



**Redwoods Rural HEALTH CENTER**

*FREE Rapid tests now available for ALL community members!*

## COVID-19 testing

- Call to schedule a drive-up test.
- Drive up to RRHC Medical outdoor testing site. REMAIN IN THE CAR, and GIVE US A CALL. Staff member will come out to safely conduct the test.
- We will notify you of the results in less than a week.

**(707) 923-2783**

*Call today!*



Redwoods Rural Health Center  
101 West Coast Rd.  
Redway  
www.rrhc.org



## NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

**JANUARY 2021**

### MISSION & VALUES

- The purpose of Redwoods Rural Health Center is to provide responsive, preventive, high quality primary health care services, through a variety of healing disciplines, to all people without regard to social or economic status.
- We empathize the client's right and responsibility to participate in his or her own health care decisions.
- It is our hope that the clinic be a place where the needs of the whole person are met - body, mind and spirit.

*January is*

## Cervical Cancer Awareness Month

*Cervical cancer is highly preventable and treatable.*

*You can lower your risk for cervical cancer by getting screened regularly, starting at age 21.*

### SCREENING TESTS

Two tests help prevent cervical cancer or find it early—

- The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The human papillomavirus (HPV) test looks for the virus that can cause these cell changes.

### SCREENING OPTIONS

You should get your first Pap test at age 21. If your test result is normal, you can wait three years for your next test.

If you're 30 years old or older, you have three options—

- You can continue getting a Pap test only. If your test result is normal, you can wait three years for your next test.
- You can get an HPV test only. If your test result is normal, you can wait five years for your next test.
- You can get both an HPV and Pap test together. If your test results are normal, you can wait five years for your next tests.

*Don't delay! Talk to your RRHC provider about the screening options best for YOU!*



## COVID-19 VACCINE DISTRIBUTION SITE

*RRHC is an approved COVID-19 vaccine distribution site and COVID-19 Vaccines are coming soon!*

RRHC's front-line health care workers will be vaccinated as part of Phase 1. We are **working closely with Humboldt County Public Health** to ensure proper handling and storage of the **Pfizer COVID-19 vaccines** when they arrive at our clinic due to the ultra-cold storage requirements. More information will be coming soon as we move forward with releasing vaccines to high-risk populations, essential workers, and then the general population in early 2021.

According to CDPH, in order to develop appropriate herd immunity, and allow for re-opening our communities, nearly **80% of the population** will need to be immunized with vaccines that are at least 80% effective in preventing disease and transmission of the virus.



*Did you know?  
new Satellite Dental is opening soon!*

RRHC is remodeling the building that served as Dr. Linn's office in Redway. We are excited to update all of the dental equipment to provide state-of-the art dentistry to our community. The remodel is being done by Humboldt County contractors, Sequoia Construction, using Henry Schein's expertise to install ADEC equipment and cabinetry. **Tentative opening schedule is Spring 2021!** To get on a waiting list, please call 707-923-4313.

**#FIGHTFLU**

### Drive-up FLU SHOT Clinic

*Walking welcome!*

**PRIORITY**  
Patients with high risk medical conditions, chronic disease, 55+ over, & immuno-compromised.

**COST**  
**FREE** to Medi-Care, Medi-Cal, & Sliding Scale patients.  
Private Insurance & Self Pay: approx. \$55 due at time of service.

*Call*  
**(707) 923-2783**