



Frederick County Board of Health

October 19, 2022

- i. **Call to Order** – Dr. Barbara Brookmyer, Health Officer for Frederick County
- ii. **Review of Frederick County COVID-19 Metrics** – Dr. Barbara Brookmyer, Health Officer for Frederick County
- iii. **Presentation of Annual Report Data**
- iv. **Old Business**
 - a. Approval of Minutes from: [5/23/2022](#)
- v. **Vote on Rules of Procedure**
- vi. **Upcoming Meetings:** May, 2023
- vii. **Adjourn**

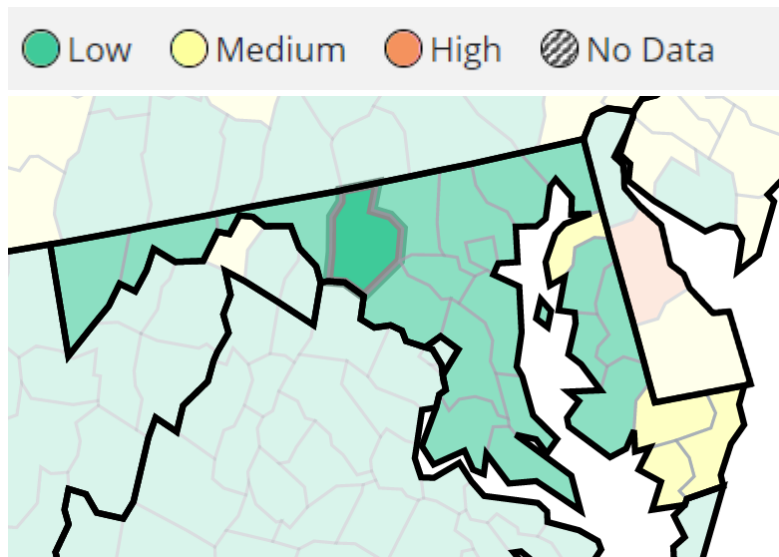


CDC COVID-19 Levels

Community Level

General population is instructed to follow this metric. Levels are determined by looking at total number of new COVID-19 cases in an area, hospital beds being used, and hospital admissions. Frederick County is **LOW***.

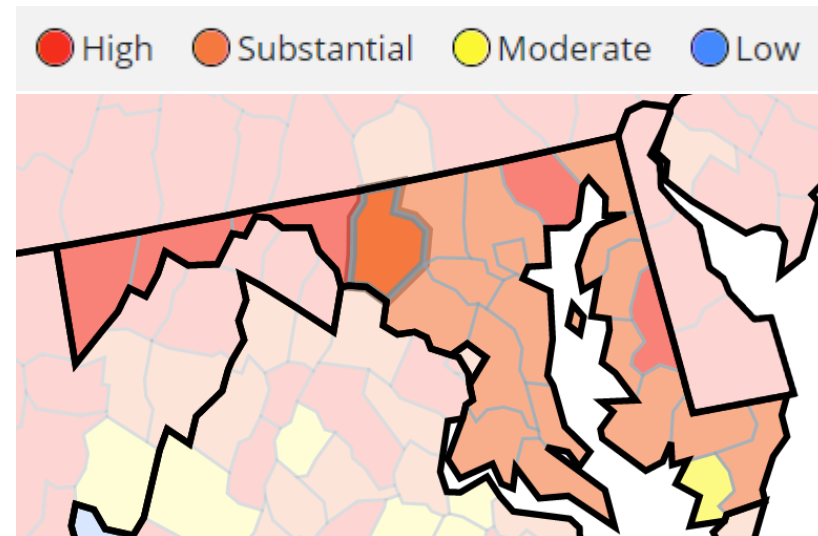
- **Action:** stay up to date with COVID-19 vaccines, get tested if you have symptoms



TRANSMISSION Level

Hospitals, nursing homes, and healthcare settings are instructed to follow this metric. Frederick County is **SUBSTANTIAL**.

Action: Masks (N95) recommended in healthcare settings. Health care facilities required to take precautions.

