

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- February is American Heart Month
- Check out these tips and resources to keep your heart healthy!
- Understand the risks associated with COVID-19 and heart health

AMERICAN HEART MONTH

February is American Heart Month, a time when the nation spotlights heart disease, the No. 1 killer of Americans.

Cardiovascular disease mortality is increasing in working-age adults. African American adults are among those bearing the highest burden of CVD and the related health consequences, particularly in the United States.

Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and stroke—netting poorer outcomes and prompting the American Heart Association to create "Don't Die of Doubt," a national awareness campaign that reminds people that hospitals are the safest place to go when you have symptoms.

Use this website's tools "Live to the Beat" resources for you, family, and friends to learn how to control blood pressure, manage cholesterol, blood glucose levels; and to move more, eat healthier, stress less, and quit smoking.



american
HEART
month

CAN COVID-19 DAMAGE YOUR HEART?

Can COVID-19 damage the heart?

The answer is yes: Although COVID-19 is primarily a respiratory or lung disease, the heart can also suffer. Temporary or lasting damage to heart tissue can be due to several factors which include: Lack of oxygen, myocarditis [LR1] which is an inflammation of the heart, and stress cardiomyopathy which can cause severe but reversible cardiac dysfunction.

For more information about COVID-19 AND heart problems go to <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/heart-problems-after-covid19>

To order 4 free COVID-19 tests go to: <https://special.usps.com/testkits> or stop by the offices of Park County Public Health in Fairplay or Bailey.

Multiple indicators of influenza activity including test positivity, emergency department visits, and hospitalizations are elevated. Weekly influenza information can be found at <https://www.cdc.gov/flu/weekly/index.htm>

The offices of Park County Public Health are offering COVID-19, Influenza, and RSV vaccines to those who qualify by appointment only. Please call 719-836-4174 to schedule.



LET'S CONNECT!

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

VISIT WWW.PARKCO.US FOR DETAILS