



Dickinson-Iron District Health Department

Public Health Press

WINTER 2023 2024

DECEMBER, JANUARY, FEBRUARY

SPECIAL POINTS OF INTEREST:

- Cervical Health
- Radon Action Month
- Radon Stats
- COVID-19 Vaccine
- New Points
- Fight Flu

Cervical Health Awareness Month

January is Cervical Health Awareness Month. Routine cancer screenings help prevent cervical cancer. These screenings help to identify precancers that may lead to cervical cancer. In the US, women aged 21-65 years, who receive regular cervical cancer screening are less likely to get cervical cancer and less likely to die from it.

What can you do?

- Consult your healthcare provider to discuss the risk for new HPV infections and benefits of receiving the HPV vaccine

- Ask your provider to screen for cervical cancer
- Practice safer sex and routinely get screened for STI's
- Avoid smoking to reduce cervical cancer risk

DIDHD's Family Planning Program provides confidential preventative and reproductive healthcare services to females and males in both Dickinson and Iron Counties. Contact us at 906-265-4151 (Iron) or 906-779-7297 (Dickinson) to schedule an appointment.

Radon Action Month

January is Radon Action Month. Radon is the second leading cause of lung cancer deaths in the U.S. claiming approximately 20,000 lives annually or slightly more than two every hour.

Radon is a radioactive odorless gas produced from the decomposition of uranium. Therefore, it could be lingering in a private home or public building without the occupant being aware of its presence.

Fortunately, scientists have provided the tools that can help protect us from radon, such as a simple test that can determine the approximate level of radon exposure in buildings.

In observance of "Radon Action Month" the Dickinson-Iron District Health Department (DIDHD) has reduced the cost to \$5 for the short-term test kits for the month of January.

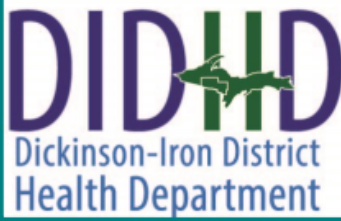
The kits can be purchased at the Iron County office, located at 1374 Commercial Ave, Crystal Falls or in the Dickinson Office, located at 818 Pyle Drive, Kingsford. Our office hours are 8-4pm, Monday-Friday.

Anyone seeking further information regarding the department's Radon Program can call DIDHD at (906) 779-7239.

