



NEWSLETTER

ISSUE 201 | 19TH - 23RD JANUARY, 2026 | www.nyeri.go.ke | 0721 019 019

Mental Health Awareness



Story by Governor's Press Unit | Compiled by Barbra Wambui

Harnessing The Power of "I Can" Because Why Not?

“Statements” can be amazingly powerful. Whether verbal, read, or meditated upon, they transfer one’s focus from blame or helplessness to clarity, ownership, and action.

In everyday life, using phrases like “I can, I am, I will” helps us speak more clearly, boost our confidence, lower tension, support our mental well-being, take responsibility for our actions, and create healthier connections with others.

“I can: To be allowed to. To be

permitted to. To be able to.”

Cultivating an “I can” mentality helps us embrace a persistence, growth, and achievement mindset, which in turn fuels potential into capability and empowerment

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KISIP II: Channeling Community Hope Into Practical, Life-Enhancing Development



The KISIP II projects are being implemented within five informal settlements which are; Kiamwathi and Chorong'i in Ruring'u Ward, Nyeri Central Sub-County, Kiawara in Rware ward, Nyeri Central Sub-County, Mweiga in Mweiga ward, Kieni West Sub-County and Ihwagi in Iriaini ward, Mathira East Sub-County. These settlements are undergoing revamping under Main Works under KISIP II component 1.2 – Infrastructure upgrading for infrastructure facelifting.

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Boosting Poultry Farming as Mukurwe-Ini Farmers Receive Chicks

Members of the beneficiary groups were sensitized by the Ward Climate Change Planning Committee on key climate change challenges affecting the area, including variability in rainfall and rising temperatures.

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The Psychology Behind “I Can”:

The difference between “I can” and “I can’t” starts in the mind. “I can” opens you up to possibility, effort, and growth. It shows you believe progress is possible, even when things are tough, when there is no end in sight, or when you find yourself running on fumes.

“I can’t,” on the other hand, closes that door before you even try, making you feel stuck and less willing to act. Saying “I can” builds confidence. Saying “I can’t” often comes from fear, doubt, or past experiences that made you question yourself. Shifting from “I can’t” to “I can” doesn’t mean pretending challenges don’t exist. It simply means facing them while still giving yourself a chance to learn, grow, and move forward.

Practical ways to build an “I can” mindset include starting with small, doable actions that give you quick wins, focusing on what you can control right now, and using kinder self-talk that shifts your thinking from “I can’t” to “I can try.” Breaking big tasks into smaller steps makes challenges feel lighter, and celebrating progress—no matter how small—keeps you motivated. Surrounding yourself with positive influences, remembering past successes, staying patient with yourself, and staying connected to what matters most to you all help strengthen the belief that you can move forward, grow, and handle what comes your way.



Barriers and How to Overcome Them:

Common Obstacles to an “I Can” Mentality can include self-doubt, perfectionism, negative self-talk, fear of failure or judgment, or feeling generally overwhelmed.

When saying “I can” feels hard, having a simple plan can help steady you and remind you that progress is possible. Start by pausing and focusing on what you can control right now, instead of the whole challenge at once. Break things into small, manageable steps so “I can” feels more real and less overwhelming.

Let yourself feel whatever you’re feeling—fear, doubt, hesitation—without judging yourself. Those feelings don’t take away your strength or your ability. When you slow down, stay true to your values, and move at a pace that works for you, “I can” becomes less about being per-

fect and more about taking steady, honest steps forward.

It is also very important to note the importance of seeking professional support and intervention should things become too much to handle.

The County Government of Nyeri, through the Department of Medical Services and Public Health, continues to strengthen mental health efforts by expanding awareness and improving access to support services. Under the leadership of Governor Mwalimu H.E Dr. Mutahi Kahiga, PhD., EGH, the county has supported initiatives that highlight mental wellness challenges and encourage community-wide engagement, with advocacy efforts reaching people across all sectors of society.

Therefore

To our Menfolk, the call is simple: Be encouraged to

break the silence that society often places on you—reach out, speak openly about what you’re feeling, and allow yourself to express emotions without shame. Strength comes from connection, not suppression, and taking the step to talk to someone you trust can open the door to real support.

Fellow Queens, it is time – each in our own way - to recognize and release the weight of negative societal expectations, whether it is being “strong,” “perfect,” or constantly holding everything together. Prioritize your well-being, seek support when you need it, and permit yourself to step back from roles that demand more than you can safely give. Your mental health matters as much as the care you offer others.

