



## HARFORD COUNTY LHIC

### December 2020 Newsletter

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### Let's Talk About Health Webinar

University of Maryland Medical System is offering a 30-minute lunchtime webinar series on various health topics called, "Let's Talk About Health."

The upcoming webinar is titled, "Lung Disease." The webinar will discuss Chronic Obstructive Pulmonary Disease (COPD), which is a term used to describe chronic lung diseases including emphysema and chronic bronchitis. The experts will share causes, symptoms, diagnosis, treatments, and available resources to avoid or manage this condition.

The webinar will be on Wednesday, December 16th at 12:00pm. **You can register [here](#).**

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Image: Let's Talk About Health

### Helping the Helpers and Those They Serve Webinar

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) and MedChi are jointly sponsoring a new webinar series called Helping the Helpers and Those They Serve.

The webinars are designed for Maryland behavioral health and medical health care workers of all disciplines and the goal is to enhance provider self-care and consequently the care they provide.

The "The Impact of Racial Trauma on Providers" and **will be held on Thursday, December 17th from 5:00 to 6:00pm. You can register [here](#).**

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Image: Maryland Department of Health

### APHA COVID-19 Conversations

The American Public Health Association offers a webinar series on the science-based approach to addressing COVID-19. The next webinar will be, "Vaccines - The realities of the next steps." The webinar will discuss the next steps for ensuring COVID-19 vaccines reach the public, including overcoming vaccine hesitancy, ensuring a robust supply chain and communicating clearly and consistently throughout.



Image: COVID-19 Conversations

The webinar will be held on December 9th from 5:00 to 6:30pm. Click [here](#) to register.

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## Upcoming Events and Meetings

**MHAAC | LHIC | OIT virtual meeting - Tuesday, January 26th, 2021 from 8:00 to 10:00am** via Google Meets.

**Family Health LHIC virtual meeting - Tuesday, January 12th from 8:30 to 10:00am** via Google Meets.

For any questions, or to join any of the LHIC work groups (Behavioral Health, Chronic Disease Prevention and Wellness, or Family Health and Resiliency), please contact Ronya Nassar at [ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov).

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## Publications of Interest

[Trends in County-Level COVID-19 Incidence in Counties With and Without a Mask Mandate — Kansas, June 1–August 23, 2020](#)

Source: Morbidity and Mortality Weekly Report (MMWR)

[Changes in COVID-19 Knowledge, Beliefs, Behaviors, and Preparedness Among High-Risk Adults from the Onset to the Acceleration Phase of the US Outbreak](#)

Source: PubMed Central

[Masks Do More Than Protect Others During COVID-19: Reducing the Inoculum of SARS-CoV-2 to Protect the Wearer](#)

Source: PubMed Central

Contact Ronya Nassar at [ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov) with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | [www.harfordcountyhealth.com](http://www.harfordcountyhealth.com)

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