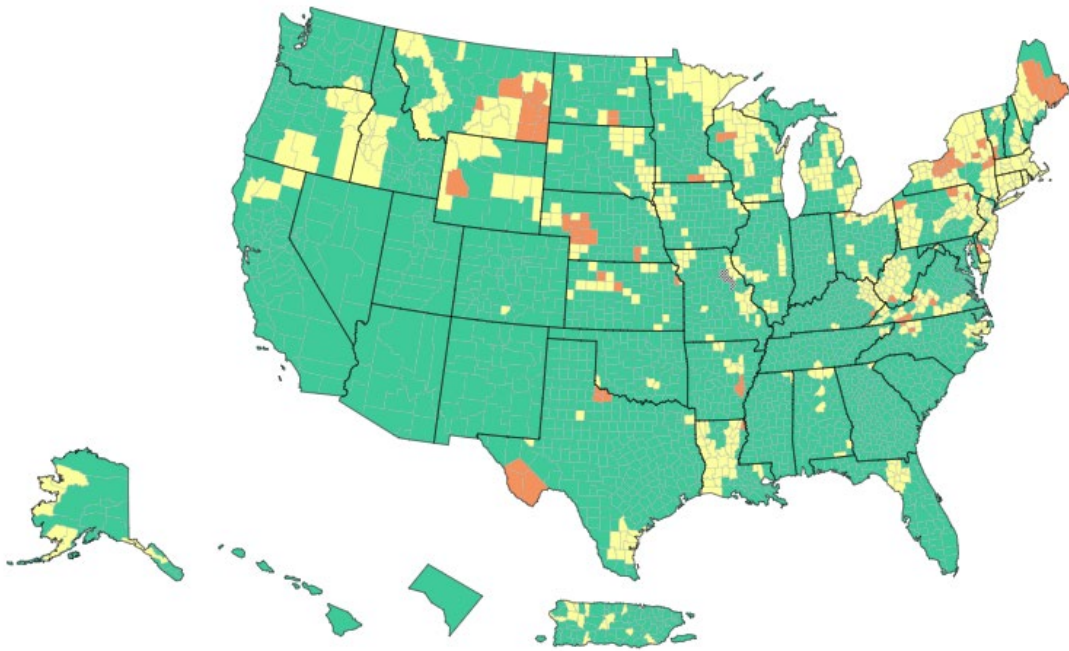




CDC COVID-19 Levels

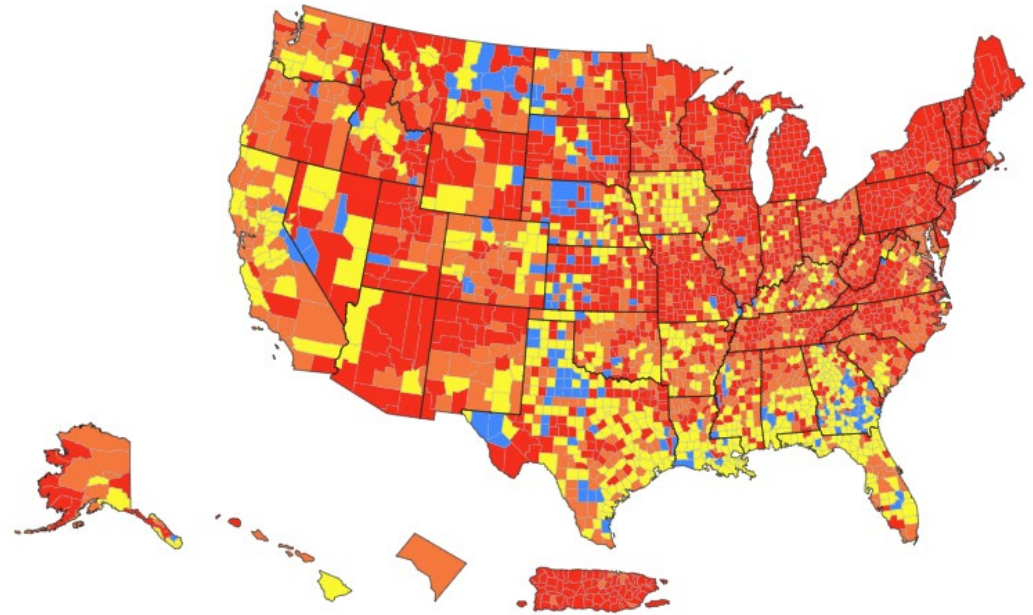
Community Level

Low Medium High No Data



TRANSMISSION Level

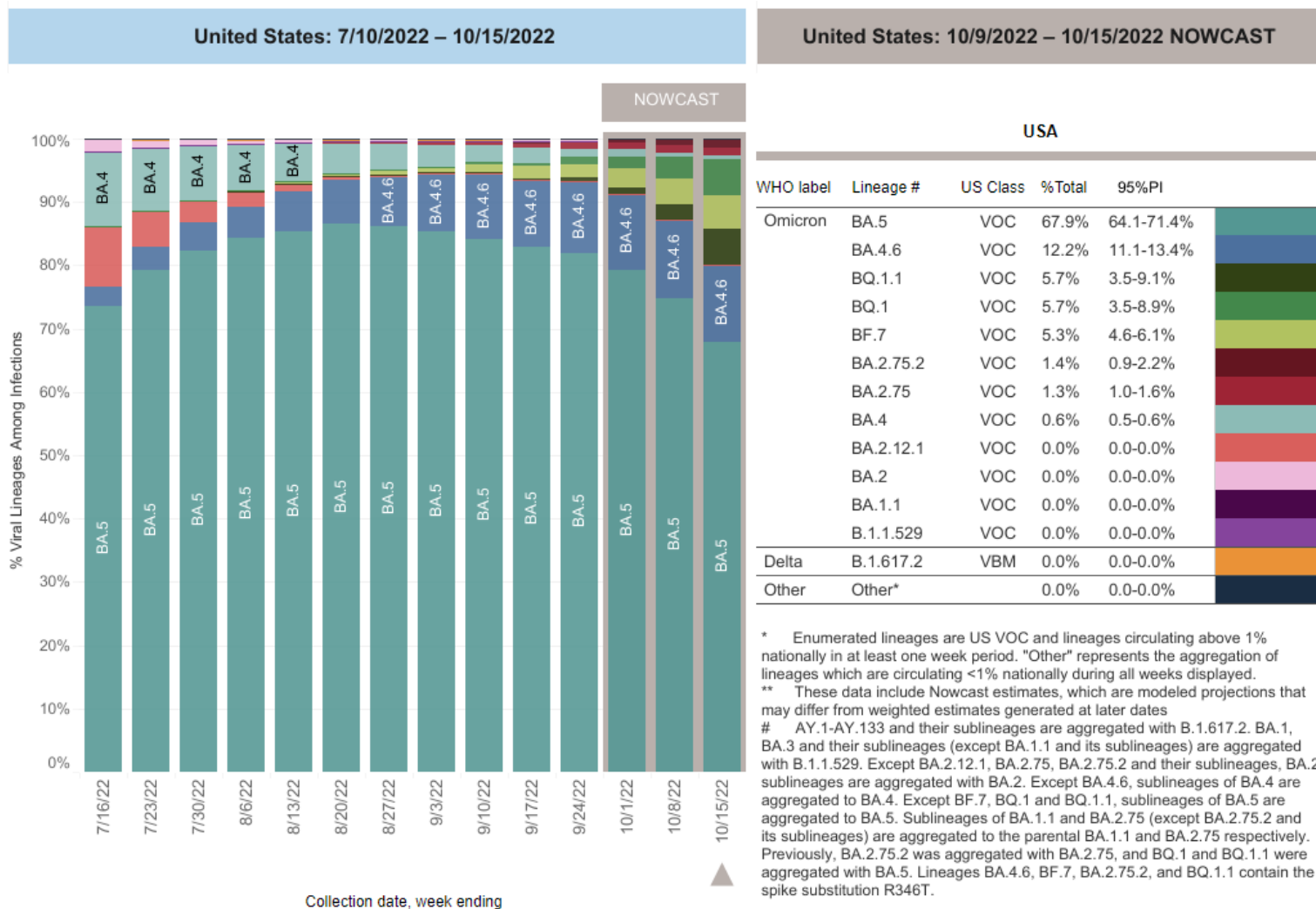
High Substantial Moderate Low





CDC Nowcast Model Estimates Proportion Circulating Variants

<https://covid.cdc.gov/covid-data-tracker/#variant-proportions>



Omicron BA.5 is still overwhelmingly the dominant variant circulating.

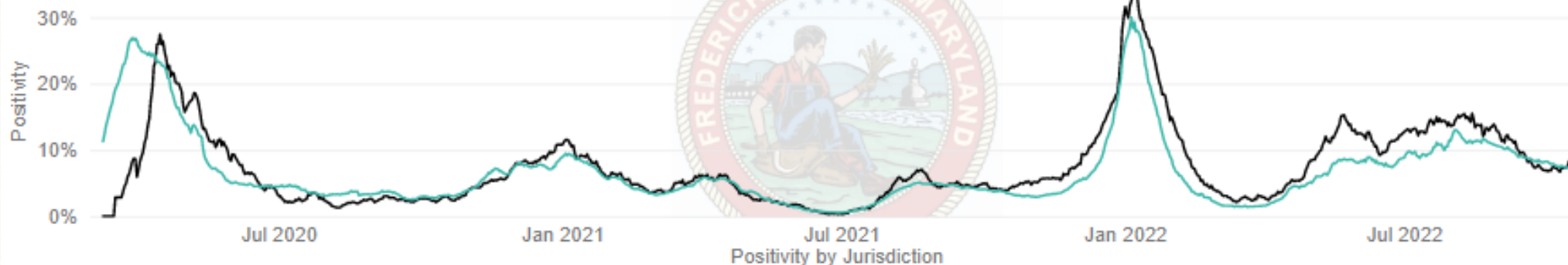


3/9/2020

10/17/2022

Frederick County Percent Positive Rate (7-Day Avg)

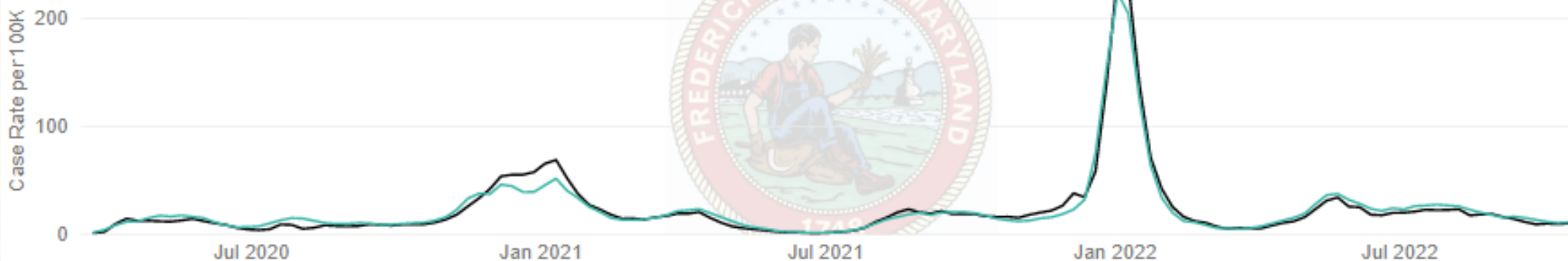
● Frederick ● Statewide



Oct. 18
Frederick 8.54%
Maryland 7.35%

Frederick County Case Rate per 100K (7 Day Moving Average)