Let’s all take proactive steps in upping our mental health game; tap into support sys-

tems, seek professional help, and engage in activities that make us feel good, be it sports, reading, nature, dancing, singing. you name it. We all have that one thing we never outgrew from childhood — that little joy we still love doing. Keep at it, boldly and without apology. Unless, of course, your “thing” involved setting things on fire, overdosing on sugar, or tugging the neighbour’s cat’s tail (heaven forbid!) — in that case, this step definitely isn’t for you.

As 2026 begins to gather momentum, let us choose to be intentional about nurturing our well-being. Whatever state it may be in, the most important thing is simply to begin. The journey of ten thousand miles always starts with a single step. So, just start. And as you do, watch your success slowly rise on the horizon.

After all - Sisi ni Wale Wale

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KISIP II: Channeling Community Hope Into Practical, Life-Enhancing Development



Story - Barbra Wambui
Photo - Peter Wangri

Infrastructural development remains a key cornerstone of economic and social development. The Second Kenya Informal Settlement Improvement Program (KISIP II), funded by the World Bank in collaboration with the national government and the County

Government of Nyeri is one of the flagship programmes whose impact is already being felt and enjoyed by the Nyeri beneficiaries. It was in this regard that Nyeri Governor H.E Dr. Mwalimu Mutahi Kahiga PhD., EGH, accompanied by Deputy Governor H.E David Kinaniri, was taken on a guided tour of the KISIP II infrastructure projects being implemented in

Kiamwathi, Chorong'i and Mweiga informal settlements. Leading this tour was Lands CECM Simon Gachunia together with KISIP II County Project Coordinator Beatrice Koech. In addition, he also enjoyed an opportunity to mingle with area youth, business community and elderly residents who gave very positive and encouraging feed-

back on how the projects have influenced day to day living and livelihoods, for the better. The KISIP II projects are being implemented within five informal settlements which are; Kiamwathi and Chorong'i in Ruring'u Ward, Nyeri Central Sub-County, Kiawara in Rware ward, Nyeri Central Sub-County, Mweiga in Mweiga ward, Kieni West

Sub-County and Ihwagi in Iria-ini ward, Mathira East Sub-County. These settlements are undergoing revamping under Main Works under KISIP II component 1.2 – Infrastructure upgrading for infrastructure facelifting. These settlements are set to benefit from significant infrastructure upgrades under the program, including:

- * Construction of tarmac roads with integrated drainage systems
- * Installation of street lighting, footpaths and high masts
- * Improved sewer and water connections
- * Installation of a dumpsters, among others

30-metres high mast-public security lights have already been installed in all the five settlements under KISIP 2 Small Works Program. Under KISIP 1, over 700 title deeds were issued to Ihwagi, Miiri, Ngirano, Gikaibei, Githeri, Kiaruhiu, Mweiga (Gikomo/Kiawara), Kiamwathi, Njogu-ini among other settlements. Plans are underway to issue title deeds to Gitunduti and Ndumanu informal settlements in Magutu ward, Mathira East Sub-County.

Issuance of Merchandise Through the Wezesha Programme in Kamakwa – Mukaro Ward



Story - Imelda Wangari / Photo - Kenneth Ngatia

When we empower people, we don't just create opportunities — we unlock potential. We help individuals grow their skills, build their livelihoods, and rise into self-reliance that uplifts families and entire communities. That was the core goal of the Wezesha Empowerment Program exercise held in Kamakwa-Mukaro Ward through the Department of Gender, Youth, Sports and Social Services, led by CECM Es-

ther Ndung'u. H.E Governor Mwalimu Mutahi Kahiga together with Deputy Governor H.E David Kinaniri and the MCA Kamakwa - Mukaro Ward Hon. Jonah Taiti, issued merchandise to 15 groups, Football and Volleyball Teams, and individuals in Murungaini Chief's Office. The merchandise included 100-seater tents, blow dryers, branded plastic chairs, a 300-capacity egg incubator, shaving machines,

wheelbarrows, fork jembes, a vibrator with porker, spades, slashers, pangas, football balls, volleyball balls and nets and parasols. The County Government of Nyeri remains committed to empowering vulnerable members of society, our youth, women, and community groups, in order to achieve our County Vision: A wealthy county with healthy and secure people for shared prosperity.

