



# HARFORD COUNTY LHIC

## November 2020 Newsletter

### Shingles

Shingles, also known as herpes zoster, is caused by varicella zoster virus (VZV), the same virus that causes chickenpox. VZV will remain dormant in the body even after a person recovers from having chickenpox. Shingles is caused when the virus reactivates later in life. Approximately 1 out of 3 people in the US will develop shingles in their lifetime.

#### Signs and Symptoms:

- A painful rash that develops on one side of the face or body. The rash contains blisters that will typically scab up in 7 to 10 days.
- *Prior to the rash appearing*, people may have pain, itching, or tingling where the rash will appear. Sometimes this can be several days before anything appears.
- Fever, headache, chills, upset stomach.

The most common complications of shingles is postherpetic neuralgia or long-term nerve pain.

Read the full brief [here](#).

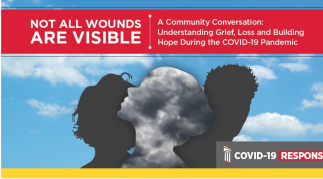


Image: Getting a Vaccine

### Not All Wounds are Visible Webinar

The COVID-19 pandemic has changed people's lives in many ways. In addition to the loss of life, routines, traditions and normalcy have been significantly affected, causing a loss of safety and freedom, all impacting mental health. Join the University of Maryland Medical System in having an important conversation about grief, loss and building your wellness toolbox.

The discussion will be on Thursday, November 12th from 10:30am to 2:00pm. **You can register [here](#).**



**NOT ALL WOUNDS ARE VISIBLE** A Community Conversation: Understanding Grief, Loss and Building Hope During the COVID-19 Pandemic

**COVID-19 RESPONSE**

The COVID-19 pandemic has changed people's lives in many ways. In addition to the loss of life, our routines, traditions and sense of normalcy have been significantly affected, causing a loss of safety and freedom. All of these factors impact our mental health and wellness. Join us for an important conversation about grief, loss and building your wellness toolbox.

**THURSDAY, NOVEMBER 12, 2020 • 10:30 AM – 2 PM**

**HOW TO CONNECT:** Registration required.  
[umms.webex.com/umms/j.php?MTID=ee4dd5d5e6b6c6e4f866d0f294dc](https://umms.webex.com/umms/j.php?MTID=ee4dd5d5e6b6c6e4f866d0f294dc)  
Note: Attendees who participate via the above link will be able to see the slides on their computer or smart phone.

To join by audio only: Call 1-800-459-8388  
Access code: 123 456 789

[umms.org/notallwounds](https://umms.org/notallwounds)

Presented by University of Maryland Medical System

Image: Not All Wounds are Visible Flyer

### 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, "Diabetes." The webinar will discuss how preventing diabetes, or managing it once diagnosed, is key to overall health. Simple lifestyle changes including exercising, or maintaining a healthy weight and healthy eating are all important factors to lower the risk of diabetes, the complications of diabetes and other serious health problems.

The webinar will be on Wednesday, November 18th at 12:00pm. **You can register [here](#).**



Image: Let's Talk About Health

## Diabetes and COVID-19

People with diabetes are at higher risk for complications from COVID-19. If you have diabetes, it is important to take necessary precautions to protect yourself from serious illness.

Click [here](#) to learn how you can protect yourself and please spread the word to others!

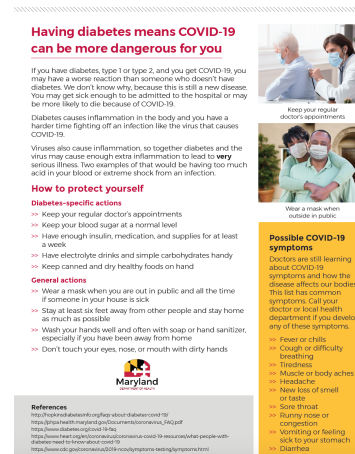


Image: Diabetes and COVID-19

## CHNA Key Informant Survey

Calling all key informants in Harford County! We are beginning to work on the 2021 Community Health Needs Assessment (CHNA) and would like your feedback. The CHNA reflects the current health status of Harford County. This assessment is important because it not only helps with learning about Harford County health needs, but is also used to make decisions about public health strategies to improve the health and wellbeing of Harford County residents.

The Harford County Health Department in conjunction with Upper Chesapeake HealthLink created a very brief survey monkey to get your perspective of the health of Harford County. You will also have the opportunity on the survey to express interest in being part of a focus group and priority setting in March of 2021.

Take the survey [here](#).



## Upcoming Events and Meetings

**MHAAC | LHIC | OIT virtual meeting - Tuesday, November 24th from 8:00-10:00am via Google Meets.**

**Family Health LHIC virtual meeting - tentatively scheduled for Tuesday, November 10th from 8:30-**

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).

---

## Publications of Interest

### [The Opioid Epidemic During the COVID-19 Pandemic](#)

Source: The Journal of the American Medical Association

### [The Invisible Epidemic: Neglected Chronic Disease Management During COVID-19](#)

Source: PubMed Central

### [Systemic racism, chronic health inequities, and COVID-19: A syndemic in the making?](#)

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)

STAY CONNECTED

