

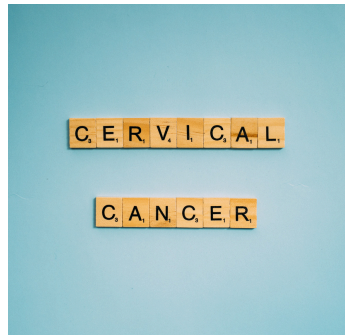


SCOTT COUNTY HEALTH DEPARTMENT PUBLIC HEALTH CONNECTION

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Cervical Cancer Screening Month



Cervical cancer is a disease in which cells in the cervix grow out of control. Any woman with a cervix is at risk for cervical cancer, although it occurs most often in women over age 30. Long-lasting infection with certain types of [human papillomavirus](#) (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few will get cervical cancer. National Cervical Cancer Awareness month is a reminder that prevention and early detection can save lives.

The good news is that the HPV vaccine and screening tests can help prevent cervical cancer. The HPV test that looks for the HPV virus that can cause cell changes on the cervix. The Pap test (or Pap smear) looks for precancers or cell changes on the cervix that might become cervical cancer if they are not treated appropriately. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. The [HPV vaccine](#) is recommended for routine vaccination at age 11 or 12 years but can be started at age 9 and can be given up through age 45. The HPV vaccine is given as a series of either two or three doses, depending on age at initial vaccination.

The [Care For Yourself program](#) provides free or low-cost cervical cancer and breast cancer screenings for lowans between the ages of 21 and 64 years. Services available include pap tests, HPV tests, diagnostic testing, and patient support. If the tests received through the Care For Yourself program find cervical cancer, local staff will help participants connect to treatment. Call 563-421-3081 to learn more about this program in Scott County.

The Scott County Health Department has HPV vaccine available for children and adults who meet at least one of the eligibility criteria through the [Vaccine for Children \(VFC\)](#), and [Vaccine for Adults \(VFA\)](#), programs. Call 563-326-8618 to schedule an appointment. Appointments are offered Monday through Friday at the Scott County Health Department.



How to Stay Healthy During Respiratory Illness Season

Why do respiratory illnesses spike in the colder months? People are spending more time indoors in closer contact with each other. This increases the likelihood of illnesses being able to spread from person to person. The good news is there are many things you can do to protect yourself and your loved ones from getting sick.

The most important and effective means of protecting yourself from certain respiratory illnesses is to get vaccinated. Vaccinations help prevent millions of illnesses, health care provider visits, hospitalizations, and deaths every year! Talk to your healthcare provider today about getting the vaccinations you need.

- **Influenza:** all ages 6 months and older should get a flu shot every year
- **COVID-19:** all ages 6 months and older should get the 2025-2026 COVID-19 vaccine, especially those who are 65 and older and/or those who are at high risk for severe COVID-19
- **RSV:** infants and adults over the age of 50 should get an RSV vaccine

The Scott County Health Department has influenza and COVID-19 vaccines available for children and adults who meet at least one of the eligibility criteria through the Vaccines for Children (VFC) and the Vaccines for Adults (VFA) programs. The RSV vaccine is only available for children. Call 563-326-8618 to check eligibility and schedule an appointment!

Eligibility Criteria for VFC and VFA Programs	
Children	Adults
<ul style="list-style-type: none">• Medicaid-eligible• American Indian/Alaskan Native• Uninsured• Underinsured	<ul style="list-style-type: none">• Uninsured• Underinsured

More Tips for Preventing Illness

- **Practice Good Hygiene:** Cover your mouth and nose when coughing or sneezing and wash your hands.
- **Continue Other Healthy Habits:** Get enough sleep, eat a balanced diet, hydrate, and exercise.
- **Stay Home When Sick:** Limit contact with others if you are feeling sick to stop the spread of germs.



Upcoming Events

- 1/1/2026: Scott County Health Department closed in recognition of New Year's Day.
- 1/15/2026, 12:00 PM: Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom
- 1/19/2026: Scott County Health Department closed in recognition of Martin Luther King, Jr. Day.

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Our priority.