Satima ECDE Center – The New Kid On The Block

Story - Barbra Wambui
Photo - Peter Wangari

The County Government of Nyeri, through the Department of Education, Training & Devolution under CECM Margaret Macharia, continues to uphold its objective of providing quality Early Childhood and Development Education (ECDE), through the provision of conducive learning environments. Thus, it was with pleasure the Nyeri Governor Mwalimu Mutahi Kahiga commissioned a new ECDE block at Satima ECDE Center in Endarasha/Mwiyogo ward, Kieni West Sub County.



The new block is expected to house the area PP1 and PP2 pupils. Together with Deputy Governor H.E David Kinaniri, Governor Kahiga pledged his continued support to the residents of Satima as well as Nyerians in general, in scaling the greatest education heights

possible. Gracing the occasion was area MCA Hon. Christopher Mbichi accompanied by Mweiga ward MCA Hon. Wanjiku Kawanjiku. Also present was Satima ECDE Headteacher John Githinji. Some quick facts regarding ECDE education in Kieni

West:
- Kieni West sub county currently has 67 ECDE centers spread across 4 wards namely Mugunda, Endarasha/Mwiyogo, Gatarakwa and Mweiga.
- Since 2017, the County Government of Nyeri has constructed 36 classrooms, and renovated 2 others.

- The County has employed 113 ECDE teachers, with seven others hired by their respective school Boards of Management (BoMs). With the completion of this project, the long commute to either Wendiga or Labura Comprehensive Schools has significantly reduced.

Alert in Nyeri County as Rains Fail

Story - Joseph Wambugu
Photo - Priscilla Muthoni

Kieni Constituency in Nyeri County has been placed on early drought alert after the failure of the short rains, according to preliminary findings of the 2025 Food Security Assessment. While Nyeri is not among the 22 counties currently classified as drought-affected, officials caution that conditions in Kieni could worsen if preventive measures are not taken promptly. Nyeri County National Drought Management Authority (NDMA) Coordinator Abdi Yussuf said the assessment points to increasing vulnerability, warning that water, food and pasture resources are likely to come under significant pressure due to forecasted higher temperatures and prolonged dry conditions. Speaking during a Nyeri County Steering Group meeting, Yussuf noted that a poor performance of the



upcoming long rains could quickly exhaust available water sources and livestock feed, triggering the need for urgent interventions. The report identifies Mugunda and Gakawa wards as the hardest hit, with between 25 and 30 per cent of residents expected to require assistance. Thegu River and Gatarakwa wards follow

with 15–20 per cent of the population in need, while Endarasha, Mwiyo and Mweiga have 10–15 per cent affected. Naro Moru, Kiamathaga and Kabaru record lower impact levels of between 5 and 10 per cent. Water availability is already under strain, with current supplies projected to last only about one and a half months. River levels

are below average, forcing residents in areas such as Gikomo, Muthuini, Gatuanyaga and Kabati to depend on water vendors. Pasture availability is also expected to last for a similar duration, with the situation likely to worsen due to increased livestock migration from neighbouring Laikipia County. Maize output is projected to decline by 32.54

per cent, resulting in a shortfall of approximately 15,015 bags. Kieni East Deputy County Commissioner Martin Mauki said the government agencies will continue to closely monitor the situation and implement targeted food and non-food interventions to safeguard livelihoods and prevent further deterioration.

World Bank Delegation on Inspection Tour of Nyeri Projects



Story - Barbra Wambui
Photo - Peter Wangri

A high level World Bank delegation recently visited Nyeri County for a comprehensive assessment of various projects under a number of flagship funds namely KISIP, KDSP, NAVCDP and FloCCA. Before proceeding with

their official tour, the delegation, led by World Bank Group Managing Director and Chief Administrative Officer Wencai Zhang, and World Bank Country Director Qimiao Fan, were hosted by Nyeri Governor H.E Dr. Mwalimu Mutahi Kahiga in his office for a meet-and-greet and briefing session. The World Bank has been implementing various so-

cial protection programmes across Kenya, spread across the four key flagship funds. In Nyeri County, the Departments of Lands, Water, Education and Agriculture holds brief for a number of programmes, some of which currently in their second phase, that continue to have significant impact on the lives and livelihoods of Nyeri's residents.

