

# The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

## HPV Vaccine is Cancer Prevention

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.

### Why does my child need HPV vaccine?

Human papillomavirus (HPV) vaccine protects against cancers caused by HPV infection. HPV infection can cause cervical, vaginal, and vulvar cancers in women and penile cancer in men. HPV can also cause anal cancer, cancer of the back of the throat, and genital warts in both men and women.

### When should my child be vaccinated?

All kids who are 11 or 12 years old should get two shots of HPV vaccine 6-12 months apart. Getting vaccinated on time protects preteens long before ever being exposed to the virus. People get HPV from another person during intimate sexual contact. Some children may need three doses of HPV vaccine. For example, adolescents who receive their two shots less than months apart will need a third dose for best protection. Also, children who start the vaccine series on or after their 15th birthday need three shots given over 6 months. If your teen hasn’t gotten the vaccine yet, talk to doctor about getting it as soon as possible. The best way to remember to get your child all of the recommended doses is to make an appointment for the remaining shots before you leave the doctors office or clinic.

### Is HPV vaccine safe for my child?

HPV vaccination provides safe, effective, and long-lasting protection against cancers caused by HPV. HPV vaccine has a reassuring safety record that’s backed by 15 years of monitoring and research. Like any vaccine or medicine, HPV vaccination can cause side effects. The most common side effects are mild and include pain, redness, or swelling in the arm where the shot was given; dizziness, fainting, nausea, and headache. Fainting after any vaccine, including HPV vaccine, is more common among adolescents. To prevent fainting and injuries related to fainting, adolescents should be seated or lying down during vaccination and remain in that position for 15 minutes after the vaccine is given. The benefits of the HPV vaccine far outweigh any potential risk or side effects. It is important to tell the doctor or nurse if your child has any severe allergies, including and allergy to latex or yeast. HPV vaccine is not recommended for anyone who is pregnant.

### How can I get help paying for these vaccines?

The Vaccines for Children (VFC) program provides vaccines for children ages 18 years old and younger who are uninsured, Medicaid- eligible, American Indian or Alaskan Native. Learn more at [www.cdc.gov/vaccines/programs/vfc/parents/qa-detailed.html](http://www.cdc.gov/vaccines/programs/vfc/parents/qa-detailed.html)

The Noble County Health Department offers the HPV vaccine for both the insured and the uninsured. Walk-ins welcomed.” You can also schedule an appointment by calling 740-732-4958. Health Department nurses are also available to any questions you may have.

March 2024

March 9<sup>th</sup> –  
Daylight Savings  
Begins  
March 17<sup>th</sup> –  
St. Patrick’s Day  
March 19<sup>th</sup> –  
First Day of Spring

If you don’t love yourself, you’ll always be chasing after people who don’t love you either.

-Mandy Hale

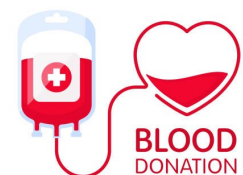
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For more health information contact:  
**NOBLE COUNTY HEALTH DEPARTMENT**  
740-732-4958  
[www.noblecohd.org](http://www.noblecohd.org)

## Upcoming Blood Drive

The American Red Cross Bloodmobile will be at the Summerfield VFD 605 East Coss Street on Thursday March 14 from 8am-2pm. They will also be at the Noble County Community Center on Wednesday, March 27, from 10 am to 4pm. Donations are always needed and greatly appreciated. Please consider donating.



## Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget friendly tips for eating right.

### Cook more, eat out less

Many foods can be prepared for less money and healthier at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

### Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](http://MyPlate.gov).

### Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use.

### Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price.

### Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

### Watch portion sizes

Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

### Focus on nutritious, low-cost foods

Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

### Make your own healthy snacks

Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

### Quench your thirst with water

Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

## 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.

### 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](http://poisonhelp.hrsa.gov) to learn how to poison proof your home and reduce the risk of potential poisonings.

## Time to Jump Forward

Daylight Saving Time happened on Sunday, March begins at 2 a.m. on Sunday, March 10. Not only is this a great time to change the batteries on your smoke detector but also consider doing these things as well:

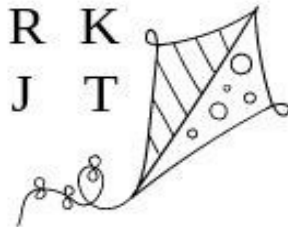
- Check expiration dates on food in your cupboards and fridge
- Clean out under and behind your refrigerator
- Clean out medicine cabinet or drawer and dispose of expired medicine properly
- Shred unneeded paperwork and organize your pile of paperwork on your countertop
- Organize Tupperware and make sure everything has a lid and base and get rid of items that don't.



# SPRING



I X T U L I P C  
S H O W E R S W A E I  
B Z J E S E E D S M G G  
A B U E D U C K L I N G R R  
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BUMBLEBEE  
BUNNY  
BUTTERFLY  
CATERPILLAR  
CHICK

DUCKLING  
EASTER  
EGGS  
FLOWERS  
GRASS

GREEN  
GROW  
LAMB  
NEST  
ROBIN

ROSES  
SEEDS  
SHOWERS  
SUNSHINE  
TULIP  
WORMS

## 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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