



MAY 2022

MONTGOMERY COUNTY DEPARTMENT OF HEALTH

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COVID Vaccines and Boosters are Available

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

See page 3 for more information.

May is Asthma Awareness Month

Asthma is a disease that affects the lungs in both children and adults. To learn more about how you can recognize the signs of asthma or how to control your symptoms, continue to page 2.

Mental Health Awareness Month has been observed in the U.S. since 1949. Each year millions of Americans face the reality of living with a mental illness. Continue reading about the importance of mental health services on page 4.



Health News



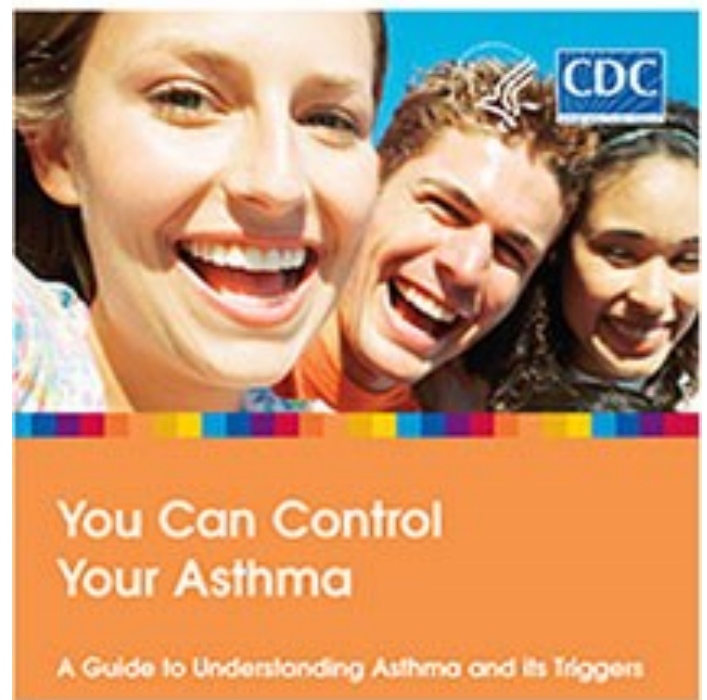
Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

What Is An Asthma Attack?

An asthma attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma attack, the sides of the airways in your lungs swell, and the airways shrink. Less air gets in and out of your lungs, and mucus that your body produces clogs up the airways even more.

The attack may include coughing, chest tightness, wheezing, and trouble breathing.

Some people call an asthma attack an "episode."



What Causes An Asthma Attack?

An asthma attack can occur when you are exposed to things in the environment such as house dust mites and tobacco smoke. These are called asthma triggers. Some of the most important triggers are outdoor air pollution, cockroach allergen, pets, and mold.

Health News

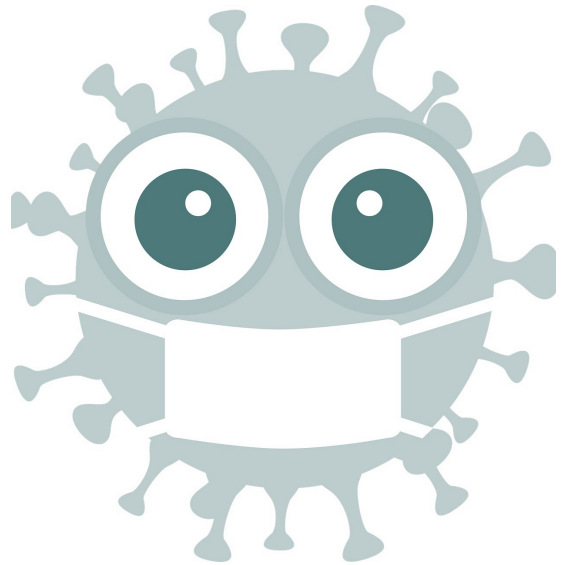
MCDH Vaccine Information

The COVID-19 Vaccine is available at the Department of Health 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 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
Saturday: 9am to 2pm

Tuesday and Thursday: 12pm to 5pm

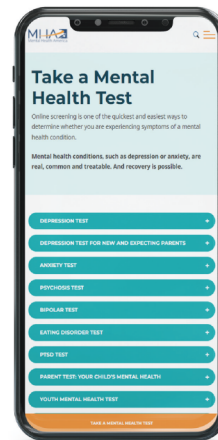
To register visit
Lhicare.covidtesting
or call 887-562-4850



Health News

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Everyone should have the support needed to thrive. Communities that have been historically and presently oppressed face a deeper mental health burden because of the added impact of trauma, oppression, and harm. There's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or how serious the symptoms may be. Some risk factors for mental health conditions include: trauma, which can be a one-time event or ongoing; your environment and how it impacts your health and quality of life (also known as social determinants of health like financial stability and health care access); genetics; brain chemistry; and your habits and lifestyle such as a lack of sleep.



Feeling like something
“isn’t quite right”?

Taking a free, anonymous mental health screen at mhascreening.org is one of the quickest and easiest ways to determine if what you are experiencing might be signs of a mental health condition.



LEARN MORE
mhanational.org/may

Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental health. Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- • Does the idea of doing daily tasks like making your bed now feel really, really hard?
- • Have you lost interest in activities and hobbies you used to enjoy?
- • Do you feel irritated, possibly to the point of lashing out at people you care about?

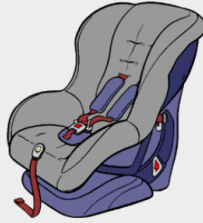
Department News

Car Seat Inspection

Thursday, May 5th at 2pm

Location: Montgomery County Department of Health
217 S Main Street, Troy, NC 27371

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



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, May 5th
at 2pm. To sign up for this free event, call
our Health Educator at 910-572-1393.

Safe Sleep Class June 3rd

We are offering our free 1-hour safe
sleep class through zoom on June 3rd 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

Summer Recipe

Minty Pineapple Fruit Salad

- 4 cups cubed fresh pineapple
- 2 cups sliced fresh strawberries
- 1 cup green grapes
- 3 tablespoons thawed lemonade concentrate
- 2 tablespoons honey
- 1 tablespoon minced fresh mint

Place fruit in a large bowl. In another bowl, mix remaining ingredients; stir gently into fruit. Refrigerate, covered, until serving.



Recipe provided by Jeannie's Kitchen at Randolph County Cooperative Extension on Facebook.

COVID Testing

COVID TESTING LOCATION

West Montgomery High School

147 Warrior Drive; Mt. Gilead, NC 27306

Monday, Wednesday, Saturday 9am-2pm

Tuesday, Thursday 2pm - 7pm

To register visit <https://lhi.care/covidtesting>
or call 877-562-4850

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).