

# WHAT THE HEALTH!?

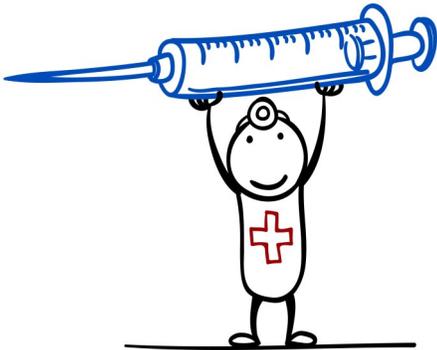
## January is Cervical Cancer Awareness Month!

Make sure you know the facts!

- ◆ Cervical Cancer is the second most common cancer among women. There are over 12,500 newly diagnosed women and over 4,000 deaths from cervical cancer each year
- ◆ It is most often caused by the human papilloma virus (HPV)
- ◆ HPV can be prevented by getting the HPV vaccine anywhere from 9-26
- ◆ Boys and girls should get the vaccine
- ◆ Early detection is key! Women ages 21-65 should get a cervical screening test (pap smear/pap test) done every 1-3 years to detect pre-cancer cells in the cervix

## Beat The Flu!

- Get your flu shot
  - Avoid touching your eyes, nose & mouth
  - Cover your cough/sneeze
  - Wash your hands often
  - Stay home if you are sick
  - Avoid contact with sick people
- Call Tioga County Public Health at 687-8600 to get your flu shot**



### January Events:

- 1/18/18 : Lunch and Learn: Narcan Training  
N/S Conference Room (12-1 pm)
- 1/24/18 : Rabies Clinic - Candor Fire Station (6-8pm)



## January 22-28 is National Drug Facts Week

- Drug overdose is the leading cause of accidental deaths in the U.S.
- 90% of Americans with a substance abuse problem started smoking, drinking, or using other drugs before age 18
- The United States represents 5% of the world's population and accounts for around 75% of the prescription drugs that are consumed
- By the 8th grade, 28% of adolescents have consumed alcohol, 15% have smoked cigarettes, and 16.5% have used marijuana
- In 2011, 21-24 year-olds were the highest percentage of drunk drivers involved in fatal crashes
- Some drugs, like meth, can cause chemical dependency in the brain after just one use

Test Your Home. Protect Your Health.

## JANUARY IS NATIONAL RADON ACTION MONTH

Radon is a colorless, odorless, and invisible gas that is produced by the natural decay of uranium that is found in nearly all soils. It is a health hazard when there are elevated levels of it in your home. Exposure to radon over long periods of time can lead to lung cancer. Radon is the second leading cause of lung cancer in the United States, behind smoking killing around 21,000 Americans each year.

### What can you do?

Have a radon test done to see if your home has elevated levels of radon. Call Tioga County Public Health (687-8600) to schedule your appointment to have a free radon test done!



**Public Health**  
Prevent. Promote. Protect.  
Tioga County

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