

# CANCER and COVID-19



## CONGRATULATIONS!

By receiving the COVID-19 vaccine, you've taken a big step in protecting yourself, your family, and your relatives from the virus. Cancer screenings are a great way to continue prioritizing your health! Cancer is the second leading cause of death among Native people. Screening recommendations may begin earlier or more frequently for Native people to help detect cancer at earlier stages, when it is easier to treat.

## CANCER SCREENING

### CERVICAL CANCER SCREENING

- ✓ 21-29 year olds should be screened every 3 years
- ✓ 30-65 year olds should be screened
  - Every 3 years with pap test alone
  - Every 5 years with HPV testing alone OR
  - Every 5 years with HPV and pap testing together (*cotesting*)

### COLORECTAL CANCER SCREENING

- ✓ Screening should begin at 45 and continue through the age of 75. Talk to your health care provider about what screening option is right for you. Your individual screening regimen will depend on your discussion with your health care provider.

### ORAL CANCER SCREENING

- ✓ Currently there is no oral cancer screening recommendation, but it's important to discuss any risk factors with your dental provider. Risk factors include tobacco and alcohol use, and the human papillomavirus (HPV).

### BREAST CANCER SCREENING

- ✓ 40-49 year olds should discuss screening options with their health care provider
- ✓ 50-74 year olds should be screened every 2 years

### LUNG CANCER SCREENING

- ✓ People 50 years and older who have a 20 pack-per-year history and currently smoke or have quit within the past 15 years should be screened.

### SKIN CANCER SCREENING

- ✓ Currently there is no skin cancer screening recommendation, but it's important to discuss any risk factors with your health care provider. Some risk factors include fair complexion, tanning bed exposure, history of sunburns or previous skin cancer.

## CANCER PREVENTION

### HEPATITIS B VACCINATION

- ✓ 18 years of age or younger are recommended to receive a 3 dose series
- ✓ 18 years of age or older talk to your health care provider about this vaccination and if it's right for you

### HPV VACCINATION

- ✓ 9-15 year olds are recommended to receive a 2 dose series
- ✓ 15-26 year olds are recommended to receive a 3 dose series

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