

June 2021

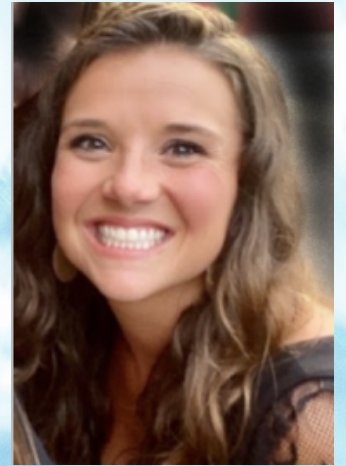
HEALTH DIGEST

Beaufort County Health Department



PLAN, PLAN, & PLAN SOME MORE!

June 1st is recognized as the beginning of Hurricane season, which typically runs from June to November. Being from the Eastern part of the State, I have grown up with hurricanes. As a kid, I actually enjoyed hurricanes, lots of rain and no school. Though I didn't recognize the many aspects of a hurricane: the unknowns, the damage they can cause, the possibility of loss of electricity, flooding, etc. my parents did. They planned ahead and if needed, put their plan into action.



Preparedness Coordinator/
Human Services Planner IV

To help better protect your family, the best way to plan for a hurricane or emergency, is to create a plan. First you need to determine your risk. In terms of hurricane this means: knowing if your home is in the predicted path of a hurricane, or if the area you live in is in a flood zone. Next, you should ensure you and your family have and are familiar with the evacuation route/plan, if needed. In planning an evacuation route, you want to make sure you have several options, because you won't know if a route is flooded or undriveable during the storm. Pay close attention to evacuation orders, which will provide much needed direction and information during the storm. Ensure you have the supplies you need, such as water, batteries, generator, non-perishable food, etc. Make a go-bag in case you and your family have to leave quickly and unexpectedly, and make sure you account for pets. Also, create a check list before an emergency happens, that way you won't be scrambling to remember things you need in the midst of the storm.

If COVID-19 has taught us anything, it is to expect the unexpected because you never know what could happen. Though we didn't know that COVID-19 was coming, the Beaufort County Health

Department and other community organizations, such as Emergency Management, Department of Social Services, and others, had created plans in response to a communicable disease outbreak, and conducted drills to practice an outbreak event, very similar to COVID-19. COVID-19 brought it's own unique challenges, don't get me wrong, but because as a county we had developed written plans to respond to an outbreak and practiced the plan, we were better equipped to respond.

Plan for the unexpected. Don't wait!

TAKE A PEEK!

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COVID-19 VACCINES

what you need to know

	Johnson & Johnson	Pfizer	Moderna
Type of vaccine	Viral vector	RNA	RNA
How it works	Teaches the immune system to attack the protein the virus uses to infect other cells. The instructions are carried by a non-dangerous virus.	Uses RNA to teach the immune system to target the virus's surface, prevention infection.	Uses RNA to teach the immune system to target the virus's surface, prevention infection.
Effectiveness	66%	95%	94.5%
Storage Conditions	At least 3 months at refrigerator temperatures	Two weeks at freezer temperatures (-4°F), five days in the refrigerator (36° to 46°F)	One month at refrigerator temperatures
Doses needed per person	One Shot	2 shots, three weeks apart	2 shots, four weeks apart
Where it's being offered	<ul style="list-style-type: none"> • Beaufort County Health Department • O'Neals Pharmacy • Walmart Pharmacy 	<ul style="list-style-type: none"> • Beaufort County Health Department • Vidant Practices • CVS Pharmacy • Walgreens Pharmacy 	<ul style="list-style-type: none"> • Beaufort County Health Department • O'Neals Pharmacy • Vidant Practices • Urgent Care Down East



When You're **FULLY VACCINATED...**



- You can resume activities that you did prior to the pandemic.
- You can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to the situation at your international destination before traveling outside the United States.
- You do NOT need to get tested before leaving the United States unless your destination requires it.
- You still need to show a negative test result or documentation of recovery from COVID-19 before boarding an international flight to the United States.
- You should still get tested 3-5 days after international travel.
- You do NOT need to self-quarantine after arriving in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
- However, if you live or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.

What is **FULLY VACCINATED**?

- People are considered fully vaccinated **2 weeks** after their second dose of the Pfizer or Moderna vaccine, **OR 2 weeks** after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.
- If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.
- If you have a condition or are taking medications that weaken your immune system, you may NOT be fully protected even if you are fully vaccinated.



**Talk to your health care provider about receiving
your COVID-19 vaccine**

SUN SAFETY

- 1 in every 5 Americans will develop skin cancer
- The sun is the strongest between 9am and 3pm
- 5 or more sunburns doubles the chances of your risk for Melanoma
- Most skin cancers are detected by the patient, not the doctor. Self-examinations should be conducted once a month. Use ABCDE as a guide!

