



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

May Awareness

MAY 2022

Special Points of Interest:

- Hepatitis Awareness
- Hepatitis Prevention
- Skin Cancer Awareness
- Skin Cancer Prevention



**ARE YOU
AT RISK?**

Hepatitis Awareness

The most common types of Hepatitis in the United States are Hepatitis A, Hepatitis B, and Hepatitis C. They all have similar symptoms, but they also all have different routes of transmission.

Hepatitis A is a contagious liver infection. This infection normally makes people sick for a few weeks to a few months, but does not leave lasting liver damage. It can be spread by ingesting the virus through contaminated food, drinks, or close personal

contact. Hepatitis A is easily preventable with a safe and effective vaccine.

Hepatitis B can go on to develop into a lifelong infection. Over time, this can cause severe liver damage, and even liver cancer. It can be transmitted from an infected mother to her baby during child birth. Hepatitis B is preventable with a vaccine.

Hepatitis C will cause most infected people to develop a chronic infection or liver

disease, liver failure, or even liver cancer if it is left untreated. Most people contract Hepatitis C through sharing needles, syringes, or any other equipment to inject drugs. It can also spread through infected tools used during tattoos and piercings, or by having sex with an infected person. Hepatitis C normally does not have symptoms. The only way to tell if one has Hepatitis C is to get tested. There is also no preventable vaccine for Hepatitis C.

Do You Answer “Yes” to one or more of these questions?

- Do you use injection and non-injection illicit drugs?
- Have you had contact with a known infected person?
- Are you homeless or in transient living conditions?
- Were you recently incarcerated?
- If you are male—do you have sex with men?
- Do you have chronic liver disease, such as cirrhosis?

If you answered **yes** to one or more of these questions, you are considered **high-risk** and recommended to receive a vaccine.

May is
SKIN CANCER
AWARENESS MONTH

Skin Cancer Awareness

Fast Facts About Skin Cancer:

It is the **most common** cancer in the United States, and includes different types.

Unprotected skin can be damaged by the sun's UV rays in **as little as 15 minutes**.

Even if it's cool and cloudy, you still need protection. UV rays do the damage, not the temperature. **UV rays can penetrate through clouds** and damage your skin even during a cloudy day.

Anyone can get skin cancer, but **some things put you at higher risk**. Having lighter skin, certain types and large numbers of moles, and certain colors of hair and eyes are a few traits that put you at higher risk.

Indoor tanning exposes users to **two types of ultraviolet rays**, which damage the skin and can lead to cancer.

The **most common signs** of skin cancer are changes to your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.



*“Guiding
Auglaize
County
towards a
healthier
future!”*

Protect Your Skin

Exposure to ultraviolet (UV) rays causes most cases of melanoma, which is the deadliest kind of skin cancer. To lower your risk of cancer and to protect your skin, follow these tips:

- Seek shade; especially during late morning through mid afternoon.
- Wear clothing that covers your arms and your legs.
- Wear a hat with a wide brim; this will help to shade your face, head, ears, and neck.
- Wear sunglasses; this will block your eyes from UVA and UVB rays.
- Use sunscreen; SPF 15 or higher will help to protect you the most.
- Remember to reapply sunscreen every 2 hours.

Contact us for questions!

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