

July NEWSLETTER

www.questhpvstudy.ca

[facebook](https://www.facebook.com/questhpvstudy)

questhpvstudy@cfri.ca

1.866.502.2424

Currently enrolled:

4388 GIRLS

Our target:

8666 GIRLS

Join our Facebook page!

Just **add QUEST Hpv Study** on Facebook!

Stay Connected

If your address or contact details have changed, please let us know!

questhpvstudy@cfri.ca

Refer a friend!

Do you have a friend that would be interested in joining the QUEST study?

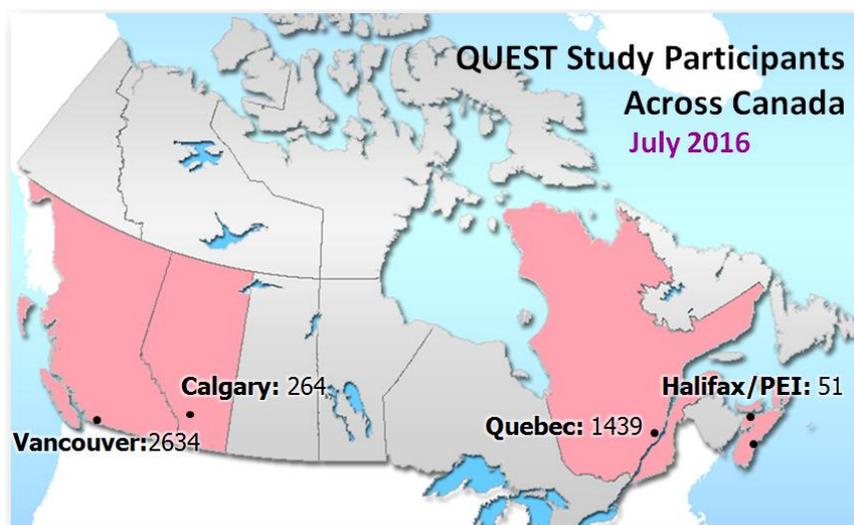
Refer them to our [website](#) and you could have a chance to win a gift card!

[Click here to learn more.](#)

Breaking News!

B.C. eyes options that may be more accurate, accessible than Pap tests

July 3, 2016



All locations are currently recruiting.

Refer-A-Friend Contest Winner:

Our Refer-A-Friend Contest Winner told her friends about the QUEST study and one of them joined! To thank her for helping us spread the word, she will be getting a \$10 Starbucks gift certificate!

Outdoor Safety

By Claire Pitcher, Registered Nurse

For many people, summer is an exciting time filled with hiking, camping and spending time in nature! These activities often offer great ways to get exercise, fresh air and well deserved 'rest and relaxation'. When it comes to hiking and camping, it's important to plan ahead to make sure you have

“As British Columbia rolls out new cervical cancer screening guidelines that say the procedure should begin later and take place less often, health experts in the province are already looking toward new options that may be more accurate and accessible than standard Pap tests.”

Read More: [Article](#)

HPV Vaccine Reduced Cervical Abnormalities in Young Women

July 4 2016

“Young women who received the human papillomavirus (HPV) vaccine through a school-based program had fewer cervical cell anomalies when screened for cervical cancer, found a new study in CMAJ (Canadian Medical Association Journal).”

Read More: [Article](#)

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British Columbia

Vaccine Evaluation Center

a fun **and** safe trip! We'll answer some common FAQs about staying safe in nature to help you have a healthy and safe summer.

What are some of the most important things to bring on a hiking or camping trip?

When you're in nature, you likely won't have easy access to all the things you need to survive. This is why hiking and camping require a bit of planning! For example, it's very important to bring things like drinking water (or a filtration system), plenty of food, weather protection (including sunscreen, a hat, rain gear and/or warm layers), a map (can't always rely on Google maps on a camping trip! ☺), bug spray and a first aid kit. If you are going camping or hiking for the first time, it can be very helpful to ask for tips from an adult you trust and who has experience in the outdoors.

Do I really need to bother telling someone if we're just going hiking for the afternoon or camping for one night?

Yes! It's very important to let someone know what your plans are – including details like when you plan to leave/return, where you'll be going and how many people you'll be with. Even though chances are good that you will be completely fine, it's important that someone back at home can keep an eye out to make sure you return as planned.

I love seeing wildlife in nature! Is it okay to feed and get close to animals if they don't look aggressive?

As a general guideline, it is always best to keep a good distance between you and any animals you see in the wild. Even animals that look friendly can become aggressive if they feel scared or threatened. This is especially important to remember with predatory animals such as bears and cougars and with any animal that may be caring for their young. Depending on where you live and which animals are in the area, there will be different safety tips to keep in mind. Before you set off on your hike, make sure you know what kinds of wild life to lookout for and how to handle any unexpected animal encounters.

If I'm thirsty, is it okay to drink straight from a stream?

Generally, the answer to this question is no (unless you bring a specific filtration system designed to treat water from natural sources). Even water that looks pristinely clean is probably being shared with lots of wildlife as their place to drink/go to the bathroom/bathe. As you can imagine, this is what makes the water unsafe for humans to drink! There can also be tiny, microscopic bacteria, viruses or parasites in the water that can make people really sick if they drink it. The best plan when it comes to drinking water is to pack enough on your way to keep you well hydrated.

For more information on general camping tips (including safety information!), please visit this great website:

<http://www.pc.gc.ca/eng/media/ltc-dlc/ltc-dlc04.aspx>

The park you are hiking/camping in may also have its own website that will give you updates on trail and weather conditions, wildlife encounters, and specific safety tips.

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Quebec

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Contest of the Month

What are your plans for the summer?!

[Email us](mailto:questhpvstudy@cfri.ca) (questhpvstudy@cfri.ca) with your summer plans by August 12th. All entries will be entered into a draw to **win a \$10 gift card!**

Here's what we've been doing!



June Newsletter Contest Winner:

Emily won a \$10 iTunes gift card for being the winner of last month's contest! Congratulations!

* A random number generator will be used to randomly select the winner. Winners contacted by email.



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