● Frederick ● Statewide

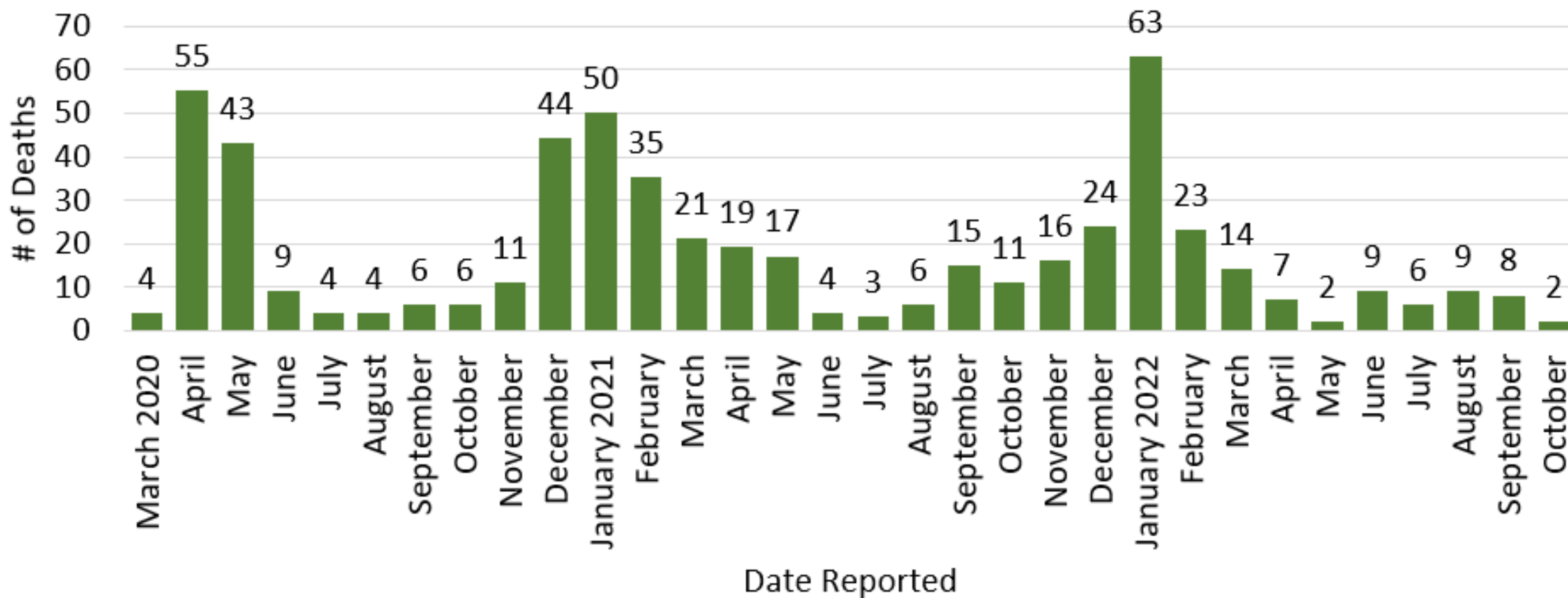


Oct. 18
Frederick 9.80
Maryland 10.58



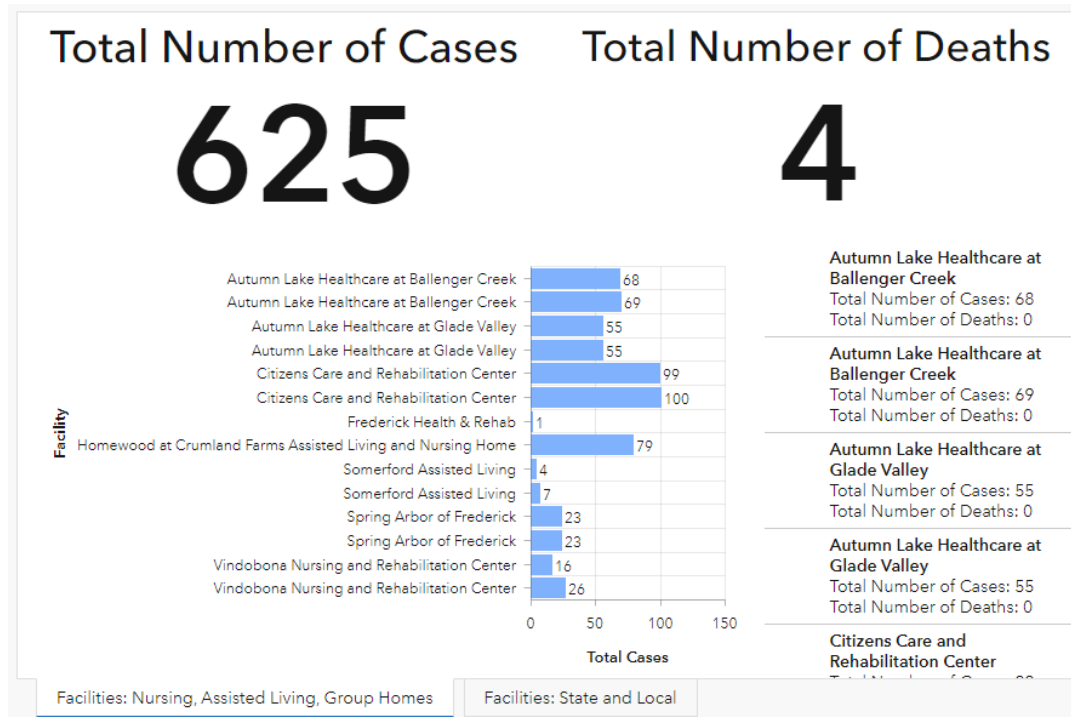
COVID-19 Deaths by Month

Frederick County COVID-19 Deaths by Month

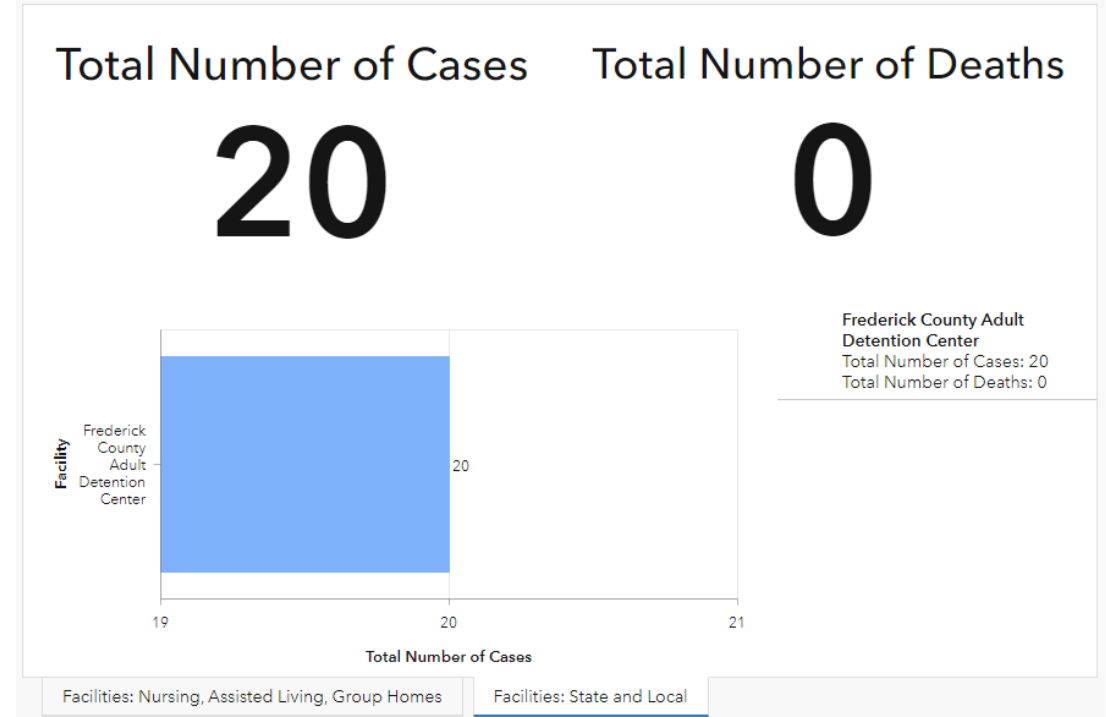


Frederick County Congregate Facility Outbreaks

In May: 67 cases, 3 deaths



In May: 0 cases, 0 deaths





Outbreak-Associated Cases in Schools (as of 10/18)

Outbreak-Associated Cases in Schools

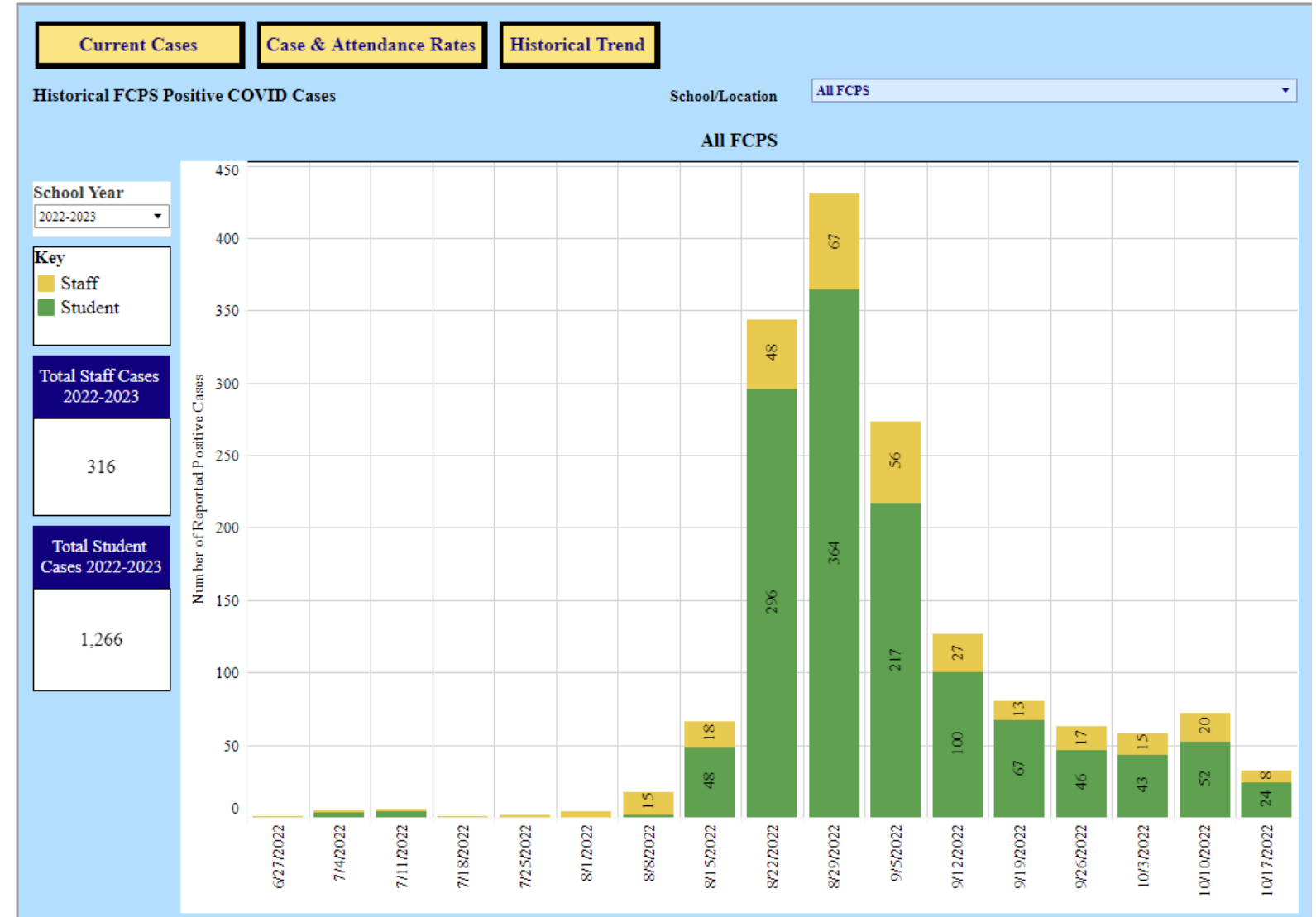
School	County	Positive Cases	Last Update
Linganore High School	Frederick	4	10/19/2022
Total		4	

For more school data, go to <https://www.fcps.org/dashboard>.



FCPS Positive COVID Cases

FCPS Dashboard





Frederick County Vaccinations

COVID-19 Vaccinations Frederick County

Age Range	At least One Dose	At least One Dose %	Fully Vaccinated	Fully Vaccinated %
Age 5+	232,766	95.0%	208,791	85.5%
Age 12+	218,953	95.0%	196,271	88.9%
Age 18+	200,051	95.0%	178,962	89.7%
Age 65+	42,049	95.0%	38,640	95.0%
All Ages	235,235	90.6%	210,072	80.9%

