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Special News:

We are beyond excited to announce that Price County Public Health turned 100 years old this month!!! Due to this accomplishment, we created *The Price County Centennial Gazette*, a monthly newsletter that will continue throughout this year and will feature different areas of public health during the last century. Please enjoy the attached January edition.



Cervical Cancer

HPV is very common in the United States — at any given time, about **1 in 4** people have it. Most HPV infections go away on their own, but some last longer — and they can cause cancer or other health problems, like genital warts. About 17,500 women and 9,300 men get cancer caused by HPV infections in the United States every year. Many of these cancers don't cause symptoms until they've gotten serious and hard to treat.



What is cervical cancer?

When cancer starts on the cervix, it is called cervical cancer. The cervix is the lower part of the uterus and is located at the top of the vagina.



What are the symptoms of cervical cancer?

Cervical cancer almost never has noticeable symptoms until it is at advanced stages. Symptoms may include:

- Heavy periods.
- Pain during sex.
- Discharge from vagina.
- Unexpected bleeding from the vagina, such as between periods or after sex.



What is the risk for cervical cancer?

There are two types or strains of HPV:

- Low-risk strains: Low-risk strains of HPV can cause warts on the genitals. Warts can be itchy, embarrassing, and unpleasant, but these strains are considered low risk because they do not cause cancer.
- High-risk strains: High-risk strains do not cause warts but can, rarely, cause cancer. This is why they are called high-risk strains.



Are there tests for cervical cancer?

Two tests are often done to check for

cervical cancer or pre-cancer:

- Pap test: Also called “cervical cytology,” this test is performed during a pelvic exam. A healthcare provider takes cells from the cervix, the lower part of the uterus, to check for pre-cancerous and cancerous cells.
- HPV test: This tests the cells from the cervix for high-risk HPV infection.



Can cervical cancer be prevented?

Yes, the HPV vaccine is very effective at

preventing cancer and many other health problems caused by HPV. For example, the HPV vaccine can prevent 9 out of 10 cases of cervical cancer. Side effects are usually mild and go away in a few days. They may include: Pain/redness/swelling where the shot was given, fever and/or headache.

Two doses of the HPV vaccine are recommended for all boys and girls at ages 11-12. Children who start the vaccine series on or after their 15th birthday need three shots given over 6 months. Vaccines protect your child before they are exposed to a disease. That's why the HPV vaccine is recommended earlier rather than later, to protect your child long before they are ever exposed to the virus.

[Resource](#)

2018 Price County Adolescents aged 13 through 18, [HPV Rates](#):
1 Dose: 58% | Series Complete: 44%

What is Human Trafficking?

In addition to being a violent crime, human trafficking is a public health concern that impacts individuals, families, and entire communities across generations. It requires training and a response from communities, social service providers, health care providers, and other first responders.

Human trafficking is a form of modern slavery. It occurs when a trafficker exploits an individual with force, fraud, or coercion to make them perform commercial sex or work.

There are two types of trafficking:

Labor Trafficking — Individuals are compelled to work or provide services by force, fraud, or coercion

Sex Trafficking — Adults are compelled to engage in commercial sex by force, fraud, or coercion. Minors are compelled to perform a commercial sex act regardless of the presence of force, fraud, or coercion.

Recognize the Signs

- Common Work and Living Conditions
 - o Is unpaid, paid very little, or paid only through tips
 - o Works excessively long and/or unusual hours
 - o Is not allowed breaks or suffers under unusual restrictions at work
- Poor Mental Health or Abnormal Behavior
 - o Is fearful, anxious, depressed, submissive, tense, or nervous/paranoid
 - o Shows signs of substance use or addiction
- Poor Physical Health
 - o Shows signs of poor hygiene, malnourishment, and/or fatigue
 - o Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture
- Lack of Control
 - o Has few or no personal possessions
 - o Is frequently monitored
 - o Is not in control of their own money, financial records, or bank account

[Resource](#)

