

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- November 16 is the Great American Smoke-Out
- Tools are available to help you or a loved one say goodbye to tobacco.
- RSV Risks and Vaccine Information



### READY TO QUIT TOBACCO?

The Great American Smoke Out 2023 is an annual event that encourages individuals across the United States to quit smoking and start a healthier, smoke-free life. Organized by the American Cancer Society, this event provides support, resources, and motivation to help people overcome the addiction to tobacco and reduce the harmful health effects associated with smoking.

Remember, tobacco addiction is both mental and physical. For most people, the best way to quit will be some combination of medicine, a method to change personal habits, and emotional support.

Tools are available to help people leave tobacco behind. Visit: <https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking.html>

Get in touch with the Colorado Quitline - Success is possible with the right help. Online and Free Programs to help with mental and physical aspects of quitting tobacco.. Call 1-800-QUIT-NOW.

*The US Surgeon General has said, "Smoking cessation [stopping smoking] represents **the single most important step** that people who smoke can take to enhance the length and quality of their lives."*

# RSV RISKS AND PROTECTION

RSV vaccine can prevent lower respiratory tract disease caused by respiratory syncytial virus (RSV). RSV is a common respiratory virus that usually causes mild, cold-like symptoms. RSV can cause illness in people of all ages but may be especially serious for infants and older adults.

- Infants up to 12 months of age (especially those 6 months and younger) and children who were born prematurely, or who have chronic lung or heart disease or a weakened immune system, are at increased risk of severe RSV disease.
- Adults at highest risk for severe RSV disease include older adults, adults with chronic medical conditions such as heart or lung disease, weakened immune systems, or certain other underlying medical conditions, or who live in nursing homes or long-term care facilities.

**CDC recommends adults 60 years of age and older have the option to receive a single dose of RSV vaccine.**

**CDC recommends a single dose of RSV vaccine for pregnant people from week 32 through week 36** of pregnancy for the prevention of RSV disease in infants under 6 months of age.

There are two options for protection of infants against RSV: maternal vaccine for the pregnant person and preventive antibodies given to the baby. Only one of these options is needed for most babies to be protected.

For more information about RSV go to <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/rsv.html>



## MORE INFORMATION

Please contact Park County Public Health Agency at 719-836-4162 to check on Flu, COVID and RSV vaccine availability.

VISIT [WWW.PARKCO.US](http://WWW.PARKCO.US) FOR DETAILS