



Check It Out

JANUARY 2016 · YOUR GUIDE TO THE LAREDO
REGIONAL CAMPUS LIBRARY

LIBRARY HOURS

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9 AM—5 PM

THURSDAY

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FRIDAY

8 AM—12 PM

SATURDAY

CLOSED

SUNDAY

CLOSED

Cervical Health Awareness Month

January is Cervical Health Awareness Month, and it is important to know there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, it is recommended that:

Women start getting regular Pap tests at age 21

Parents make sure pre-teens get the HPV vaccine at age 11 or 12

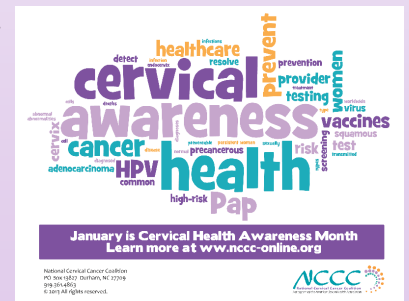
Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy.

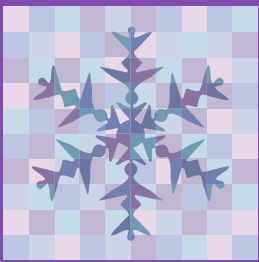
Click the image on the right to read **Ten Things to Know About HPV and Cervical Cancer**.

For more information, visit the [National Cervical Cancer Coalition](http://www.nccco.org).



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* Please note that copying services are currently out of order. The library is in the process of acquiring new equipment. We apologize for the inconvenience. In the meantime, please keep in mind that print services are functioning and still available.



ACA Information and Enrollment Event a Success!

On Saturday, December 5th, about 60 Laredo residents enrolled for health coverage at the Affordable Care Act Information and Enrollment Session hosted by Get Covered America, Laredo Health Coalition, Congressman Henry Cuellar—Texas, District 28, Mid Rio Grande Border Area Health Education Center, and the UT Health Science Center Laredo Regional Campus. The event took place at the UT Health Science Center Laredo Regional Campus Library. Information sessions educated residents on their new options under the Affordable Care Act and Certified Application Counselors assisted residents with enrolling for a plan that best fits their needs and budget. Those interested in health insurance through the Marketplace have until January 31, 2016 to apply.