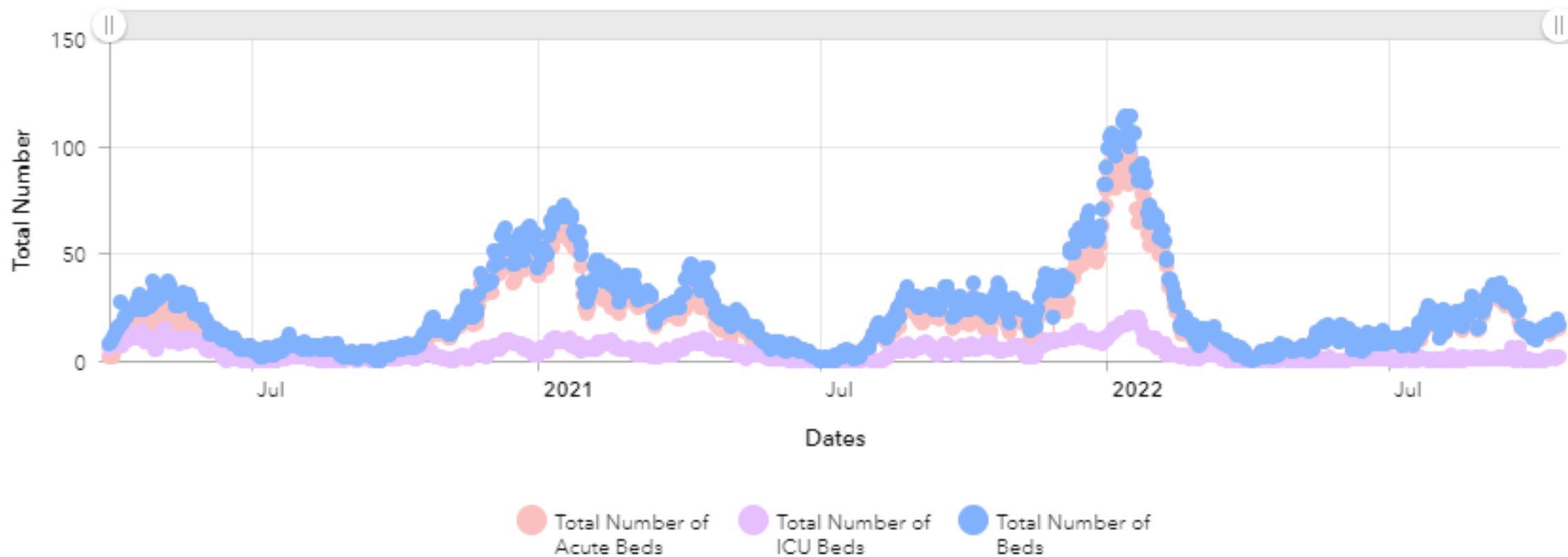
COVID-19 Boosters Frederick County

Age Range	First Booster	Fully Vaccinated First Booster
Age 12+	118,264	60.3%
Age 18+	111,040	62.0%
Age 65+	31,272	80.9%
All Ages	120,770	57.5%

People with a Second Booster Dose	% with 2nd Booster
50+ Years of Age	49.8%
65+ Years of Age	59.4%



Frederick County Covid-19 Hospitalizations



Hospitalizations

Confirmed Cases Over Time

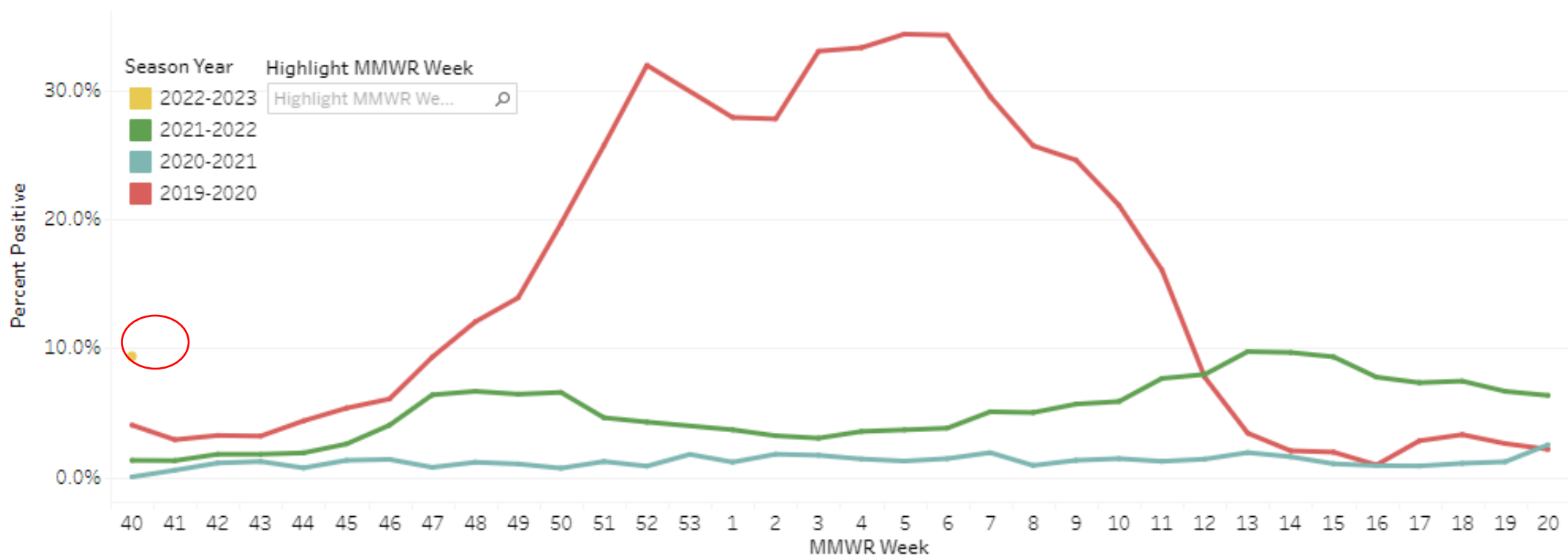
Total Cases Over Time

Confirmed Deaths Over Time



Respiratory Illness Activity:
During the week ending Oct 8, 2022, overall respiratory illness activity in Maryland was **Low**.

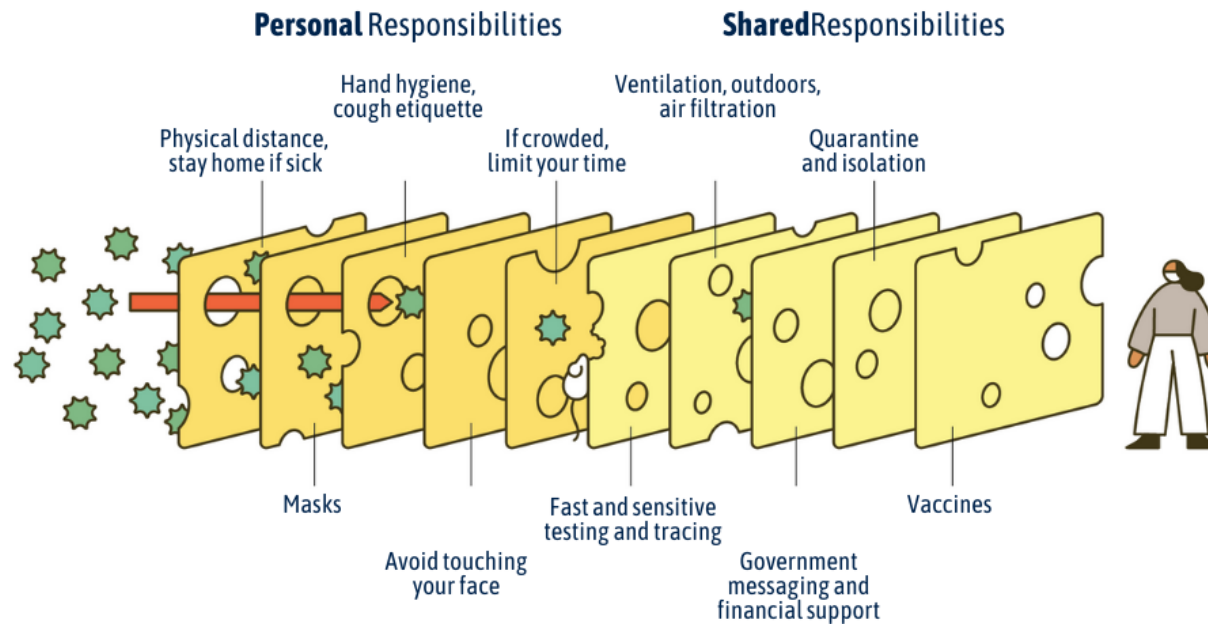
Clinical Laboratories Influenza Test Percent Positive



Note: Data early in the flu season is often based on small sample sizes, and therefore might not be generalizable.



Layers of Protection



Source: Adapted from Ian M. Mackay (virologydownunder.com) and James T. Reason. Illustration by Rose Wong

Major types of protection:

- Vaccinations
- Testing
- Masking

How many layers you decide to use depends on your medical circumstances and your own evaluation of how much you want to keep avoiding Covid-19.



Updated bivalent
boosters for
children 5-11 years
old now available

BIVALENT BOOSTER UPDATE

NOW AVAILABLE FOR 5+



COVIDReady
MARYLAND

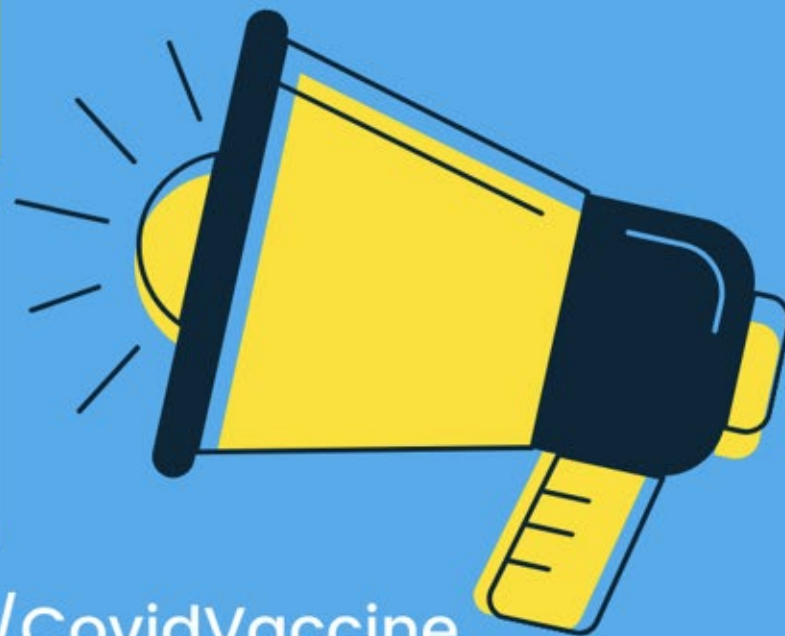
 **Maryland**
DEPARTMENT OF HEALTH



COVID-19 Update: Vaccination Clinic Moving

**COVID-19 Vaccination Clinics at
585 Himes Ave are discontinued.**

Vaccination clinics will be held at
350 Montevue Lane in Frederick,
and continue at select libraries.
Appointments are required.