In his remarks on behalf of his team, MD Wencai Zhang was keen to visit the various projects on the ground. Following the meeting, a team from the Ministry of Education, led by the Regional Director Central Region Sabina Aroni, took the delegates on a tour of Nyamachaki Primary and Junior School as well as Kamwenja TTC to inspect classrooms

and an ICT lab respectively, constructed with support from the World Bank. These infrastructure upgrades have significantly improved both grade transition and curriculum delivery. Of important to note, the Department of Education led by CECM Margaret Macharia has this far successfully constructed 272 classrooms across the county. Governor Kahiga together with Nyeri Deputy Governor David Kinaniri as well as the entire administration, Governor Kahiga extended his sincere thanks to the World Bank for the continuous cordial working relationship. As this administration progresses together along this path, may Nyeri residents, development sectors and Nyeri County in general continue to reap the benefits of this far-reaching partnership.

Ndumanu's Journey from Uncertainty to Land Ownership



Story - Priscilla Muthoni
Photo - Kenneth Ngatia

In the heart of Ndumanu Informal Settlement, in Magutu ward, Mathira East Sub-County, the long-standing shadow of land uncertainty is finally lifting. For years, the promise of legal ownership remained a distant dream, haunted by the ghost of a 2017 titling

attempt that stalled amidst a thicket of complex disputes and competing claims. However, the landscape has changed. The Second Kenya Improvement Support Programme (KISIP 2) led by the Lands C.O Fredrick Maina and the County Coordinator Beatrice Koech in partnership with the Area MCA Hon. Jackson Kabingu, KISIP 2

National Project Coordinating Team, National Lands Commission, County Project Coordinating Team, The Consultant (Geosurv Systems Limited) spearheaded by the Director Charles Gathogo, among other stakeholders have moved beyond the abstract world of paperwork and onto the actual soil, solving the human puzzles that maps and

ledgers alone could never untangle. This "stand on your land" validation exercise transformed the village into a living map of restorative justice. By requiring every claimant to physically occupy their parcel, officials cut through decades of "he-said, she-said" ambiguity, replacing hearsay with the undeniable reality of who truly calls this ground home. It was a rigorous process designed to heal old fractures; where once there were disagreements over ancestral footprints versus modern occupancy, there is now a verified record. This ground-truth approach ensures that the coming titles will not simply go to a name on an outdated list, but to the hands that have actually tended the land and built lives upon it. The true beauty of this exer-

cise lay in its ability to navigate delicate social minefields with empathy rather than force. Rather than wielding the law as a blunt instrument of eviction, the process balanced the hunger for private ownership with the essential needs of public institutions, smoothing over boundary frictions to ensure that village infrastructure can thrive without displacing the vulnerable. This historic pivot from "informal" status to "indisputable" ownership means that for the first time, Ndumanu residents aren't just occupying space, they are securing an asset. The path to the elusive title deeds is finally clear, promising a future where families can invest in their homes with the absolute certainty that the ground beneath their feet is legally and forever theirs.

Boosting Poultry Farming as Mukurwe-Ini Farmers Receive Chicks

Story & Photo - Joseph Wambugu

The Department of Water, Environment and Climate Change, in collaboration with the Department of Agriculture, Livestock & Aquaculture Development through the Financing Locally Led Climate Action (FLLoCA) Program, conducted the distribution of chicks to 28 community groups in Mukurwe-ini West Ward, Mukurwe-ini Sub County, Nyeri County. The groups received 4,500 one-month chicks, Kenya Agricultural & Livestock Research Organisation (KALRO) improved indigenous breed. KALRO improved indigenous chicks offer faster growth, higher egg production (200-280/year vs. local), better feed efficiency, and disease resistance, while still adapting well to free-range/harsh climates like traditional breeds, making them a profitable, dual-purpose (meat & eggs) choice for smallholder farmers. They mature quicker (4.5 months) and yield more



meat, combining the hardiness of native chickens with superior productivity for better income, This initiative aimed to promote livelihood diversification by supporting household-level income-generating activities, thereby strengthening community resilience to the impacts of climate change.

During the exercise, the area MCA, Hon. Atanasio Wakabaire, emphasized the importance of community ownership and commitment to ensure the sustainability and success of the project. He urged beneficiary groups to take the initiative seriously and to apply the knowledge shared for long-

term benefits. Members of the beneficiary groups were sensitized by the Ward Climate Change Planning Committee on key climate change challenges affecting the area, including variability in rainfall and rising temperatures, as well as appropriate adaptation and response mechanisms. Additionally, officers from

the Department of Agriculture provided technical guidance and training on proper chick rearing practices, including housing, feeding, disease control, and general poultry management, to enhance survival rates and maximize productivity.