HUMAN TRAFFICKING: LOOK BENEATH THE SURFACE

OUT OF THE SHADOWS EXPOSING THE MYTHS OF HUMAN TRAFFICKING

MYTH	TRUTH
HUMAN TRAFFICKING IS ONLY SEX TRAFFICKING	OF THE 20.9 MILLION VICTIMS OF HUMAN TRAFFICKING GLOBALLY <ul style="list-style-type: none">68% FORCED LABOR22% SEXUALLY EXPLOITED10% STATE-IMPOSED FORCED LABOR
HUMAN TRAFFICKING VICTIMS WILL SELF IDENTIFY	50% OF VICTIMS HAD CONTACT WITH A HEALTH CARE PROFESSIONAL NONE WERE IDENTIFIED AS A VICTIM.
HUMAN TRAFFICKING IS NOT IN MY COMMUNITY	30,000+ CASES OF POTENTIAL HUMAN TRAFFICKING REPORTED IN ALL 50 STATES, DC & US TERRITORIES

Get help, report a tip, find services, and learn more about your options. The National Human Trafficking Hotline aids victims in crisis through safety planning, emotional support, and connections to local resources.

CALL 1-888-373-7888

TEXT HELP to BEFREE (233733)

EMAIL help@humantraffickinghotline.org

VISIT www.humantraffickinghotline.org

Parent Cafés

Strong Families/Strong Kids, a sub committee of the AODA/Mental Health Coalition, is sponsoring “Parent Cafés.” See the flyer below for upcoming dates. **Note:** Due to construction occurring at the Park Falls Library on January 14th – The scheduled Parent Café will be held at the Park Falls City Hall (400 4th Ave South, Park Falls).



Parents & Caregivers: Join us for

Parent Cafés

Brewing Strong Families & Communities

Parenting is full of joys and challenges. Parent Cafés explore ways to reduce stress and build family resilience. Each series covers key strengths known to help adults and youth thrive.

Enjoy a meal, discussion and learning with other parents who understand.

All parents and caregivers welcome!
FREE... and childcare is provided!

If your group would like to host a parent café contact Extension Price County.

Contact: Libby Huber at 715-339-2555

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Meet other parents who understand the unique challenges & joys of raising children.

Connect with others

Share ideas

Learn parenting strategies



When? Where?

Park Falls Public Library

Dinner starts at 5:00p

Cafés start at 5:30p-6:30p

Dates: Second Tuesday's

January 14

February 11

March 10

April 14

May 12



Extension
UNIVERSITY OF WISCONSIN-MADISON
PRICE COUNTY



Influenza News Release

With Hospitalizations on the Rise, DHS Wants to Avoid a More Deadly Flu Season – Residents encouraged to get flu shots and take other precautions to avoid serious illness

FOR IMMEDIATE RELEASE | January 3, 2020

The Wisconsin Department of Health Services (DHS) today announced our state has seen 459 hospitalizations for influenza this season, more than three times as many than at this time last year. Admissions to intensive care units for respiratory illnesses are also on the rise. And already, 11 Wisconsinites have died due to complications from influenza.

“These hospitalizations and deaths are a sober reminder that flu is not only dangerous; it can be deadly,” said State Health Officer Jeanne Ayers. “That’s why we urge all Wisconsinites to get flu shots, not only to protect themselves, but also everyone around them from serious illness. If you have yet to get your flu shot, it is not too late.”

The flu shot can help prevent the virus, and greatly reduce symptoms if you do get it, shortening time away from work or school. The [flu vaccine finder](#) will help you locate a pharmacy near you that is providing flu shots.

Everyday habits can also help you avoid catching or spreading the flu:

- Stay home if you're sick. You can pass the flu to friends or family before you even know you have it. See a health care provider if your symptoms persist or get worse.
- If you're visiting a loved one in a hospital, nursing home, or other assisted living facility, ask a nurse for a mask and be sure to wash your hands or use hand sanitizer. Some facilities may put restrictions on visitors. Check before you go.
- Don't hold or kiss a baby if you're sick. Babies under six months old cannot get the flu shot.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with your upper sleeve and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.
- Use your own drinking cups, straws, and utensils.
- Eat nutritious meals, get plenty of rest, and don't smoke.
- Frequently clean commonly touched surfaces (e.g., doorknobs, refrigerator handles, telephones, faucets).

The [DHS Weekly Respiratory Report](#) provides up-to-date information about the current flu season, including case counts.

Follow @DHSWI on [Twitter](#) and [Facebook](#) for updates from our “Flu Guy”, Influenza Surveillance Coordinator Tom Haupt.

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[Click Here](#)