

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- January is Radon Awareness Month and Park County Public Health is offering FREE kits at: <http://drhomeair.com/park>
- Be kind to yourself and others! New year resolutions to consider for 2024.
- RSV vaccines available by appointment for people ages 60 and older. Please call Public Health at 719-836-4161.

RADON AWARENESS MONTH

January is Radon awareness month.

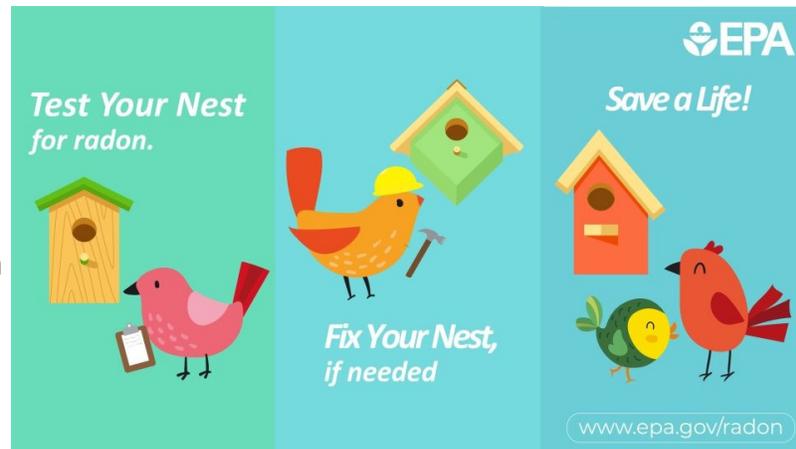
You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

Fifty-two of Colorado's 64 counties are at high risk for radon gas, and Park County is one of the hot zones, known as "zone 1," in Colorado.

Park County Public Health is offering FREE kits at: <http://drhomeair.com/park>

For more information on Radon visit <https://cdphe.colorado.gov/hm/understanding-radon>



NEW YEAR...NEW YOU?

Suggested new year's resolutions

- Try to get enough sleep
- Don't take on too much
- Everything in moderation
- Stay connected to loved ones
- Perform acts of kindness

REMINDER – RSV RISK CONTINUES

CDC recommends RSV vaccines to protect adults ages 60 and older from severe RSV, using shared clinical decision-making. To protect infants from severe RSV, CDC recommends an RSV vaccine for people who are 32–36 weeks pregnant or a monoclonal antibody given to the baby after birth.

Every year, influenza (flu), COVID-19, and respiratory syncytial virus (RSV) cause hundreds of thousands of hospitalizations and thousands of deaths during the fall and winter virus season. In the United States, we now have more tools than ever before to help people protect themselves, their families, and communities, including:

- Safe, updated immunizations – For the first time ever, immunizations are available for all three major fall and winter respiratory diseases – flu, COVID-19, and RSV (for groups eligible for RSV immunization).
- Widely available, effective treatments – Treatments are available for flu and COVID-19 and can reduce severe illness, hospitalization, and death.
- Testing – Tests, some of which can be done at home, can quickly detect these respiratory viruses so patients don't delay treatment and other actions that can protect their family, friends, and coworkers.

Everyday actions – Other tools like masking, physical distancing, washing hands, and improving airflow in the places where people live and work can provide an additional layer of protection.

The RSV vaccine is available for people 60 years and older at both locations of the Park County Public Health offices by appointment only. Call 719-836-4174 to make an appointment.



LET'S CONNECT!

Call Park County
Public Health Agency
at 719-836-4161.

VISIT WWW.PARKCO.US FOR DETAILS