

Federal opioid resources help build resilient communities

Two federal resources can help communities impacted by the opioid epidemic.



The Office of National Drug Control Policy and the U.S. Department of Agriculture (USDA) published a list of links to federal resources such as grants, trainings, and programs. The document represents the work of agencies on the Federal Rural Opioids Interagency Working Group. Read *Federal Resources for Rural Communities to Help Address Substance Use Disorder and Opioid Misuse* at <https://www.rd.usda.gov/files/RuralResourceGuide.pdf>.

Community leaders, researchers, and policymakers can determine their most effective actions by first using the Opioid Misuse Community Assessment Tool (<https://www.usda.gov/topics/opioids>) and at <https://opioidmisusetool.norc.org>. Users can overlay opioid misuse data with socioeconomic, census, and other information. For local resources to combat the opioid epidemic, visit HelpsHereDE.com.

What to do if the power goes out

Winter electrical outages can become dangerous. Follow these tips to stay safe if the power goes out:

- Add your electric company as a contact on your cell phone and post the number at home. Check the circuit breaker before reporting a power loss.
- Listen to the news on a battery-powered or hand-cranked radio. Buy batteries now; prepareDE.org has a supply list.



- To prevent fire, use flashlights, not candles.
- Dress warm with a knit hat, gloves, sweaters, sweatshirts, and jackets.
- Never use kerosene heaters, grills, outdoor

heaters, or generators inside the home or garage. Carbon monoxide poisoning causes serious illness and can be fatal.

- Avoid opening the refrigerator and freezer.

If a power outage continues during extreme cold events, it may be necessary to seek shelter at nearby public places or shelters, if travel is safe. Before setting out, check availability by contacting Delaware 211 by phone, its mobile app, or by visiting www.delaware211.org.

Cervical cancer screenings detect abnormal cells early

January is Cervical Health Awareness Month. As part of that observance, the Division of Public Health (DPH) reminds women that it is important to get regular cervical cancer screenings. Cancer can develop in the tissues of the cervix, which is located in the lower part of the uterus connected to the birth canal. Cervical cancer occurs most often in women over the age of 30.

Cervical cancer can be prevented by getting regular screenings. During a pelvic exam, a health care provider will perform a Papanicolaou (Pap) test. During the test, cells are brushed from the cervix onto a slide so they can be examined under a microscope.

Women ages 21 to 29 should have a pap test every three years. Women ages 30 to 65 should have a pap test every three years or a pap and human papillomavirus (HPV) test (co-test) every five years. When women reach age 65, their health care providers will advise them if they should continue their Pap tests. Certain women are at higher risk and may require more frequent screening. Women should talk to their health care providers about how frequently they should be screened if they:



- Have an HIV infection
- Have had an organ transplant
- Have been exposed to the drug known as DES, a synthetic form of estrogen.

An infection called HPV is the main cause of cervical cancer. There is no cure for HPV infections, but a vaccine is available that has been proven effective in protecting against cancers caused by HPV. The HPV vaccine offers the best protection to children and teens if they receive the recommended dosage needed to develop an immune reaction. Delawareans should talk to their health care providers about the HPV vaccine to protect themselves and their children against the threat of HPV-related cancers.

For more information on cervical cancer screening, visit DPH's website at this link:

<https://www.dhss.delaware.gov/dhss/dph/dpc/sfl.html>.

