



Park County Public Health

August 2023 Newsletter



Lightning!

Lightning kills about 20 people in the United States each year, and hundreds more are severely injured. Colorado ranks 4th in the U.S for lightning deaths.

What You Need to Know:

- NO PLACE outside is safe when thunderstorms are in the area!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, immediately move to safe shelter: a substantial building or an enclosed metal-topped vehicle with windows up.
- Stay in safe shelter at least 15 minutes after you hear the last sound of thunder.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete and do not lean against concrete walls.
- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.

If you are caught outside with no safe shelter nearby the following actions may reduce your risk of injury:

- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity such as barbed wire fences, power lines.

State health officials are reminding Coloradans to take steps to protect themselves from West Nile virus after finding mosquitoes with the virus in four different counties. Here's how <https://cdphe.colorado.gov/animal-related-diseases/west-nile-virus/west-nile-virus-and-your-health>. For ongoing information about cases in Colorado [West Nile virus data | Department of Public Health & Environment \(colorado.gov\)](#)

Park County Public Health now has available the Moderna Covid-19 Bivalent Vaccine. Call 303-816-5974 for information as well as to make an appointment; we are unable to take walk-ins.

