

J A N U A R Y 2 0 1 7

# Campus High Nurse's Newsletter

Mrs. Harper-Cabbell, RN & Mrs. Theodule, RN School Nurses



## Get Vaccinated

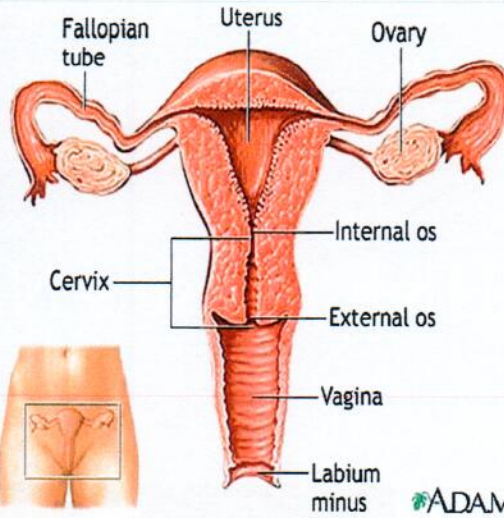
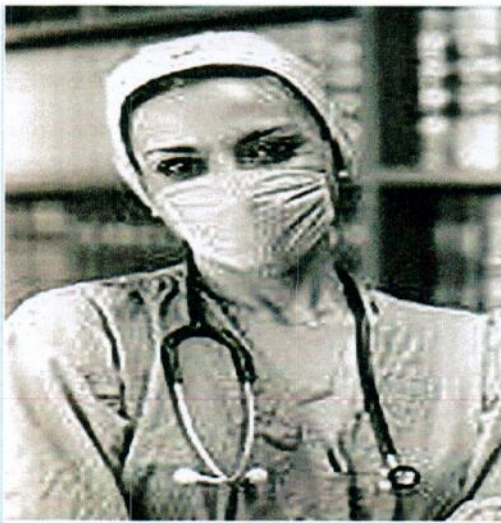
Don't try to make excuses for skipping the flu vaccine. Your arm might be a little sore the next day. And you may feel a little achy or run a low fever afterward. But you can't catch the flu from the vaccine because it contains a weakened or dead form of the virus. Everyone 6 months of age and older should get a yearly flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so that you will be protected all season long!



## Talking to Teens about SEXTING

Many teens believe that anything they want to do with their bodies and their phones is their business. They enjoy the privacy and freedom that cell phones give them from their parents and guardians, but what happens when they use their cell phones to explore their sexuality? Sexting is the sending or distributing nude or partially nude images. Teens who take, send or forward sexting images may face: Embarrassment if their picture is shown to family, friends, classmates and even strangers. Bullying or harassment from peers who judge them for sexting. Trouble at school if they have violated a school policy. Future consequences if the image follows them for a long time. It may be seen by college admissions officers or even potential employers. Trouble with the police. In extreme cases, kids can be charged for sending or forwarding nude images of minors. Any person pressuring you to sext isn't someone you should trust. Boyfriends and girlfriends come and go, but a sexual image of you can stay around forever. NetSmartz.org

P. Blanton, LCSW, AntiBullying Specialist



## January is Cervical Health Awareness Month

Cervical cancer, a disease that affects the female reproductive system, is caused by the human papillomavirus (HPV). HPV is a common virus that can be passed from one person to another during sex. Cervical cancer is a highly preventable disease because screening tests (such as the Pap test), and vaccines to prevent HPV infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. HPV vaccines protect against the types of HPV that most commonly cause cervical cancer. HPV vaccines offer the greatest health benefit to persons who receive all 3 doses before exposure to HPV through sexual activity. Routine HPV vaccination is

recommended for girls and boys at age 11 or 12 years. Vaccination also is recommended for females through age 26 years and for males through age 21 years who have not been vaccinated previously. Any man who has sex with other men and men with compromised immune systems (including human immunodeficiency virus (HIV) infection), also may be vaccinated through age 26 years. Although all women are at risk for cervical cancer, it occurs most often in women over age 30. The best way to prevent cervical cancer is to get routine cervical cancer screening as recommended. Start the New Year right and call your doctor to discuss HPV vaccine, cervical cancer screening or schedule a Pap Smear. Source: Vaccines.gov



### QUOTE OF THE MONTH

TO THE WORLD YOU MIGHT JUST BE ONE PERSON, BUT TO ONE PERSON YOU MIGHT JUST BE THE WORLD.