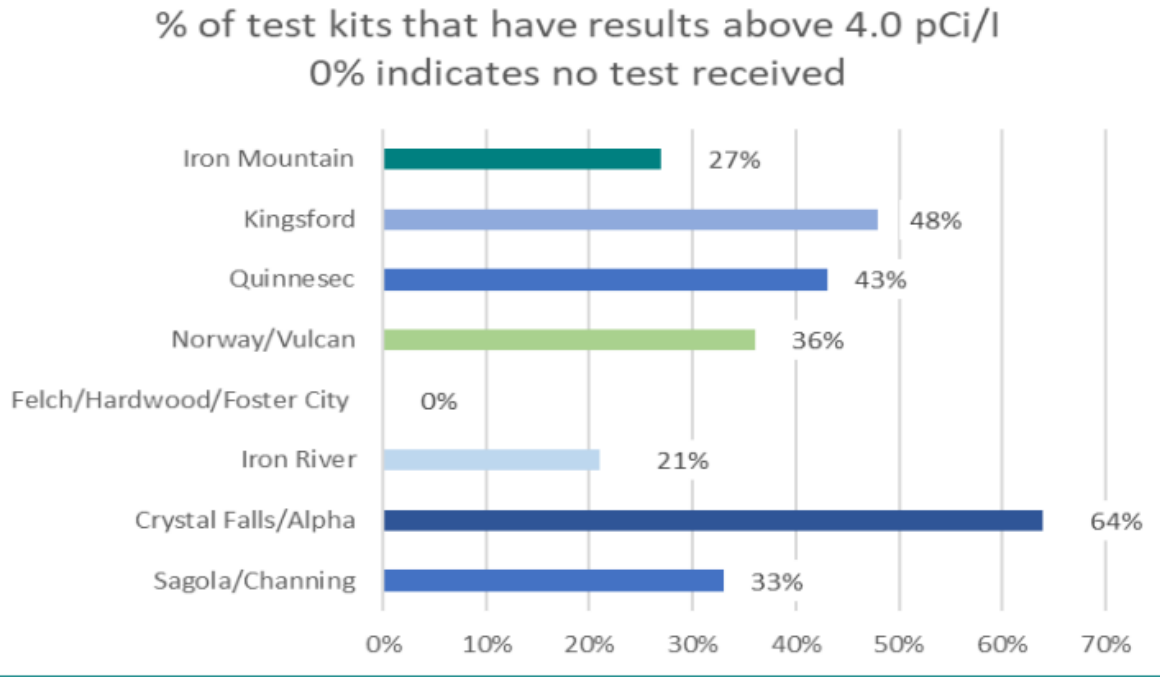


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RADON FACTSHEET



The graph above shows the percent of tested homes with radon levels above the normal baseline of 4.0 pCi/l. The data utilized is from local homes in both Dickinson and Iron Counties for 2022-2023.

Stay Up-To-Date with COVID-19 Vaccine

Are you up-to-date on your COVID-19 Vaccines? The CDC recommends everyone 6 month-old and older receive an updated COVID-19 vaccine.

2023-2024 updated COVID-19 vaccines are now available at Dickinson-Iron District Health Department by appointment only. We currently have Pfizer vaccines in stock. For questions or to scheduled an appointment, please contact our offices at 906-265-9913(Iron) or 906-774-1868 (Dickinson).



NEW POINTS



Syringe Service Program (SSP)

The New Points Syringe Service Program (SSP) offers **FREE** and **CONFIDENTIAL** walk-in services to people experiencing a drug misuse issue. SSP encourages harm reduction practices for drug consumption if/when an individual is ready for recovery. Clients receive a safe, non-judgmental space to:

- ◆ Receive fresh injections supplies
- ◆ Be linked to healthcare and recovery services
- ◆ Decrease the risk of illness for you and your community
- ◆ Receive free testing for HIV and Hep C
- ◆ Get free Naloxone and training for overdose prevention
- ◆ Access to a peer recovery coach

Can I pick up for someone else?

Absolutely! Please share with friends/family. The goal is to provide access to safer alternatives.

The benefits of SSP:

- ◆ Reduce HIV prevalence by as much as 50%
- ◆ Reduce Hep C prevalence by as much as 50%
- ◆ Reduce overdose death by providing Naloxone/ Narcan to people at high risk of witnessing an opiate overdose
- ◆ Reduce accidental needle sticks by 66% in law enforcement professionals
- ◆ Increase the proper disposal of syringes and other hazardous materials
- ◆ Increase access to substance use disorder treatment and recovery services—SSP participants are up to 5 times more likely to access substance use disorder and recovery services and stay enrolled in those services than people injecting drugs and not utilizing an SSP

For questions or more information, contact Kelly at 906-779-7234.

Fight Flu!

Everyone 6 months and older should get a flu vaccine every season. Flu vaccine can reduce flu illnesses, doctors' visits, hospitalizations and has been shown to be life-saving. Most people who get sick with flu will have mild illness, however, flu can make chronic health problems worse. Flu vaccine is the best protection from flu and its potentially serious complications. Fight flu and get vaccinated today! It's not too late; contact our office to schedule your appointment today.

Iron County: 906-265-9913

Dickinson County: 906-774-1868

TAKE 3 ACTIONS TO PREVENT ILLNESS THIS FALL AND WINTER

- 1 GET VACCINATED**
- 2 HELP STOP THE SPREAD OF VIRUSES**
- 3 TAKE TREATMENT DRUGS IF YOUR DOCTOR PRESCRIBES THEM**



Dickinson-Iron District Health Department

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1374 Commercial Avenue
Crystal Falls, MI 49920
Phone: 906-265-9913 Fax: 906-874-2950

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didhd.org

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Mission Statement:

The mission of the Dickinson-Iron District Health Department is to assure the highest possible level of health for the people of the communities it serves. To fulfill this mission, the Department works with individuals and organizations to prevent premature death, disability, illness and injury, to prolong life, and to promote the public health through disease prevention and control, health promotion and healthy environments, and through the provision of direct services for particularly vulnerable high risk population groups.



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