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

FrederickCountyMD.Gov/CovidVaccine
Covidvax.Maryland.gov



Long COVID

- Post-COVID conditions are a wide range of new, returning, or ongoing health problems that people experience after being infected with the virus that causes COVID-19
- Post-COVID conditions go by many names for example, long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS CoV-2 infection (PASC), long-term effects of COVID, and chronic COVID
- First patient reported illness description and social media group in ~April 2020 (Survivor Corps fb group)
- Still more of a description of symptoms rather than an analyzed biologic or even biosocial explanation of the cause
- Reported to occur in a subset of persons with prior COVID-19 infection whose symptoms fail to resolve or go away after weeks and months



Long COVID - Forms

- Described as 2 distinct forms
 - Damaged organs when causing continued symptoms, like lungs, heart, and kidneys
 - No recognizable organ damage although report symptoms such as fatigue, “brain fog,” difficulty concentrating, and pain
- Exact # affected it is not known, estimates range from 10% to 30% of persons after an infection with COVID-19



Long COVID - Symptoms

Some common symptoms include:

Coughing or feeling
short of breath



Brain fog (feeling like
you can't think
clearly)



Loss of smell or
change in taste



Having trouble
sleeping



Fever



Feeling very tired



Body aches,
headaches, chest
pain, or stomach pain



Mood changes



200+

more symptoms
and counting



Long COVID - Symptoms

According to CDC's analyses of data on post-COVID conditions from the [U.S. Census Bureau's Household Pulse Survey](#), administered in June and July 2022:

18–19% (nearly 1 in 5) of U.S. adults who reported ever having had COVID-19 currently have symptoms of long COVID, defined as symptoms lasting 3 or more months that were not present prior to having COVID-19.

8% (nearly 1 in 13) of U.S. adults (those with and without a previous COVID-19 diagnosis) currently have post-COVID conditions.



Women are more likely than men to currently have post-COVID conditions



Bisexual adults and transgender adults were more likely to report currently having post-COVID conditions than adults of other sexual orientations and gender identities



Percentages of adults reporting post-COVID conditions among those who had COVID-19 were not significantly different across racial/ethnic groups.



Adults with disabilities were more likely to report currently having post-COVID conditions than those without.



Long COVID Syndrome – theories

- Injury to one or more organ (e.g., lungs, kidneys)
- Persistence of the SARS-CoV-2 virus in some organs/tissues
- Reactivation of other pathogens in the body, e.g., herpesvirus (shingles) possibly due to dysregulation of the immune system
- Virus interaction with the microbiome/virome communities in our gut, skin, elsewhere throughout our bodies



Long COVID – Impact

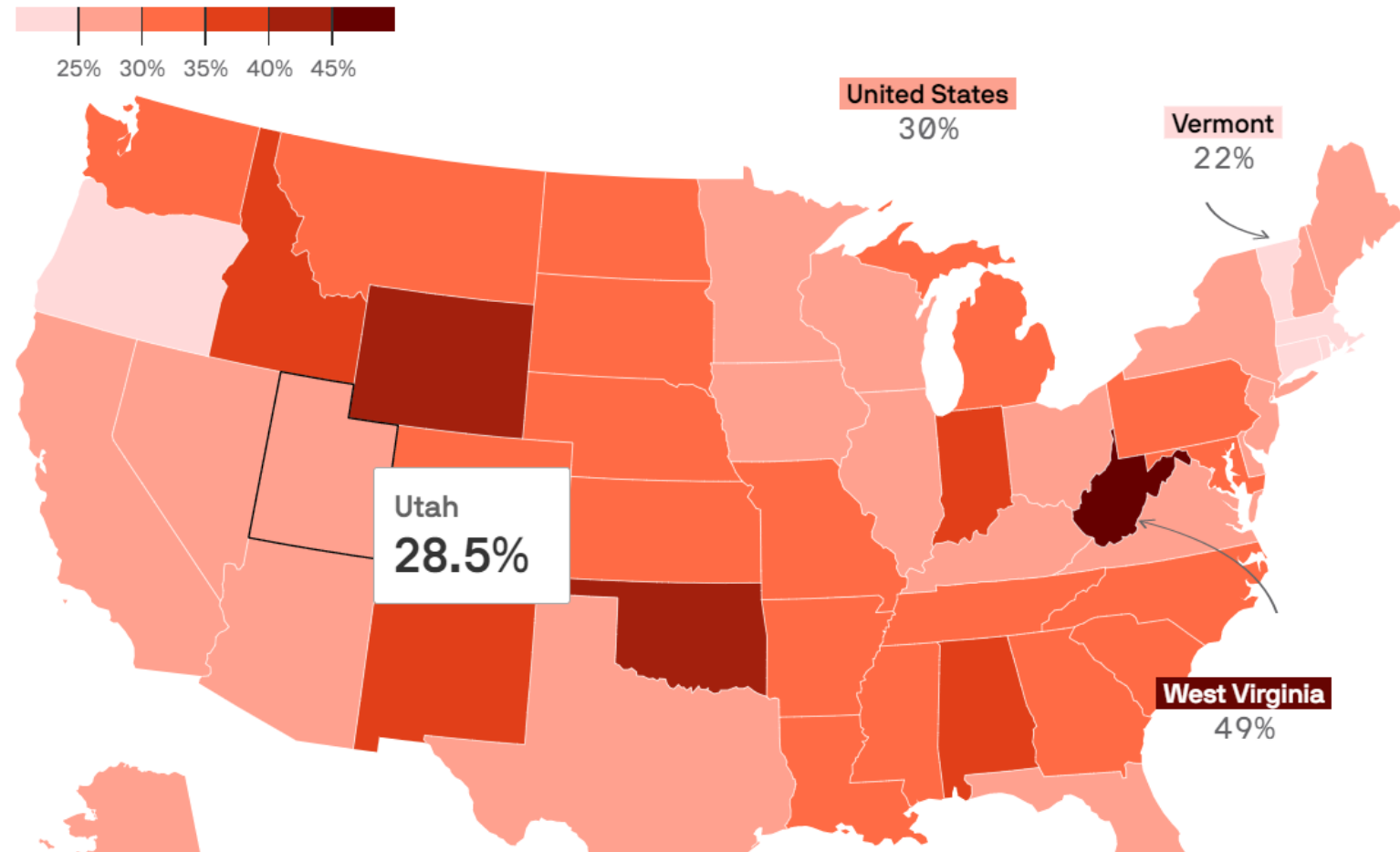
- The understanding is incomplete at this point
- 1.2–1.9% (at least 3–5 million) of the U.S. adult population were living with post-COVID conditions that had lasted for at least 1 month and that were limiting their daily activities.
- As of July 2021, “long COVID,” also known as post-COVID conditions, can be considered a disability under the Americans with Disabilities Act (ADA). Learn more: [Guidance on “Long COVID” as a Disability Under the ADA, Section](#)



Long COVID – Impact

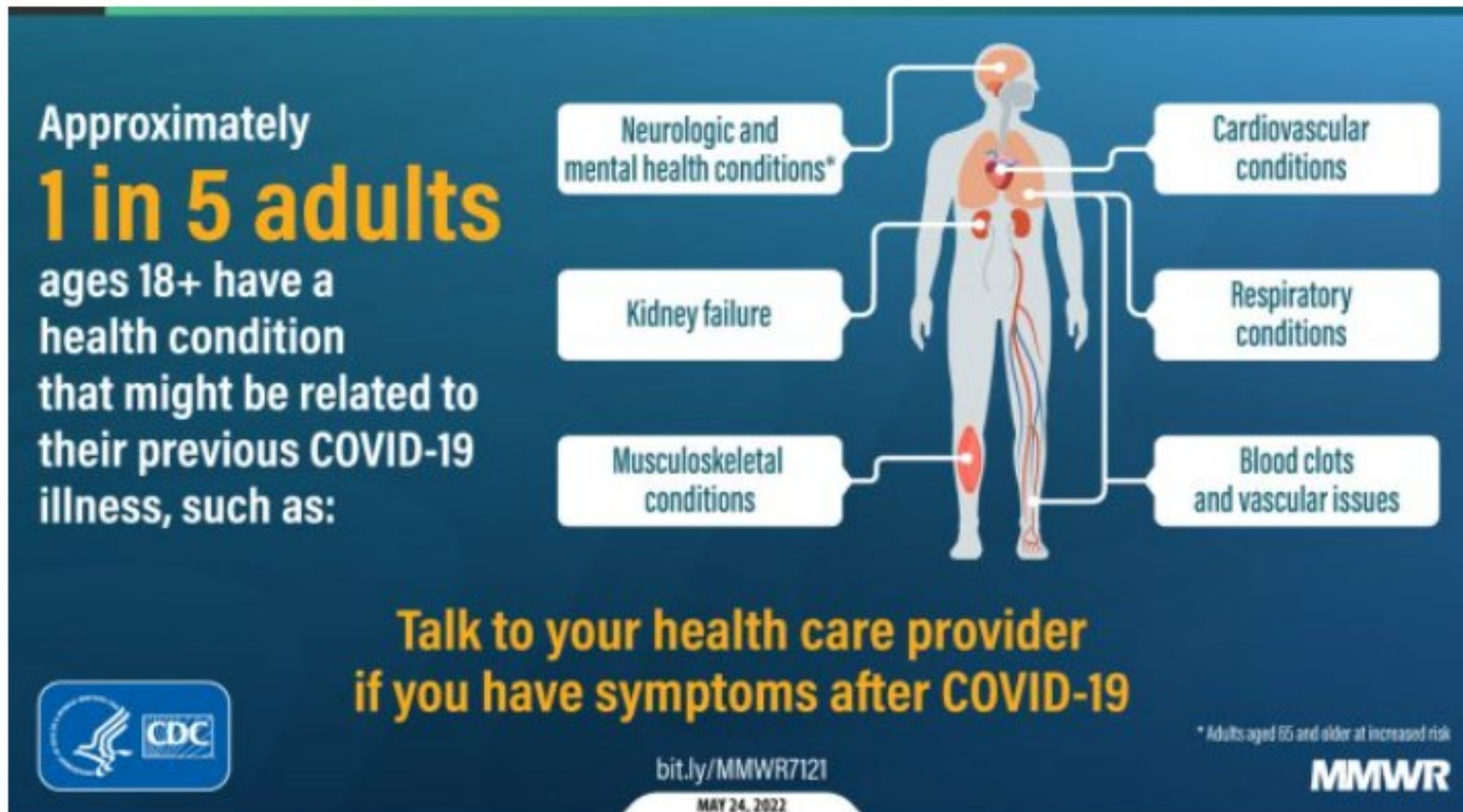
Share who have experienced long COVID

Among those who have had COVID; Survey of 50,258 U.S. adults conducted Sept. 14-26, 2022