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Kieni West ECDE Teachers Team Building at Labura

Story - Imelda Wangari
Photo -Peter Wangari

When a child is born, they enter the world as a vulnerable mind—curious, eager, and ready to learn. Like a blank canvas, their growth is shaped by the guidance, care, and knowledge poured into them by the adults around them. One of the most vital spaces where this shaping happens is in our Early Childhood Development Education (ECDE) centres, which currently serve over 2,000 learners across Kieni West. Nyeri Governor H.E. Mutahi Kahiga joined by the Deputy Governor H.E David Kinaniri, MCA Endarasha Mwigoyo Ward Hon. Christopher Mbichi, MCA Mweiga Ward Hon. Njuguna Kawanjiku, and the CECM Education Margaret Macharia engaged with ECDE teachers at Labura Primary School. The event, a first of its kind dubbed 'Kieni West ECDE Teachers Education Day', brought together educators from 67 ECDE centres across Kieni West.



In attendance were over 100 teachers employed by the County Government of Nyeri and 17 teachers hired by Boards of Management (BoMs), drawn from Endarasha-Mwigoyo Ward, Mweiga Ward, Gatarakwa Ward, and Mugunda Ward. During the event, teachers received gift hampers containing essential teaching and learning materials, including plasticine, manilla

papers, chalk, dust coats, felt pens, curriculum designs, dusters, pens, student registers, Counter books and exercise books. ECDE teachers in Kieni West have expressed plans to begin holding quarterly meetings to strengthen collaboration, share experiences, and improve teaching outcomes. Being employed by the County Government of

Nyeri has also enabled many of them to take up professional development opportunities and further their education, especially as the new Competency-Based Education (CBE) curriculum is rolled out. We celebrate these educators, often overlooked, yet deeply essential, whose work shapes children during the most critical stage of their development

and educational journey. As the County Government of Nyeri, we reaffirm our commitment to supporting ECDE teachers through improved resources, continuous training, and sustained investment in early childhood education, because when we invest in our teachers, we secure the future of learners and strengthen the foundation of our county.

Ministry of Health and VAMED Technical Visit to Nyeri



Story & Photo- Catherine Muthoni

The County Executive Committee Member (CECM) for Medical Services and Public Health, Dr. Joseph Kiragu, together with the Chief Officer,

Ibrahim Adan, received a technical team from VAMED Health Projects – Finland and the The Ministry of Health Directorate of Health Infrastructure,

during an official visit to Nyeri County. The team was in the county to conduct a technical inspection of Karatina and Naromoru Level 4 Hospitals, which were beneficiaries of the renovation and upgrading of maternity units into modern, state-of-the-art facilities. This initiative is a collaborative effort between the County Government of Nyeri, the Ministry of Health, and VAMED Health Projects – Finland, aimed at fully renovating and equipping the maternity units, as well as building the capacity of healthcare workers through targeted training to ensure effective and optimal utilization of the installed equipment. The visit serves as a precursor to the official handover

and commissioning of the maternity units, marking a critical milestone in the implementation of the project. The upgraded maternity units are expected to significantly improve Maternal, Newborn, and Child Health outcomes in Nyeri County by enhancing service quality, increasing access to skilled care, improving patient safety, and contributing to the reduction of maternal and neonatal morbidity and mortality. This investment reinforces the county's commitment to strengthening reproductive, maternal, and child health services. Following the meeting, the team proceeded to Karatina and Naromoru Hospitals for onsite inspection and verification of the completed works.

Consultative Meeting Between Nyeri County and SHA on Claims Reimbursement



The County Executive Committee Member Joseph Kiragu, convened a consultative meeting with officials from the Social Health Authority (SHA) to deliberate on matters of mutual interest and strengthen the existing partnership.

The meeting focused on streamlining collaboration between the County Department of Medical Services and the SHA, with particular emphasis on the claims submission and reimbursement processes within the County. Further discussions were held on the review of budgetary allocations to Primary Health Care facilities, with a specific focus on enhancing funding for Health Products and Technologies, including essential pharmaceutical and non-pharmaceutical supplies. The County Department of Medical Services noted a recent increase in rejected claims from the SHA across several health facilities. These rejections have had notable implications on facility cash flow, continuity of service delivery, and overall health system performance. Subsequently, the SHA team conducted a comprehensive session with hospital administrators, accountants, and Sub-County Health Management Team leads. The session entailed a detailed review of the rejected claims, identification of common gaps in claims submission and documentation, and agreement on corrective measures aimed at improving claims approval rates and expediting reimbursement timelines.

