Tobacco Awareness Matters Program
The Howard County Tobacco Awareness Program offers an evidence-informed vaping/smoking awareness program. The no cost classes are held virtually or in-person and aim to reduce initiation of use for all tobacco products among youth and to increase awareness among adults about youth vaping.

Community Health Education Requests
We are committed to helping educate the community we serve and welcome the opportunity to participate in your upcoming virtual or in-person event. Fill out our request form at https://bit.ly/3L7Upmp.

Get Involved
Learn more about community efforts to promote health in Howard County. Visit www.hclhic.org.

Contact Us Today!
410-313-4255

Additional Resources:
Use CAREAPP to find help with food, housing, health and more! Visit www.FindHCResources.org.

Cancer Prevention & Control Program
**Breast & Cervical Cancer Screening Program**

The Breast and Cervical Cancer Screening Program (BCCP) provides no cost breast and cervical cancer screening, diagnosis, and patient navigation services to eligible women in Howard County.

- Clinical breast exam
- Mammogram
- Breast biopsy
- Pap test
- HPV test
- Colposcopy and cervical biopsy
- Education
- Patient navigation (help with scheduling appointments, transportation, interpretation services and more)

**Colorectal Cancer/Cancer Prevention, Education, Screening, Treatment Program (CRC/CPEST)**

The CRC/CPEST Program provides no cost colorectal screening, diagnosis, and patient navigation services to eligible individuals in Howard County.

- Education
- Prescreen visit with specialist
- Medications to prepare for your screening test
- Colonoscopy
- Patient navigation (help scheduling appointments, transportation, interpretation services and more)
- Case management
- Linkage to treatment, as needed

**Tobacco Cessation Program**

The Howard County Tobacco Use Prevention and Cessation Program offers a no cost evidence-based smoking cessation program modeled after the American Lung Association's Freedom From Smoking Curriculum. No-cost education and assistance are offered to anyone who lives, works, or studies in Howard County.

- Classes are held in-person or on the telephone
- No cost exam by nurse practitioner
- Nicotine replacement therapy

**Resources**

- The Maryland Tobacco Quitline 1-800-QUIT-NOW
  www.SmokingStopsHere
- Marylanders 13-24 years old can text Ready to 887-09 for tips and support to quit.

Paid for by the Maryland Cigarette Restitution Fund

[www.hchealth.org](http://www.hchealth.org)

Promote. Preserve. Protect.