

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- June is Men's Health Month
- What is Hantavirus?
- Avian Flu Updates



HELP US CELEBRATE MEN'S HEALTH MONTH

Men are significantly less likely than women to see a doctor or report symptoms to a health care provider. Only 60 percent of men go to the doctor for a yearly, routine checkup, and 40 percent won't go until something is seriously wrong.

Here are some other important facts about men's health to know:

- The overall mortality rate is 41 percent higher for men than women, and it's higher for men for 8 out of 10 leading causes of death—including heart disease, cancer, stroke and diabetes.
- 31 percent of men suffer depression in their lifetime and 9 percent of men have daily feelings of depression or anxiety. But only 1/4 talk to a mental health professional, and only 1/3 take medication. Pay attention to signs of depression and don't be afraid to seek help.
- Prostate cancer is the second leading cause of cancer deaths for men in the United States. A man is 2 to 3 times more likely to get prostate cancer if his father, brother or son had it. Talk to your doctor about having PSA (Prostate-specific antigen) levels checked and a DRE (Digital rectal exam).
- Erectile dysfunction affects nearly 30 million men of all ages across the United States. If you're having problems, see a urologist and make sure it's not an early warning sign for something more serious, like heart disease, high blood pressure or high blood sugar.

WHAT IS HANTAVIRUS?

Hantavirus is a virus that spreads through the urine, droppings, or saliva of wild rodents, including deer and house mice, which are common in many parts of Colorado. Hantavirus can cause serious disease in humans.



People can become infected with hantavirus when they breathe in air that is contaminated with the virus. Particles containing hantavirus get into the air when mouse urine, saliva, or droppings are stirred up. The chances of this happening increase when opening or cleaning buildings in rural areas that have been closed for the winter where mice have entered, or for people working, playing, or living in closed spaces where mice are present.

Symptoms of hantavirus infection can be mild or severe, depending on whether a person's lungs become infected. There is no specific treatment for hantavirus infection, but early medical care can help if serious disease develops. If you have a fever, difficulty breathing, and have been exposed to rodents or rodent-contaminated materials, talk to a healthcare provider right away and tell them about your recent exposure to rodents (especially mice).

The clean-up of dead mice and droppings is very important please see this article for the details Hantavirus-FAQ (parkcountyco.gov). A wet clean up with bleach is recommended, vacuuming and sweeping is not recommended.

AVIAN FLU UPDATE

The U.S. Department of Agriculture's (USDA) National Veterinary Services Laboratory (NVSL) confirmed a detection of Highly Pathogenic Avian Influenza (HPAI) H5N1 in dairy cows in Northeast Colorado on April 25, 2024. USDA has also confirmed detections in premises in multiple states. USDA and the Food and Drug Administration (FDA) have stated that because commercial milk products are pasteurized before entering the market, at this time there is no concern about the safety of the commercial milk supply. For more information go to:
<https://www.cdc.gov/flu/avianflu/avian-flu-summary.htm>

www.ParkCountyCo.gov

Please contact Park County Public Health Agency at 719-836-4174 with questions or for more information. We also have free COVID19 tests at both office locations.

We are here to serve you!