Supporting Bright Futures



In line with the County Government of Nyeri's vision to support access to education, H.E Governor Mutahi Kahiga was pleased to preside over the issuance of bursary cheques from the Cooperative Bank. He was accompanied by Nyeri Deputy Governor H.E. David Kinaniri and Governor's Office Chief Officer Nhashon Mung'ora. The five needy bright students - reporting to Grade 10 - all received financial support to cover tuition, uniform and shopping. The students were drawn from Nyeri Town, Mathira, Othaya and Kieni East Sub counties. Governor Kahiga urged them to work extra hard in school and maintain discipline, in order to achieve great success in their education and beyond.



KPC Foundation Inuka Scholarship Vetting

The Department of Gender, Youth, Sports and Social Services - Nyeri County, through its Social Services Unit, supported the KPC Foundation Inuka Scholarship Vetting Exercise at the Nyeri Town County Library. The programme, sponsored by Kenya Pipeline Company (KPC) and implemented in partnership with the National Council for Persons with Disabilities (NCPWD), promotes inclusive access to education for learners with disabilities. Two learners from Nyeri County were successfully selected for full sponsorship being Ian Macharia Wanjohi - Physical disability, Kieni East Sub-County and Mary Njeri Weru - Hearing impairment (Deaf), Mathira West Sub-County. The exercise was conducted in collaboration with the Office of the County Commissioner, Ministry of Education, and Children Welfare & Protection Services, ensuring transparency, equity, and inclusivity. Nyeri County remains committed to supporting inclusive education and strengthening partnerships that create opportunities for learners with disabilities.



COUNTY GOVERNMENT OF NYERI
DEPARTMENT OF MEDICAL SERVICES AND PUBLIC HEALTH



YELLOW FEVER

VACCINE

NOW AVAILABLE

Venue	Nyeri Town Health Centre
Charges	Kshs 3,300

Target population : International Travellers

Protect Yourself. Prevent Disease. Stay Healthy




County Government of Nyeri

Grounds for Health

COUNTY GOVERNMENT OF NYERI DEPARTMENT OF HEALTH IN PARTNERSHIP WITH GROUNDS FOR HEALTH

Invites you to:

Free

HPV SCREENING

(THE VIRUS THAT CAUSES CERVICAL CANCER).

WOMEN AGED 30-49 YEARS ARE INVITED FOR SCREENING OF THE HUMAN PAPILLOMA VIRUS (HPV) THE VIRUS THAT CAUSES CERVICAL CANCER.

From 26th to 30th January from 9:00 am to 4:00 pm

WOMEN WILL BE SHOWN HOW TO TAKE THEIR OWN SAMPLE THAT WILL BE TAKEN TO LABORATORY FOR TESTING.

 *Where:*

Nyeri County referral hospital, Nyeri town Health center, Mt Kenya Hospital
 Karatina Sub county Hospital, Mukurweini Hospital, Othaya Sub county hospital
 Narumoru Subcounty Hospital



COUNTY GOVERNMENT OF NYERI

DEPARTMENT OF MEDICAL SERVICES AND PUBLIC HEALTH



CERVICAL CANCER Awareness

Cervical Cancer is mainly caused by persistent Human Papillomavirus (HPV) infection. It is the 4th leading cause of cancer related deaths among women especially when detected late.

Risk Factors

- Persistent HPV infection
- Early start of sexual intercourse
- Having multiple sexual partners
- Immunosuppression
- Tobacco use
- Having a sexual partner with multiple sexual partners

Signs & Symptoms

- Abnormal vaginal bleeding
(Between periods, after sex, or after menopause)
- Lower back pain in advanced stages
- Pelvic pain or pain during sexual intercourse
- Foul-smelling or unusual vaginal discharge
- Chronic tiredness
- Unexplained weight loss and painful urination

Prevention & Control

- Practicing safe sexual behaviors
- Early treatment of pre cancerous lesions
- Seeking medical care promptly when symptoms appear
- Regular cervical cancer screening through PapSmear, VIA or HPV testing.
- HPV vaccination for girls at 10 years

Screen Early. Vaccinate Early. Save Lives
 Visit your nearest Health facility for screening





— JANUARY IS —

CERVICAL CANCER

— AWARENESS MONTH —