Long COVID – Impact





Long COVID Hospital System Clinics in Maryland

- Several holistic and multidisciplinary clinics established in Maryland including
 - Johns Hopkins Medicine Post Acute COVID Team (PACT)
 - tel: 443-997-5476
 - University of Maryland Rehab and Orthopedic Institute COVID Recovery Rehabilitation Unit
 - tel: 410-448-2500
 - MedStar Health COVID Recovery Team
 - tel: 202-877-1104
 - Kennedy Krieger Institute Pediatric Post COVID Rehabilitation Clinic
 - tel: 888-554-2080



Research Studies - Researching COVID to Enhance Recovery (RECOVER)

- The National Institutes of Health (NIH) are working with providers, patients, caregivers, researchers, other federal agencies, and organizations to:
 - connect survivors of PASC and Long COVID with research sites where they can join a study;
 - connect people who have PASC and/or Long COVID with experts to share their experiences in the search for answers about these conditions; and
 - share what we're learning and help create connections between researchers, participants, and studies to quickly understand, prevent, and treat PASC, including Long COVID.
- Recruiting also for RECOVER Representatives from differing communities
- [National Community Engagement Group](#)



Researching COVID to Enhance Recovery (RECOVER)

**Did you just test
positive for COVID,
or never had it?**

Join a study and get paid to help
us learn about Long COVID.

1 in 4 people who get COVID will have
long-term health effects from it, called
Long COVID. We need your help to
learn why.



Scan this QR code today
to find a study site near you



RECOVER

Researching COVID to Enhance Recovery

An Initiative Funded by the National Institutes of Health



COVID-19 Recovery Care at Frederick Health

The Frederick Health Physical Therapy & Sports Rehab team treats the unique health needs of COVID-19 survivors through the COVID-19 Recovery Care program. Our highly trained and experienced clinicians offer physical, occupational, and speech-language pathology therapies. They provide one-on-one, individualized care using the latest and most innovative equipment and techniques.

If you still have side effects of COVID-19, we're here to help.

- Fatigue
- Shortness of breath
- Joint and muscle pain
- Headaches
- Cognitive issues such as memory or concentration

You do not need a referral. The program is open to anyone in the Frederick community.

Don't wait—get back to feeling like yourself again.

Schedule an appointment today at [240-566-3132](tel:240-566-3132).



Resources in Popular Magazines

Newsletters

The Atlantic

HEALTH

The Pandemic After the Pandemic

Long COVID isn't going away, and we still do not have a way to fully prevent it, cure it, or really to quantify it.

By Katherine J. Wu

ARTICLES

<https://doi.org/10.1038/s41591-022-01909-w>

nature
medicine

Check for updates

OPEN

Symptoms and risk factors for long COVID in non-hospitalized adults

Anuradhaa Subramanian¹, Krishnarajah Nirantharakumar^{1,2,3,4,5,6,7}, Sarah Hughes^{1,4,5,6,7}, Puja Myles⁸, Tim Williams⁸, Krishna M. Gokhale¹, Tom Taverner¹, Joht Singh Chandan¹, Kirsty Brown^{1,9}, Nikita Simms-Williams¹, Anoop D. Shah¹⁰, Megha Singh¹, Farah Kidy^{1,11}, Kelvin Okoth¹, Richard Hotham¹, Nasir Bashir¹², Neil Cockburn¹, Siang Ing Lee¹, Grace M. Turner^{1,4,13}, Georgios V. Gkoutos^{1,2,3,4,6,15,16}, Olalekan Lee Aiyegbusi^{1,4,5,6,7,15}, Christel McMullan^{1,4,7,13,17}, Alastair K. Denniston^{1,2,3,4,6,15,16}, Elizabeth Sapey^{16,18,19}, Janet M. Lord^{13,15,18,20}, David C. Wraith^{15,21}, Edward Leggett⁸, Clare Iles⁸, Tom Marshall¹, Malcolm J. Price^{1,15}, Steven Marwaha^{22,23}, Elin Haf Davies²⁴, Louise J. Jackson¹, Karen L. Matthews²⁵, Jenny Camaradou²⁵, Melanie Calvert^{1,2,3,4,5,6,7,13,15,19} and Shamil Haroon¹

Severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) infection is associated with a range of persistent symptoms impacting everyday functioning, known as post-COVID-19 condition or long COVID. We undertook a retrospective matched cohort study using a UK-based primary care database, Clinical Practice Research Datalink Aurum, to determine symptoms that are associated with confirmed SARS-CoV-2 infection beyond 12 weeks in non-hospitalized adults and the risk factors associated with developing persistent symptoms. We selected 486,149 adults with confirmed SARS-CoV-2 infection and 1,944,580 propensity score-matched adults with no recorded evidence of SARS-CoV-2 infection. Outcomes included 115 individual symptoms, as well as long COVID, defined as a composite outcome of 33 symptoms by the World Health Organization clinical case definition. Cox proportional hazards models were used to estimate adjusted hazard ratios (aHRs) for the outcomes. A total of 62 symptoms were significantly associated with SARS-CoV-2 infection after 12 weeks. The largest aHRs were for anosmia (aHR 6.49, 95% CI 5.02–8.39), hair loss (3.99, 3.63–4.39), sneezing (2.77, 1.40–5.50), ejaculation difficulty (2.63, 1.61–4.28) and reduced libido (2.36, 1.61–3.47). Among the cohort of patients infected with SARS-CoV-2, risk factors for long COVID included female sex, belonging to an ethnic minority, socioeconomic deprivation, smoking, obesity and a wide range of comorbidities. The risk of developing long COVID was also found to be increased along a gradient of decreasing age. SARS-CoV-2 infection is associated with a plethora of symptoms that are associated with a range of sociodemographic and clinical risk factors.

Science

CLUES TO LONG COVID

Scientists strive to unravel what is driving disabling symptoms

16 JUN 2022 • BY JENNIFER COUZIN-FRANKEL



COVID-19 Questions?

Highlights for July 1, 2021 – June 30, 2022

**FREDERICK
COUNTY
HEALTH
DEPARTMENT**





Health Department Divisions

1. Administration
2. Behavioral Health
3. Community Health
4. Developmental Center
5. Environmental Health
6. Equity Office – Golden Mile *new!*
7. Health Care Connection & Preparedness
8. Mental Health
9. Planning, Assessment & Communication
10. School Health

