

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

**Free Children's Book: My Hero is You**

My Hero is You is a book written for children around the world affected by the COVID-19 pandemic. This book should be read to or with a child and discussed, but it should not be given to a child to read alone. [Click here](#) to access a free printable copy.

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**Did You Know?**

Those who drink before age 15 are 6.7 times as likely to develop alcohol use disorder which includes alcoholism. (Provided by Parents Who Host Lose the Most.)

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**Don't Stop Overdose Prevention Efforts**

Recent successes in stemming the opioid crisis could be reversed if public health budgets are cut or the crisis is seen as secondary to the coronavirus pandemic. [Click here](#) to read more.

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**Podcast: How to Talk to Kids about the Coronavirus**

The University of Michigan School of Public Health released a podcast to explain how stress may manifest in children and offers some activities to lessen the impact. [Click here](#) to access the podcast.

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**Don't Trust Your Memories**

Taking just one puff of marijuana could increase your chances of creating false memories, according to a study. This kind of memory could be of something that never really happened. [Click here](#) to read more.

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**Parents of College Students Shed Light**

After their 21-year-old took a pill laced with fentanyl, two parents are spreading awareness about the dangers of the synthetic opiate. [Click here](#) to read more.

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**RESOURCES BELOW**

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## Howard County COVID-19 Updates

For Howard County Government and Health Department updates, go to [www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls](http://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls)

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### 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).

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### 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](http://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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