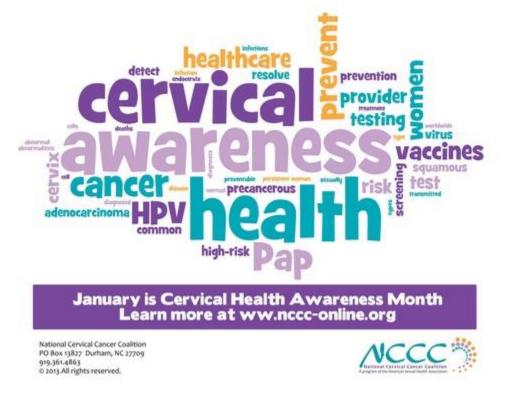
CNSA COMMUNITY HEALTH MONTHLY OBSERVANCE TOOLKIT JANUARY 2015: CERVICAL HEALTH AWARENESS MONTH



http://www.nccc-online.org/images/pdfs/NCCC_January_Poster1.pdf

January is Cervical Health Awareness Month, and CNSA wants you to know that there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is the most common sexually transmitted disease. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- HPV can be prevented by an HPV vaccine, Cervarix or Gardasil
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, CNSA encourages:

- Women to start getting regular Pap tests at age 21
- Women to get the HPV vaccine before age 27
- Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12
- Men to get the HPV vaccine if you are under age 22

Thanks to the health care reform law, many people may be able to get these services at no cost to you. Advise people to check with their insurance company.

Taking small steps can help keep your community safe and healthy.

For information for your local chapter to promote cervical health awareness visit the resources listed below:

National Cervical Cancer Coalition Toolkit http://www.nccc-online.org/index.php/outreach

Healthfinder.gov Cervical Health Awareness Toolkit http://healthfinder.gov/NHO/JanuaryToolkit.aspx

HPV Vaccine Questions & Answers http://www.cdc.gov/vaccines/vpd-vac/hpv/vac-faqs.htm