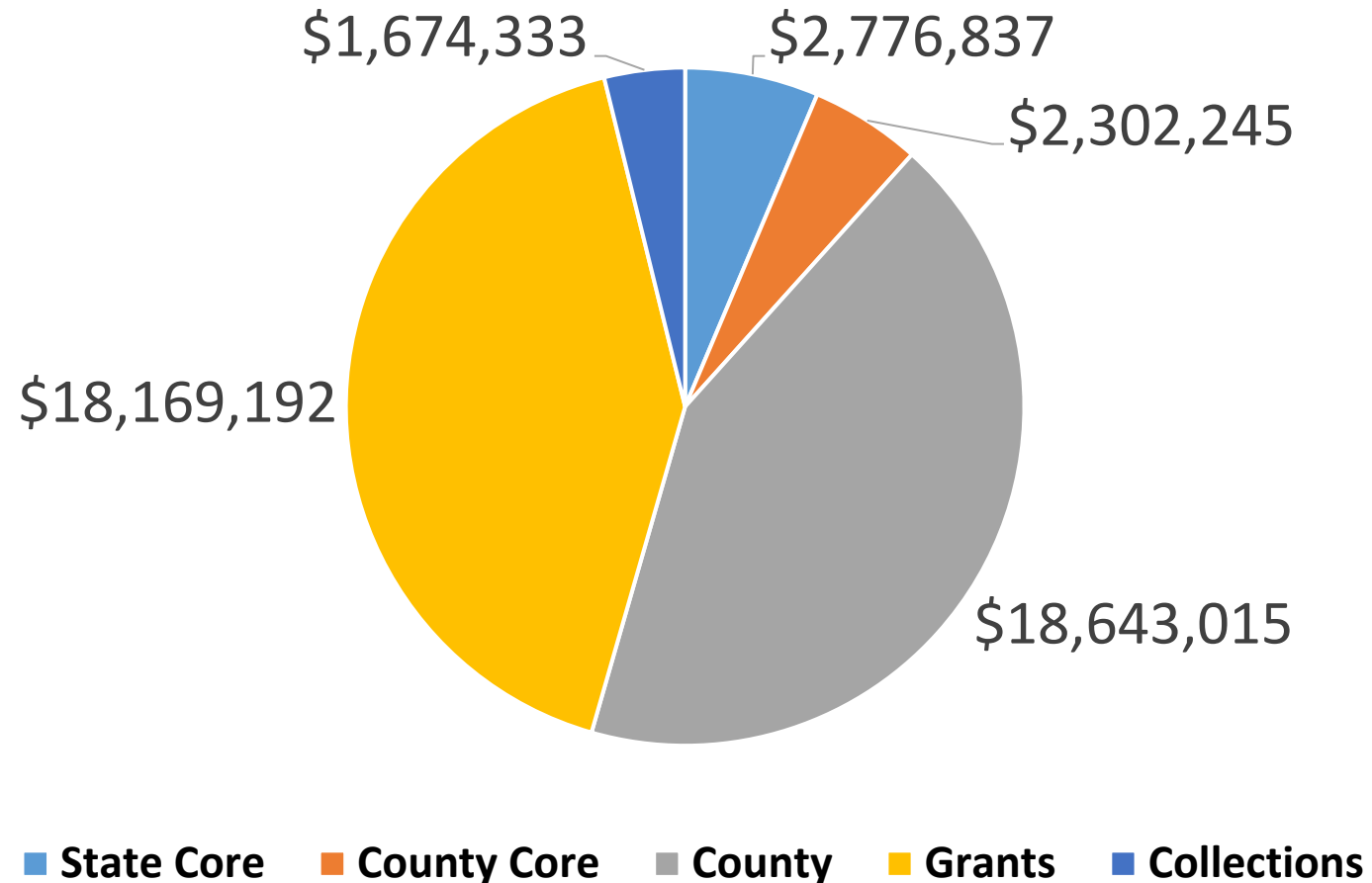
State divisions in black

County divisions in blue

FY22 Staffing

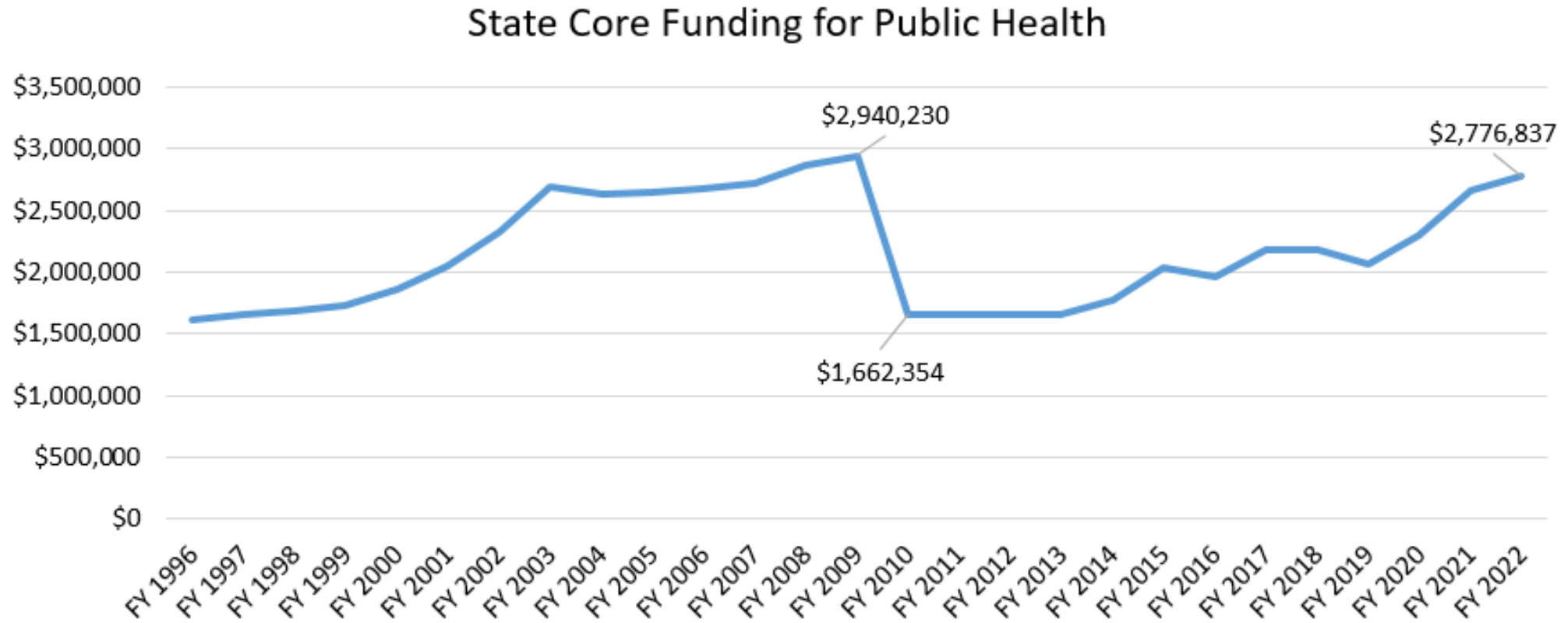
	County	State	Total
Administration	1	11	12
Behavioral Health	0	53	53
Community Health (includes COVID)	50	59	109
Developmental Center	56	2	58
Environmental Health	0	20	20
Equity Office – Golden Mile	0	2	2
Health Care Connection & Preparedness	0	14	14
Mental Health	0	7	7
Planning, Assessment & Communication	0	3	3
School Health	105	0	105
TOTAL	212	171	383

FY2022 Total Adopted Budget





Historical Financial Status



Public Health funding is chronically low.



Historical Financial Status

Public Health funding is chronically low

- Funding prevention is a hard sell because you stopped something from happening – hard to measure!

Mandated functions

Emergency funding is often reactive and short-term

- Hard to maintain once emergency is over

Need stable funding to accommodate our growing diverse community so we can be responsive and proactive



Administration

VITAL RECORDS

5,988 Birth certificates issued
15,659 Death certificates issued

“

"Great service, great customer service.
Keep up the good work."

"Keep the good work going and continue
to improve on your services"

"Above & beyond! Thank you very much."

Customer Satisfaction Surveys about birth or death certificates.

”





Behavioral Health Services

Prevention Services

National Prescription Drug Take-Back Day - 863 pounds of unwanted medication and approximately 19,425 sharps for safe disposal.

Tobacco Use Prevention and Cessation Program provided tobacco and vape prevention education to 8,639 school-aged students and 1,193 individuals through community engagement activities.

The Kids Like Us Program provided support to 314 school-aged children from 42 schools in Fiscal Year 2022.





Behavioral Health Services

Highlight: Continuum of Care Housing Program

Success included:

- a lease opportunity being offered to a participant with significant criminal justice history, which would normally have precluded him from receiving a lease offer.
- the opportunity to serve two single mothers, one of whom was fleeing domestic violence.
- For those who successfully moved out, two families and two single participants moved to permanent housing.

COMMUNITY ORGANIZED RECOVERY EFFORTS (CORE)

3,685 Peer service encounters across all peer programs

HARM REDUCTION

1,706 People trained on Narcan

173 People tested for HIV

161 People tested for Hep C

34,481 Syringes & "sharps" collected through disposal days,
clean ups, and syringe services program

122,373 Sterile syringes distributed

ADULT EVALUATION & REVIEW SERVICES (AERS) EVALUATION OF THE ELDERLY AND DISABLED

815 Residents evaluated

Community Health Services

WIC

In 2022, the country was impacted by a formula recall and nationwide shortage. Frederick County WIC staff quickly adapted and worked many hours helping anxious parents find the formulas they needed to feed their babies. The Frederick County WIC staff learned about over a dozen alternative formulas and sizes practically overnight and assisted parents with multiple food package changes- many times on the fly while the parent was calling from the store!





Community Health Services

Prevention

This past year in the Preventive Health Colorectal Cancer Screening Program, one of our Public Health nurses assisted a client with a history of a tubular adenoma, which had been diagnosed in 2012. At the client's initial appointment, it was noted that the client could not read or write, which required that every document be read to the client. The client had Medical Assistance but no provider...



This is an excellent example of the role of a public health nurse. This high-risk client would otherwise not have completed his colonoscopy were it not for the nurse's assistance and navigation.



Community Health Services

Maternal Child Health

The Maternal Child Health program at Frederick County Health Department had the opportunity to create and implement a new program to the community. Our goal is to provide pregnant and postpartum mothers materials and services to improve health and well-being, as well as lowering risk of gestational diabetes.

Walking Moms partnered with several other community entities to sponsor a walking competition, nutritional informational sessions, a family fair, free monthly gym memberships, and organized a Facebook group to help increase community walking groups.



**FOLLOW OUR NEW
INSTAGRAM**

@MCHFREDERICKCOUNTY

To learn more about our services
to improve the health of mothers
and children in Frederick County!

Follow us!

Follow us!





Community Health Services

Communicable Disease

- educated and worked with 142 clients exposed to rabies
- vaccinated 3,077 school aged children
- managed 525 outbreaks throughout the county.



and so much more!



Community Health Services

HIV

- 103 HIV tests alone at Frederick's PRIDE event, our largest number ever.
- ***meet people where they are*** - whether that be a physical location, emotional state, or medical need, our team is constantly in brainstorming sessions to find community resources, plan outreach events in new locations, and build up our team with a diverse set of knowledge and skills to enhance our accessibility and provide supportive resources that meet the diverse needs of our community.





Community Health Services - COVID

Testing

With over 34,000 COVID-19 PCR tests performed during FY 22, the FCHD COVID Division. As of April 2022, we no longer provide PCR testing, instead we distributed Covid-19 Home Kits Test to the community and organizations. In FY 22, FCHD distributed over 23,000 test kits. The COVID Division team worked closely with community and faith-based organizations throughout Frederick County to distribute test kits in vulnerable areas.





