

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## HPV Awareness Day is March 4!

HPV means “human papillomavirus”. It’s a very common virus, 8 out of 10 men and women will get it at some point in their lives. Lots of people have never heard of it, but HPVs are a very big family of viruses. There are around 200 types of HPV. Some types of HPV are transmitted by sexual contact and infect the skin cells of the genital region and the mouth and throat. Most cause no harm, but some HPVs cause warts while others can cause cancers. Both men and women get cancer from HPV, and rates are rising fastest in men. These cancers include cervical cancer and cancer of the penis, anus, vagina, vulva, and throat.

### How can I avoid getting HPV?

HPV is a common virus and avoiding it can be difficult. There are a few things you can do to reduce the risk:

- The best way to prevent HPV is to be vaccinated at the recommended age. The HPV shot can prevent 90% of cervical and anal cancers and most other cancers caused by HPV.
- Use condoms whenever you can. Consistent condom use can reduce (but not remove) the risk of getting HPV. This is because HPV is passed on by skin-to-skin contact. Condoms only partially protect the skin of the genital region. The more consistent the use of condoms, the higher the amount of protection.
- The fewer sexual partners you or your partner have, the lower your risk of getting HPV.

### How can I avoid getting HPV-related cancer?

- Get screened for cervical cancer. HPV can cause changes that over time may progress to cancer. Cervical screenings can help detect cervical pre-cancer, and can lower your risk of cancer.
- Pay attention to changes in your body and even if feels awkward talk to a healthcare provider if you have concerns.
- Talk to your healthcare provider about cervical screening.

### How do I get tested for HPV?

HPV testing of the cervix may take place as part of routine cervical cancer screening programs at your healthcare clinic. There is no routine HPV testing of the penis, anus or mouth/throat, and there are no blood tests for HPV.



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March 2022

March 13<sup>th</sup> –  
Daylight Savings  
Begins  
March 17<sup>th</sup> –  
St. Patrick’s Day  
March 20<sup>th</sup> – First  
Day of Spring

Where flowers  
bloom, so does hope.

Lady Bird Johnson

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For more health  
information contact:  
NOBLE COUNTY  
HEALTH  
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740-732-4958  
[www.noblecohd.org](http://www.noblecohd.org)

## Upcoming Blood Drive

The American Red Cross Bloodmobile will be at the Noble County Community Center on Thursday, March 31, from 10 am to 4pm. Donations are needed and after this drive they are not scheduled back to the Community Center until June. Please consider donating.



## HPV continued...

### Can HPV be cured? Will I get cancer?

Most of the time, the immune system will control HPV on its own within a year or two without any treatment. Sometimes, the immune system fails to control HPV and it can cause cell changes that develop into cancer. While there is no 'cure' for HPV, vaccination can prevent HPV infection, and cervical screening can reduce the risk of cervical cancer. Only a very small number of people who get HPV go on to develop cancer. Vaccination can prevent most cancers caused by HPV.

### I've had the HPV vaccine – do I still need to be screened?

The vaccine reduces your risk of HPV-related cancers by about 90%. Even if you have had the HPV vaccine, you still need to have cervical screening. This is because the vaccine will not protect you against HPV types that you may have acquired before being vaccinated.

### I'm a boy – do I need to know about HPV?

Yes—you are at risk for HPV and the cancers that it causes. HPV can cause genital warts as well as cancers of the anus, penis and mouth/throat in men. You can also spread HPV to your sexual partners. All of the currently available vaccines prevent infection with HPV types that cause most HPV-related cancers, and some vaccines also protect against the types that cause genital warts. The most important step you can take to prevent HPV is to get vaccinated before you have sex.

## Time to Jump Forward

Get ready to lose an hour of sleep, but gain an extra hour of daylight! Daylight Saving Time begins at 2 a.m. on Sunday, March 13, 2022. That's when you'll move your clocks forward by one hour to 3 a.m. It is also a good day to change the batteries in your smoke detectors.

The U.S. Centers for Disease Control and Prevention (CDC) recommends you go to bed an hour early Saturday and get the kids to bed early too, so implementing the routine Saturday night can help them adjust to a good night's sleep before school on Monday.



## Poison Prevention

Did you know that the 3rd week every March is known as Poison Prevention Week? Accidental poisonings can happen anywhere to anyone. It is important to know what to do if someone may have been poisoned. The toll-free Poison Help line (1-800-222-1222), is an available tool which connects you to your local poison center and you are able to speak with a poison expert right away. This expert can give you advice on first aid and may save you from a visit to the emergency room. Below is a tool to help you in the event of a poisoning.



### First steps

- If the person is not breathing, call 911.
- If the person inhaled poison, get him or her fresh air right away.
- If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
- If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.
- *Do not* use activated charcoal when you think someone may have been poisoned.

### Calling Poison Help

If you do find yourself in a situation that you need to call the Poison Helpline **Do not wait for signs of poisoning before calling Poison Help (1-800-222-1222)**. Stay calm. Not all contact with poison results in poisoning. Make sure to have the container of the product you think caused the poisoning nearby. Be ready to tell the expert on the phone:

- The exposed person's age and weight
- Known health conditions or problems
- The product involved
- How the product contacted the person (for example, by mouth, by inhaling, through the skin, or through the eyes)
- How long ago the poison contacted the person
- What first aid has already been given
- Whether the person has vomited
- Your exact location and how long it would take you to get to a hospital

Visit [poisonhelp.hrsa.gov](https://poisonhelp.hrsa.gov) to learn how to poison proof your home and reduce the risk of potential poisonings. On this website you can also find tip sheets for every season to prevent poisons throughout the year. Prevent pill/medication abuse and theft by ridding your home of potentially dangerous expired, unused, and unwanted prescription drugs.



## Nutrition Month

March is National Nutrition Month. Just about everyone could eat healthier but a lot of people find different excuses of why they can't. Here are some helpful tips from the Academy of Nutrition and Dietetics to get you taking small steps toward better nutrition.

1. Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla for a breakfast on the go.
2. Watch Portion Sizes. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.
3. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.
4. Drink water instead of drinks with added sugars when you are thirsty. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
5. Plan to prepare and eat as a family at least a few times each week. Set a regular mealtime and turn off all electronics to promote mealtime talk. Making food together can be rewarding, cost-effective and teach lifelong skills.
6. Explore new foods and flavors by expanding your range of food choices. When shopping select a new fruit, vegetable or whole grain for you and your family to try.



## COVID Update

On February 25, 2022 CDC updated its masking guidance and released a new COVID-19 Community Levels tool to help communities decide what prevention steps to take based on the latest data. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area. Visit <https://www.cdc.gov/.../prevent.../about-face-coverings> for more information and to get updated community levels. As of February 25, the CDC has Noble County listed as medium. View the chart below on the actions you should take.

### What people can do to protect themselves

Low	Medium	High
Limited impact on healthcare system, low levels of severe disease	Some impact on healthcare system, more people with severe disease	High potential for healthcare system strain; high level of severe disease
Get vaccinated, boosted	Get vaccinated, boosted	Get vaccinated, boosted
Get tested if sick	Get tested if sick	Get tested if sick
	If at potential <a href="#">increased risk</a> , talk to your healthcare provider about wearing a mask	Wear a mask in public indoor settings including schools
People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.		



### Have an upcoming event?

If you would like it in the monthly health monitor please contact Samantha Hesson at 740-732-4958 or [Samantha.Hesson@noblecohd.org](mailto:Samantha.Hesson@noblecohd.org).

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