

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- March is Colorectal Awareness month
- Resources and testing available
- HPV awareness and vaccines
- Flu season is still here, are you protected?

## COLORECTAL CANCER AWARENESS

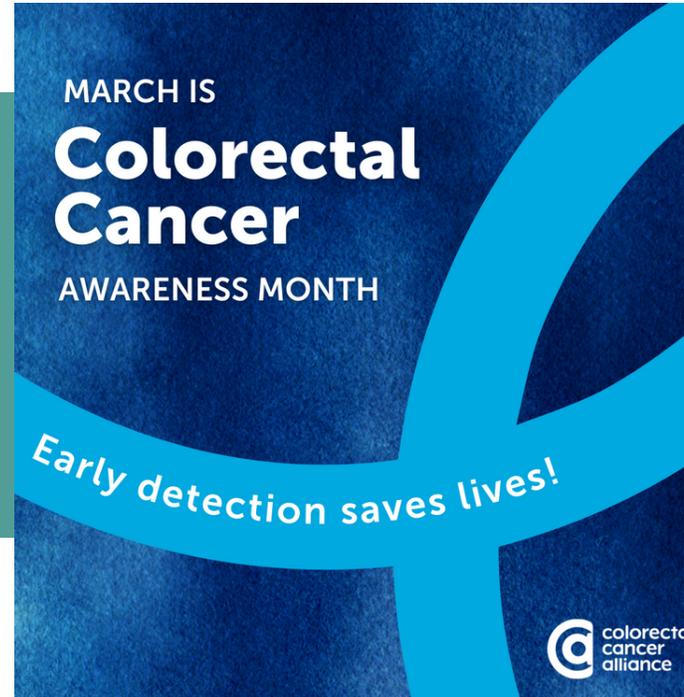
### Colorectal cancer screening saves lives!

Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Here are two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.

When should you start getting checked for colon cancer?

Current guidelines suggest that you should get your first colonoscopy at age 45 if you are at average risk for colorectal cancer.



## WHAT'S YOUR RISK?

To find out if you or a family member is at risk for Colorectal cancer go to: [https://fightcolorectalcancer.org/screening-quiz/?gad\\_source=1&gclid=CjwKCAiA29auBhBxEiwAnKcSqh0HMRyaTDtY2AQyAcR0Ge3bkIIWmTI0j5YH9BnOF4JiZhf5pPnZ9RoCC6sQAvD\\_BwE](https://fightcolorectalcancer.org/screening-quiz/?gad_source=1&gclid=CjwKCAiA29auBhBxEiwAnKcSqh0HMRyaTDtY2AQyAcR0Ge3bkIIWmTI0j5YH9BnOF4JiZhf5pPnZ9RoCC6sQAvD_BwE)

Need to talk to someone? Call the Alliance's toll-free Helpline at (877) 422-2030 to speak with one of the certified patient and family support navigators or go to <https://colorectalcancer.org/resources-support/resources/live-navigator-helpline>

## MARCH 4 INTERNATIONAL HPV AWARENESS DAY

March 4th is International HPV Awareness Day. We offer HPV vaccinations for ages 9-26. Typically you receive your first vaccination at the age of 11.

Please speak with your child's doctor for details and questions.

## IT'S STILL FLU SEASON, PARK COUNTY

- According to the CDC Influenza season in Colorado is high, and remains elevated nationally with increases in some parts of the country.
- The best way to prevent flu related illnesses and the risk of serious complications is to get an updated flu vaccine every season.
- Park County Public Health is offering influenza vaccines as well as Covid-19 and RSV vaccines. To find out if you qualify, and to schedule an appointment please call 719-836-4174.

### MORE INFORMATION

Please contact Park County Public Health Agency at 719-836-4174 with questions or for more information.

*We are here to serve you!*



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