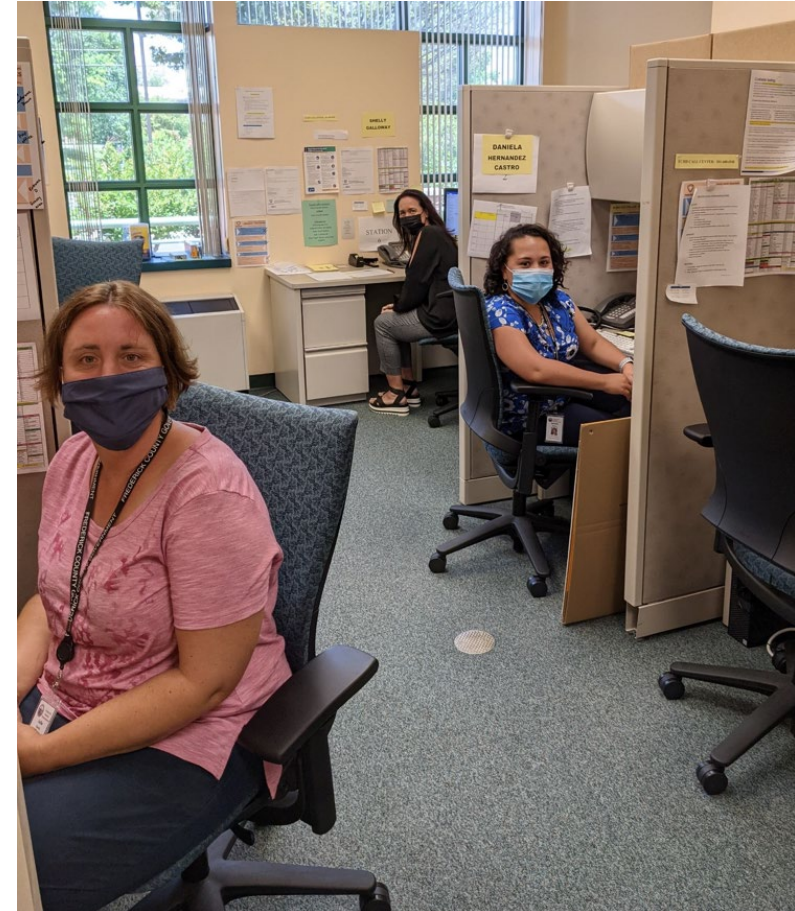
Community Health Services - COVID

Contact Tracing

FCHD COVID Division contact tracing team managed thousands of calls throughout the pandemic.

Call takers provided Frederick County residents critical information regarding quarantine, isolation, and updated guidance in a continually evolving response.

The FY22 focus for contact tracing shifted to High-Risk Facilities.




Community Health Services - COVID

Community Liaisons

Critical link between the health department and long-term care facilities, assisted living facilities, congregate living facilities, daycares, and schools.

Health Department staff assigned to this team provided individual guidance and support to communities and organizations, many of which experienced the greatest impact of the pandemic.

	DEPARTMENT OF HEALTH <i>Dennis R. Schrader, Secretary</i> STATE DEPARTMENT OF EDUCATION <i>Mohammed Choudhury, Superintendent</i>
K-12 School and Child Care COVID-19 Guidance Revised October 27, 2021	
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Community Health Services - COVID

COVID-19 Vaccinations

- Pediatric vaccines and additional boosters
- In-home vaccinations continue with the No Arms Left Behind initiative for home bound individuals.
- FCHD Covid Team has administered 47,000 vaccines for FY22.





Developmental Center

Our long range planning has established key themes for the entire staff to guide us and they are:

- Adaptability
- Accountability
- Community
- Trust
- Retention



Developmental Center

AUDIOLOGY

245 Children served

DENTAL CLINIC

3,425 Visits for children

INFANTS & TODDLERS

754 Children served

SCHOOL-BASED SERVICES

21,869 Visits for children receiving occupational
or physical therapy





Environmental Health Services

WELL & SEPTIC

1,379 Percolation tests & evaluations
976 Construction inspections conducted
157 Individual well inspections conducted
1,555 Building permit applications processed

FOOD CONTROL

1,576 Food facility inspections conducted
90 Plan reviews of new food establishments completed
895 Temporary food permits issued

COMMUNITY SERVICES & DEVELOPMENT REVIEW

252 Rabies specimens shipped
381 Public pool inspections completed



Community Rabies Vaccination Clinics

Equity Office – On the Golden Mile

The Frederick County Health Department on the Golden Mile location allows health department and other Frederick County agencies another venue to meet the needs of the population they serve, offering a convenient location and the option of extended hours. We want the office to be an inviting and comfortable space for everyone in the family, a space where kids have their own area to have fun and learn while the parents can receive the support they need for the family to thrive.





Health Care Connection & Preparedness

MARYLAND CHILDREN'S HEALTH PROGRAM (MCHP)

4,499 New child applicants
43% Families and children (FAC) new applications
1,427 Initial screening for subsequent health plan

WHEELCHAIR/AMBULATORY MEDICAL ASSISTANCE TRANSPORTATION

18,546 trips provided
964 Miles driven

ADMINISTRATIVE CARE COORDINATION UNIT (ACCU)

1,545 Clients served
470 Pregnant women served

“

It was way more efficient than I thought it would be. Lin was perfect. Encouraging and easy to talk to. Five stars!

Customer Satisfaction Survey about receiving Medical Assistance help, Nov. 2021

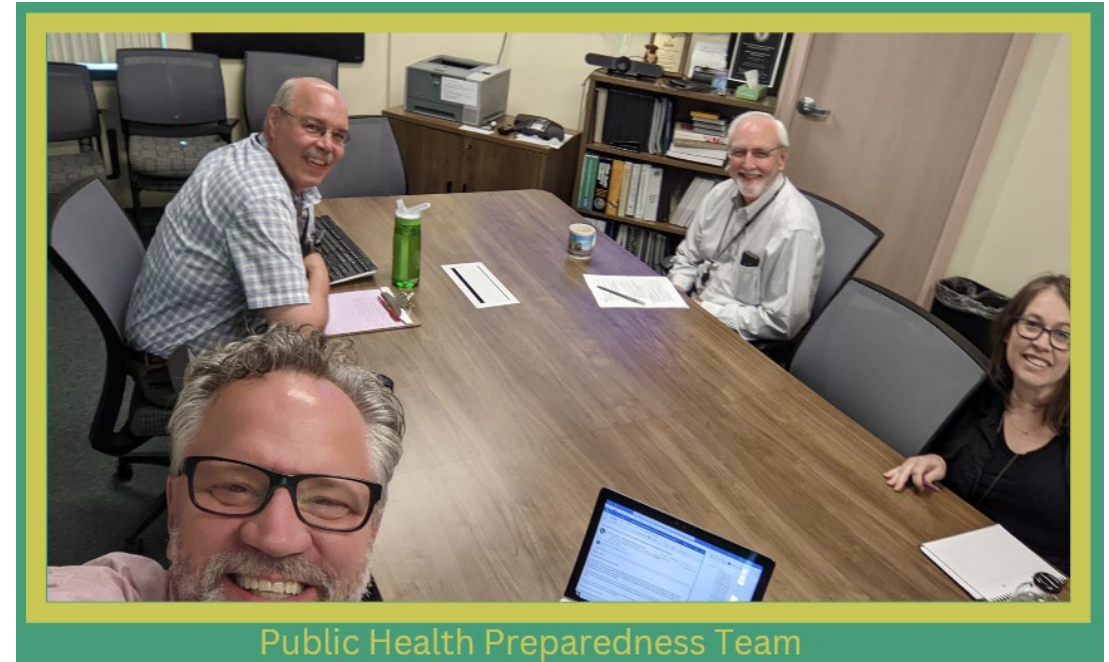
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Health Care Connection & Preparedness

Preparedness

The Office of Public Health Preparedness (PHP) continued its support of the COVID-19 response by assisting with vaccine ordering and inventory, at-home rapid test kit and mask ordering, coordination and distribution, and continued logistic support.

As the COVID-19 response began to change, PHP began to return to regular programming. Even though we are refocusing our efforts in areas outside of COVID-19, our duty to ensure preparedness remains constant.





Mental Health

The Mental Health Services Division (MHS) provides mental health treatment services to Frederick County adults with mild to severe mental illness, members of our community who have traditionally been underserved.

MHS has increased client participation in our services using appointment reminder calls and telehealth, since 2019. In FY19 the appointment show rate was 70%.

Using daily reminder calls the attendance show rate increased to 76% by the end of FY20.

With the use of telehealth combined with the reminder calls, the attendance show rate increased to 82% by the end of FY22.



MHS is proud to have achieved a second 3-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

Planning, Assessment & Communication



- Reaccredited November 2021
- 2022 Frederick County Community Health Needs Assessment.
- This report provides data on the health of Frederick County residents and resources available to address health issues. It was completed in partnership with Frederick Health and is a product of the Frederick County Health Care Coalition.



School Health

The Frederick County School Health Division's mission is to promote optimal health among students and staff by preventing, identifying, intervening, and remediating health problems that occur.

School nurses who are Registered Nurses (RN) are assigned a cluster of schools that are staffed by either a Health Room Technician (HRT) or Licensed Practical Nurse (LPN).

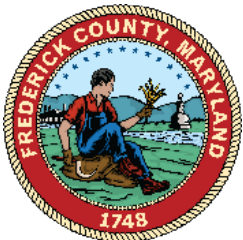
240,272 Visits to a school health room
150,454 Sick & injured visits
89,818 Medication management visits
77% Sick & injured/return to class ratio

Beyond having school health personnel present during the school day to tend to injuries and minor non-threatening illnesses, school health services play a key role in managing the daily needs of students with chronic health conditions, such as diabetes, asthma, severe allergic reactions, or seizures.

Over the years, the number of students with chronic health conditions that require advanced care and treatments or medications during the school day has significantly increased, along with the acuity of the students' needs.

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Frederick County Board of Health

October 19, 2022

- i. **Call to Order** – Dr. Barbara Brookmyer, Health Officer for Frederick County
- ii. **Review of Frederick County COVID-19 Metrics** – Dr. Barbara Brookmyer, Health Officer for Frederick County
- iii. **Presentation of Annual Report Data**
- iv. **Old Business**
 - a. Approval of Minutes from: [5/23/2022](#)
- v. **Vote on Rules of Procedure**
- vi. **Upcoming Meetings:** May, 2023
- vii. **Adjourn**