

350 Montevue Lane
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FrederickCountyMD.gov/WIC



Emergency Food Safety- Is Your Family Ready?

The cold temperature and snow and ice will return to Maryland soon. Winter usually has some serious storms that keep us stuck in our houses. Is your family ready if Frederick County has an emergency? Even though emergencies are often a surprise, there are a few simple things we can do at home to make sure everyone stays as safe as possible.

Make sure you have supplies at home for all family members. Emergency supply kits should include food, water, and other supplies to last at least 3 days.

FEMA has a complete check list of supplies at www.ready.gov.

You should have an emergency plan that everyone in your family knows. All family members should know the location of your supply kit and a place to meet outside of your home in case you have to leave your house or an emergency happens while you are away from home. Get to know your neighbors so that in an emergency you can help each other.



Power outages happen often in Frederick County during storms. Keeping food safe during these times is important. Here are some steps to follow to make sure food is safe for your family:

- Before the power is out– Put an appliance thermometer in your refrigerator and freezer. The refrigerator should be kept below 40° and the freezer below 0°. Group foods together in your refrigerator so that they stay cold longer. If your house floods, make sure shelf-stable food is high enough that it won't touch flood water.
- During the outage– Keep the refrigerator and freezer doors CLOSED to keep food cold the longest. Not opening the door keeps a freezer cold for 24 hours and a refrigerator for 4 hours.
- After power is back on– Check the temperature inside the refrigerator. If the temperature stayed low enough, your food is safe. If not, only some foods can be kept above 40° for up to two hours. Visit FoodSafety.gov for a complete list of safe foods after a power outage. If flooding occurred, throw out any food that touched flood waters.

If the weather outside is frightful...
 Please call the WIC office before coming in for your appointment to make sure that we are open.
 WIC wants everyone to be healthy and safe.
 301-600-2507

Need Immunizations?

The Frederick County Health Department offers immunizations for children under the age of 18 who are underinsured or uninsured.

The following vaccines are currently offered:

- Gardasil
- Hepatitis A
- Hepatitis B
- Measles, Mumps & Rubella (MMR)
- Meningitis
- Pneumonia
- Tetanus/Tdap
- Varicella (Chicken Pox)
- Zostavax (For the prevention of shingles)

Call 301-600-3342 to schedule an appointment to get vaccinated. Appointments are scheduled on Wednesdays, no walk-ins.

Health Department Flu Clinic Information 2016 - 2017

Free flu vaccine available for children 6 months to 17 years of age.

- The Health Department **will not** have flu vaccine for adults 18 years of age and older.
- This season, only the injectable (flusht) will be available at the Health Department clinics.
- An appointment is required, no walk-ins will be accepted.
- Please call the flu clinic hotline to make an appointment, **301-600-3035 or 1-877-419-3409.**

Coming soon! Maryland eWIC



- **No more paper checks!**
- **Buy the food you need when you need it**
- **Simple, easy checkout**
- **Take your eWIC card and WIC Shopping List to the store**

iPróximamente!

- **¡No más cheques de pape!**
- **Compre los alimentos que necesite cuando los necesite**
- **Pago simple, fácil**
- **Lleve a la tienda su tarjeta eWIC y su lista de compras WIC**

Maryland WIC

Better Nutrition Brighter Future

Adapted with permission from Wisconsin WIC



Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Van Mitchell, Secretary, DHMH

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