: Margaret Gibbons at 910-572-1393 ext. 1228



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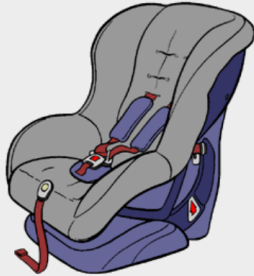
2022 Planning Team

Department News

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 June 24th

We are offering our **FREE** 1-hour safe
sleep class through zoom on June 24th
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 June 7th 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

Let's Talk Bacteria

What is Salmonella?

Salmonella is a bacterial infection that can make people sick. The illness people get from a Salmonella infection is called salmonellosis.

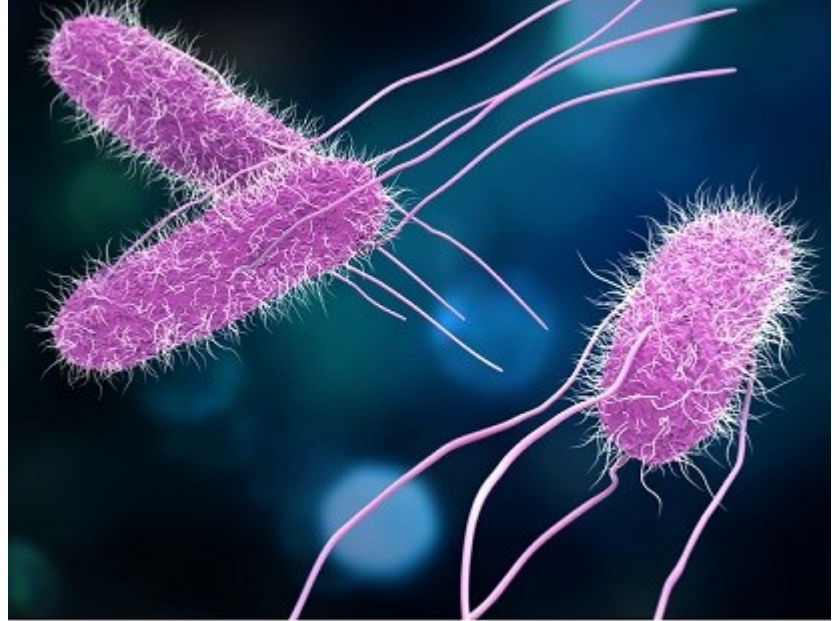
How serious is Salmonella infection?

Most people will recover without treatment. Young children, older adults, and people with weakened immune systems are more likely to have severe illness. Some severe cases can result in hospitalization and, in rare cases, can lead to death.

How does Salmonella Spread?

You can get Salmonella infections if you:

- Eat raw or undercooked foods such as meat, poultry, or eggs
- Eat cooked foods that came in contact with contaminated raw food
- Eat foods or drinks contaminated by an infected person
- Are in close contact with a child or adult who has Salmonella
- Come in contact with infected animals or their feces. High risk animals include reptiles, amphibians, and live poultry



<https://www.fda.gov/food/foodborne-pathogens/salmonella-salmonellosis>

Can Salmonella infection be prevented?

- Eat thoroughly cooked meats, poultry, fish, and eggs.
- Eat only pasteurized milk and dairy products.
- Wash fruits and vegetables.
- Prevent cooked foods from being contaminated by raw foods.
- Wash hands after touching animals/pets, animal feces, or items contaminated with animal feces.
- Don't use food preparation areas to bathe pets or to wash their dishes, cages, or aquariums.

Source: <https://www.cdc.gov/salmonella/index.html>

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).