

Take Charge of Your Health

Happy, Healthy New Year from the Pittsfield Health Department. Did you know that you can “Take Charge of Your Health” in the following ways:

Use <http://healthfinder.gov/myhealthfinder/> by entering your sex, age, and pregnancy status to get a list of recommendations specific for you. By making note of what is recommended for you, you and your health care provider can decide which tests, screenings, exams are important for you to have. A new recommendation by the CDC is that everyone born between 1945 and 1965 have a screening blood test for Hepatitis C.

Who should get tested for Hepatitis C?

Talk to your doctor about being tested for Hepatitis C if any of the following are true:

- You were born from 1945 through 1965
- You are a current or former injection drug user, even if you injected only one time or many years ago.
- You were treated for a blood clotting problem before 1987.
- You received a blood transfusion or organ transplant before July 1992.
- You are on long-term hemodialysis treatment.
- You have abnormal liver tests or liver disease.
- You work in health care or public safety and were exposed to blood through a needlestick or other sharp object injury.
- You are infected with HIV.

More information on Hepatitis C can be found at <http://www.cdc.gov/hepatitis/C/cFAQ.htm>

And don't forget that it is still not too late to get a flu shot. The Health Department still has vaccine available.

Current immunization recommendations and other health information can be found by clicking on the City Hall Health Department tab. If you have a non-emergency health-related question, please contact the Board of Health Public Health Nurse, Mary-Jane Sackett, RN, at 413-499-9469. She is available to assist you Tuesday-Thursday, from 8:30 am to 4:00 pm.