



Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Dennis R. Schrader, Secretary

**Behavioral Health Administration**

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Dear Behavioral Health Partners:

As the fall season unfolds, we are reminded that Flu Season is upon us and the best protection for Influenza (flu) is vaccination. MDH strongly recommends that you encourage your staff members and patients to follow appropriate CDC guidance: The CDC recommends (that) **everyone 6 months and older in the United States get a flu vaccine**. In addition, everyone should appropriately remain up to date on their [COVID-19 vaccine](#). The CDC recommends, for people 65 or older, one of the three higher-dose flu vaccines. COVID-19 vaccine information can be found [here](#). You are able to schedule your COVID-19 vaccine at [covidvax.maryland.gov](https://covidvax.maryland.gov) or by calling 1-855-MDGOVAX (1-855-634-6829). Both flu and COVID vaccinations can be given at the same visit: It is recommended to get them in separate arms.

October is known as **Emotional Wellness Month**. During the month, we are encouraged to maintain a healthy emotional balance which aids in making healthier choices that can improve our overall well-being. Let's remember to take care of ourselves - get plenty of sleep, maintain a healthy diet, and get daily exercise. The fall season is a great time to take a daily outdoor walk. It can be very beneficial in keeping our stress levels down and improving our emotional wellness. While it can be challenging to find the balance in our personal and professional life, we need to make this a priority for ourselves to help us stay calm in stressful times and stay centered in moving towards and maintaining wellness.

**National Hispanic Heritage Month** was celebrated September 15 to October 15. I hope everyone had the opportunity to participate in the various activities that provided us the opportunity to recognize and honor the rich culture, history, and many contributions of Hispanic Americans.

Thank you again for your continued support. May you find the changing colors of the fall season beautifully peaceful and welcoming.

Respectfully,

Lisa A. Burgess, M.D.  
Interim Deputy Secretary Behavioral Health