



# CHATting ABOUT HEALTH

## CERVICAL CANCER

- All women are at risk for cervical cancer, but it occurs most often in women over the age of 30.
- Almost all cervical cancers are caused by human papillomavirus (HPV).
  - HPV is transmitted from person to person during sex.
  - Most people get it at some time in their lives.
  - HPV usually goes away on its own but if it does not, there is a chance that it may cause cervical cancer.
  - Other things that can increase your risk of cervical cancer are:
    - Having HIV
    - Smoking
    - Using birth control pills for 5 or more years
    - Having 3 or more children
    - Having several sexual partners
- Reduce your risk of cervical cancer
  - Get vaccinated early
    - HPV vaccine can be given as early as age 9.
    - Vaccination prevents new HPV infections.
  - Have regular screening tests
    - The PAP test looks for precancerous cell changes that might become cervical cancer if not treated
    - The HPV test looks for HPV which is the virus that can cause these changes



Learn more from CDC:

<https://www.cdc.gov/cancer/cervical/index.htm>



## FLU



#FIGHT FLU



<https://www.cdc.gov/flu/about/keyfacts.htm>

- It is not too late to get your seasonal flu vaccine.
- According to CDC, flu activity in the US usually peaks between December and February.
- Visit our website for details about upcoming clinics where we will be offering seasonal flu vaccines.

Protect yourself - Get vaccinated

Find a local clinic: <https://www.chathamhealth.org/team-3>



# RADON

## What is RADON?

- Radon is an odorless, invisible radioactive gas that is naturally released from rocks, soil and water.
- Outdoors, radon levels are generally low and are not considered harmful.
- When radon gets into homes and buildings through small cracks or holes it can build up to higher levels.
- There is no known safe level of radon.
- Over time, exposure to high levels of radon can cause lung cancer.

TESTING is the only way to know if radon levels are high in your home

- You should test your home radon levels
  - if it has never been tested
  - when preparing to buy or sell
  - before and after renovations
  - before making changes that would result in someone spending more time in the basement or lower level



## How to REDUCE RADON LEVELS in your HOME

- Aiming for the lowest level of radon you can achieve in your home will minimize the risk of harmful health effects.
- The Environmental Protection Agency recommends
  - taking actions to reduce the level of radon in your home if the levels are between 2 pCi/L and 4pCi/L.
    - Some strategies include
      - increasing airflow by opening windows and using fans
      - sealing cracks in floors and walls
    - installing a radon reduction (mitigation) system if your home radon level is at or above 4 pCi/L.
      - The most common type of system uses a fan and vent pipe that pulls radon from your home and vents it outside.

Chatham Health District expects to have a limited number of free DIY radon test kits to distribute during the month of January.

Call our office at (860) 365-0884 to reserve your kit.

Learn more about Radon from CDC here: <https://www.cdc.gov/radon/index.html>



# COVID-19

- COVID-19 vaccines are safe and effective
- On December 9, 2022, CDC and FDA expanded the use of updated bivalent boosters to include everyone 6 months and older.

Learn more about vaccines at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

To find a COVID-19 vaccine clinic near you visit our website: <https://www.chathamhealth.org/vaccines>

