

**HC DrugFree is keeping Howard County
In the KNOW!!!**

**"To Go Far, We Must Go Together."
African Proverb**

HC DrugFree's team is saddened and pained by the senseless death of George Floyd and far too many others in the Black community. We embrace diversity, believe in the power of inclusion, and pledge to work to bring change. We are committed to saving lives, educating the community, and helping our Howard County youth and adults fulfill their dreams.

**Howard County: Opioids Trend
Upward**

In Howard County, there has been a 10% increase in fatal overdoses in 2020 compared to last year. [Click here](#) to read The Business Monthly's article about how Howard County plans to combat substance use disorders moving forward.



Maryland 2020 First Quarter Fatal Overdose Data

The Opioid Operational Command Center released their report on the opioid crisis in Maryland for the first quarter of 2020. The report provides details on Maryland's most recent intoxication fatalities data and outlines key elements of our response. [Click here](#) to read the full report and [click here](#) to read a brief summary.

7 Questions to Ask about Opioid Prescriptions

Harvard Medical School published an article listing these important questions you should ask when you're prescribed an opioid:

1. Is this medication an opioid?
2. Is this safe to take with my other medications?
3. Are there any non-opioid pain relievers I could take instead?
4. Is this the lowest dose possible?
5. May I have fewer pills?
6. How should I taper off the medication?
7. Should I have some naloxone (Narcan) on hand?

[Click here](#) to read the full article with these questions and detailed answers. These questions remain important even if the article isn't recent.

Do You KNOW about Puff Bar?

Youth are now replacing Juuls with Puff Bars. Despite increasing legislation on flavored vape products, Puff Bar is able to offer more than 20 flavors because their devices are disposable. [Click here](#) to read more about how Puff Bar advertises to young people.

Fun Quiz

What do you know about edible marijuana? [Click here](#) to take a short quiz.

Do You KNOW about "Fake Weed"?

Are you aware of the dangers of synthetic cannabinoids? [Click here](#) to take a short quiz.

Recovery-Support Meetings - Essential Services are Open!!!

Narcotics Anonymous, Alcoholics Anonymous, and other recovery-support meetings are essential services that are allowed to take place. These meetings are subject to the governor's guidance regarding physical distancing, face covers, and other sanitary practices.

Taking Care of Your Health

The Substance Abuse and Mental Health Services Administration (SAMHSA) published "Taking Care of Your Behavioral Health" during this pandemic. [Click here](#) to read or print.

Do You KNOW about Smoke?

Third-hand smoke refers to nicotine and other chemicals left on soft surfaces like clothes, carpets, hair, car seats, and many other surfaces.

Third-hand smoke can cause learning problems for children if levels of these toxins build up in their bodies.

NIDA Wants You to KNOW

The director of NIDA, Dr. Nora Volkow, responded to questions about how vaping and opioid use disorder could be related to COVID-19. [Click here](#) to read more about why these factors may put people at greater risk of complications.

Are You Your Family's Drug Dealer?

Be sure to safely store or properly dispose of your prescription and over-the-counter medication. Don't be your family's drug dealer.

HC DrugFree Appreciates Your Financial Support

Donate to HC DrugFree today, so we can continue to educate youth and adults and serve our community. [Click here](#) to make your donation.

RESOURCES BELOW

Howard County COVID-19 Updates

For Howard County Government and Health Department updates, go to www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls

Need to Talk to Someone? Call 2-1-1, Press 1

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).

Howard County Mental Health Services

The Behavioral Health Navigator can help link you to mental health or substance use services, refer you to treatment, and follow up to make sure you received the assistance you need. Visit www.hchealth.org/gethelp or call 410-313-6202 for more information. [Click here](#) to view or print Howard County Health Department services.



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