A ASYMMETRY: one side doesn't match the other

B BORDER: Melanoma can show an irregular border

C COLOR: Melanoma is often variety of colors (brown, tan, or black)

D DIAMETER: Melanoma is larger than 6mm in diameter (pencil eraser)

E EVOLUTION: Melanoma will change characteristics over time

Tips for Applying Sunscreen

- Use a sunscreen with a SPF of 30 or higher, that is water-resistant, and provides broad-spectrum coverage.
- Apply before going outdoors. It takes ~15 minutes for your skin to absorb the sunscreen.
- Reapply every 2 hours or immediately after swimming/sweating.

Stars & Stripes Workout

represent the 50 stars & 13 stripes on our flag with this workout

50 High Knees

13 Squats

50 Jumping Jacks

13 Lunges (per leg)

50 Crunches (25 regular - 25 reverse)



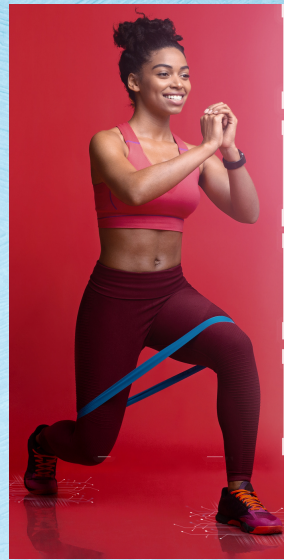
50 High Knees

13 Squats

50 Jumping Jacks

13 Burpees

50 second Plank



BEAUFORT COUNTY SYRINGE EXCHANGE PROGRAM



SAFE SYRINGE DISPOSAL

- Use a hard plastic container, such as an empty laundry detergent bottle or a medical waste safety box.
- Label container as "sharps" and seal tightly
- Do not let the container get more than 3/4 full.
- Ensure lid is sealed tightly (ex. add duck tape if needed)
- Do not recycle needles!

WHO TO CONTACT

Taylor Davenport with Beaufort
County Health Department
(252) 940-5093

WHY IS IT IMPORTANT

Safe syringe disposal can help
reduce the transmission of
bloodborne diseases.

DROP OFF LOCATIONS:

Beaufort County Health Department
1436 Highland Dr. Washington, NC 27889
Beaufort County Sheriff's Office
210 N. Market St. Washington, NC 27889

WHAT IS SYRINGE EXCHANGE



Syringe exchange provides connections to treatment programs, medication-assisted treatment (MAT), and other medical and social services; opioid overdose prevention resources, including naloxone (also known as Narcan); and educational materials, including HIV (Human Immunodeficiency Virus) prevention and treatment, hepatitis prevention and treatment and mental health care.

NATIONAL YOGA DAY

JUNE 21, 2021

Stretch your body & mind

Celebrate the physical and spiritual powers that yoga brings to the world.

BEGINNER YOGA POSES

by GROUNDED PANDA



BENEFITS OF YOGA

1. Improves strength, balance, & flexibility
2. Helps with back pain relief
3. Eases arthritis symptoms
4. Benefits heart health
5. Relaxes you and helps you sleep better
6. Improve energy and moods
7. Helps manage stress
8. Promotes better self care



AMERICAN YOGURT BITES



Think healthy for the holiday!!



HAPPY INDEPENDENCE DAY

INGREDIENTS

- Vanilla Greek yogurt (or any kind that you love!)
- Strawberries
- Blueberries

PREPARATION

- Dice the strawberries & cut the blueberries in half.
- Place them in a silicone mold & cover with yogurt.
- Leave in freezer for 2 hours
- Enjoy!

HEALTHY HOLIDAY TIPS

- Stay hydrated
- Watch portion sizes
- Stay active
- Wash your hands often





WORD SEARCH



HOW TO PREVENT HIV?

M	B	R	N	S	S	N	S	E	T	E	A	C	H
O	H	E	T	U	S	W	H	T	L	A	E	H	O
D	T	N	R	T	R	E	A	P	D	S	H	E	T
N	A	I	S	A	K	A	R	E	E	D	E	M	R
O	V	E	T	L	H	K	E	E	O	T	L	O	A
C	E	O	E	K	F	E	A	R	S	I	P	R	N
T	C	O	T	A	A	N	O	S	T	H	A	D	S
A	B	L	O	O	D	S	S	T	E	E	S	N	M
C	N	E	K	B	S	R	O	T	N	E	M	Y	I
F	O	V	E	U	Y	T	E	F	A	S	A	S	T
A	E	D	I	S	E	A	S	E	E	D	O	A	T
I	H	I	V	K	S	A	A	K	S	H	D	C	E
D	Q	U	E	S	T	I	O	N	S	L	I	V	D
S	H	W	A	B	S	T	I	N	E	N	C	E	T

- BLOOD SAFETY
- ASK
- ABSTINENCE SYNDROME
- MENTORS
- PEERS
- HEALTH
- TRANSMITTED
- TALK
- WEAKENS DISEASE
- QUESTIONS
- VIRUS
- AIDS
- SHARE
- CONDOM
- HIV
- TEACH
- HELP

June 27th is National HIV testing day. The goal is to help encourage HIV testing so individuals can know their status and get linked to care and treatment services, if needed.

