

PRIORITIZING MEN'S HEALTH DURING COVID-19

June is National Men's Health Month 2021

June 16, 2021- District Health Department #10 (DHD#10) understands that it is not always easy to prioritize one's health, especially during a pandemic. National Men's Health Month in June serves as a reminder for men and boys to pause, make their health a priority, and take action to care for themselves. It is extremely important for all men, especially those with underlying health conditions, to take care of their health now.

What can men do to prioritize their health?

- Schedule yearly checkups and preventative screenings such as [colorectal cancer screenings](#) and [prostate cancer screenings](#) with a healthcare provider or local health department.
- Commit to routine testing for [STDs, including HIV](#) - do your part to know your status!
 - June 27th is National HIV Testing Day. Call 888-217-3904 to schedule your free, confidential test at any DHD#10 office.
- Perform monthly [testicular self-exams](#) to monitor for unusual changes and detect testicular cancer early.
- Create a personal goal to reach 2 ½ hours of physical activity per week.
- Work toward and maintain a healthy weight.
- Make a conscious effort to add more fruits and vegetables into your diet and limit foods high in calories, sugar, salt, and fat.
- Avoid unhealthy behaviors, such as smoking, drugs and alcohol, texting while driving, and not wearing a seatbelt or bicycle helmet.
- Take care of your mental health by practicing good sleep habits and finding healthy ways to manage stress.

DHD#10 offers several services for men including colorectal cancer screenings, HIV testing, Sexually Transmitted Disease (STD) testing, treatment, and prevention, sexual health exams, tobacco cessation programs, diabetes prevention programs, and immunizations, including the COVID-19 vaccine.

At DHD#10, Pfizer (age 12+), Moderna (age 18+), and Johnson and Johnson (age 18+) are available, and clinics are held every Tuesday from 8:30am-6:20pm or Friday from 8:30am-4:30pm via walk-in or by appointment. If interested in scheduling a COVID-19 vaccine appointment, go to www.dhd.org/schedule or call 888-217-3904.

To learn more about DHD#10's services for men, go to www.dhd10.org or call 888-217-3904.

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