



# What the Health!?

January 2024

## WHAT IS ANTIBIOTIC RESISTANCE?

While antibiotic resistance is a naturally occurring process, **it can be driven by overuse and misuse of antibiotic and antifungal drugs.** When bacteria are exposed to antibiotics repeatedly, such as when you take a medication needlessly or too frequently, the germs in your body start to change. These changes can make the germs stronger than before, so they completely resist the antibiotic making these infections difficult, and sometimes impossible, to treat.



**Antibiotic resistance is an urgent global public health threat.** It can affect all people, at any stage of life. At least 1.27 million people worldwide die as a result of antibiotic resistance each year.



## HELP FIGHT ANTIBIOTIC RESISTANCE

### Prevent infections in the first place:

- Wash your hands, keep up to date on all recommended vaccinations, practice safe sex, and prepare food safely.



### Improve antibiotic and antifungal use to slow the development of resistance.

- Take antibiotics exactly as prescribed.

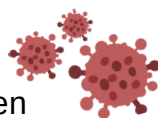
### If your doctor decides an antibiotic is the best treatment when you are sick:

- Take the medication exactly as your doctor tells you. Don't stop the medication early, even if you start feeling better.
- Do not share your medication with others, save them for later or take antibiotics prescribed for someone else.

### Take antibiotics only if you need them. Remember, antibiotics DO NOT work on viruses!

### Antibiotics are not always the answer.

- It's important to use antibiotics only when they are needed to protect yourself from harms caused by unnecessary antibiotic use and combat antibiotic resistance.



## Cervical Cancer Awareness Month

Cervical cancer is one of the most preventable and treatable types of cancer yet in 2020, more than 600,000 women were diagnosed with cervical cancer worldwide and almost 350,000 died from the disease! The most common cause of cervical cancer is the human papillomavirus (HPV) which can also cause cancer in the back of the throat, anus, vulva, penis, and vagina.

### Ways to prevent cervical cancer:

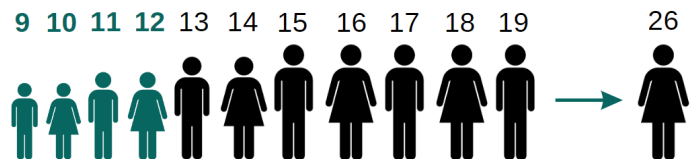


- Get vaccinated against HPV
  - *Boys and girls should get vaccinated starting as early as age 9 to ensure they are protected before they are exposed to HPV.*
- Have regular screening tests
  - Talk with your healthcare provider to determine if you are due for your next test.
  - Go back to the doctor if your screening test results are not normal.

Cervical cancer may not exhibit any signs or symptoms, especially in the early-stage. Because it can stay "hidden," it's important to start getting regular cervical cancer screening at age 21, regardless of how old you were when you first had sexual intercourse.

## HPV VACCINE CAN START AT AGE 9

Preteens have a higher immune response to HPV vaccine than older teens.



The earlier the HPV vaccine is given, the greater chance your child will be protected before being exposed.

Follow Tioga County Public Health on Facebook throughout January for

# Mental Health Mondays!

We'll be sharing tips to help you prioritize and improve your mental health.