

>>> NEWSLETTER <<<

CMDHD Today

CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT



TOP NEWS

Test Your Home During January's Radon Action Month

>>> Read More

During January, donate a canned good at CMDHD and receive a free home radon test kit. Kits are reduced to \$5 each without a canned good donation. Read [CMDHD's full news release online](#) or call our Environmental Health department at 989-314-7570 for more information.

Read More <<<

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin when the seasons change. [National Institute of Mental Health's Seasonal Affective Disorder publication](#) offers information to help you navigate these feelings.

Feeling The "Winter Blues" This Year? Resources Are Available

January is Cervical Cancer Awareness Month

January is National Cervical Cancer Awareness Month, and Central Michigan District Health Department (CMDHD) is raising awareness about how to prevent cervical cancer. Routine pap tests are important for those age 21 or older to find abnormal cells on your cervix before they become cancer. The Human Papillomavirus (HPV) vaccine series is also recommended for everyone 9 – 45 years old to help prevent cervical and other HPV-linked cancers.

“This month is a great time to schedule a cervical cancer screening and get an HPV vaccine,” said Connie Lance, CMDHD Health Promotion Supervisor. “Cervarix and Gardasil are vaccines that we administer to help stop types of HPV that can lead to cancer.”

Read [CMDHD's full news release online](#).

Health Alert: HIV Diagnoses Increase in Northern Michigan

There is an increase in the number of HIV diagnoses in northern areas of our state. Central Michigan District Health Department (CMDHD) is encouraging residents to get tested. This increase was determined by comparing a recent report where data spanning 2019-23 was compared to data from 2014-18.

According to the Michigan Health Alert Network, there are several other noteworthy factors in this troubling trend:

- 44% of the new diagnoses were found at stage 3 (stage 3 = AIDS diagnosis),
- 67% were diagnosed in the emergency room or during outpatient visits,
- Almost 41% do not have an identified risk, such as reported injection drug use, and
- 78% of the new diagnosis were among residents over 30 years of age, with the majority over 40.

Read [CMDHD's full news release online](#).

2024 MEDICATION TAKE-BACKS



Isabella Substance
Awareness Coaliton

Date/Time

January 17th
08:00am-11:30am

April 4th
01:00pm-04:00pm

July 10th
08:00am-11:30am

October 24th
01:00pm-04:00pm

Location

*Central Michigan
District Health
Department
2012 E. Preston,
Mount Pleasant, MI
Door B*

MSHN
Mid-State Health Network



For more information:

989 817-7917 cdemers@1016.org

Don't
FLAKE
on your
flu shot!

The flu vaccine is safe for everyone 6 months old and up.

COVID & Emerging Diseases

- [CMDHD COVID information, including testing and vaccination clinics](#)
- [Check your COVID home tests for extended expiration dates before you throw them away.](#)
- [CMDHD offices have free COVID home tests.](#)



Warning: Narcan will not work if it is frozen.
Store Narcan at a temperature between 36°F - 77°F. Once thawed for at least 15 minutes, Narcan will work again.

Do not wait for Narcan to thaw in an emergency. Call 911.



Other Topics

- [MDHHS recognizes Social Determinants of Health Month in January](#)
- [MDHHS partners with GetSetUp to empower Michigan's older veterans with essential knowledge and resources](#)
- [Nearly 1 million Michigan Medicaid enrollees have had coverage renewed](#)
- [VIDEO: Warning signs of e-cigarette use and nicotine withdrawal](#)
- [RECALL: Nutramigen Hypoallergenic Infant Formula Powder](#)
- [January is Birth Defects Awareness Month](#)
- [VIDEO: Dr. Natasha Bagdasarian Winter 2023 Respiratory Reminder](#)
- [Spread the Word About Safe Infant Sleep](#)

IT HAPPENS

Norovirus doesn't have to.
Norovirus can be spread by people who didn't wash their hands.
Don't be one of them.

WASH YOUR HANDS.



cdc.gov/norovirus