

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- Public Health Hosts Fall Vaccine Clinics
- October is Breast Cancer Awareness month



### PUBLIC HEALTH HOSTS VACCINE CLINICS

Now is the time to get your vaccines! CDC Recommends updated 2024-2025 COVID-19 and Flu Vaccines for Fall/Winter Virus Season. The guidelines for RSV are <https://www.cdc.gov/rsv/vaccines/older-adults.html>

Park County Public Health is holding vaccination clinics for FLU/RSV/COVID-19 on the following dates:

October 1, 2024 @ Park County Public Health, 825 Clark St., Fairplay. 9:00am-12:00pm and 1:00pm-3:00pm

October 3, 2024 @ Bailey Library, 350 Bulldogger Rd, Bailey. 11:00am -2:00pm.

October 9, 2024 @ Lake George Library, 37900 Highway 24, Lake George. 11:00am -2:00pm.

October 19, 2024 @ Southern Park County Fire Protection District, 1745 CR102, Guffey. 10:00am-2:00pm.

Please note, there are limited quantities so please call to schedule your appointment at 719-836-4174. Our nurse is available to answer your questions as well.

### COVID-19, FLU AND RSV VACCINES AVAILABLE

- Reminder to please call to schedule your appointment at: 719-836-4174.
- Our nurse is available to answer your questions as well.

# BREAST CANCER AWARENESS MONTH

October is Breast cancer awareness month. Celebrated every October, this month is dedicated to raising awareness of breast cancer. Breast cancer awareness is important because early detection can significantly improve survival rates.

Here are some ways to raise awareness and reduce the risk of breast cancer:

- Know your normal - It's important for women to know what's normal for their bodies so they can be aware of any changes.
- Screening - Women in target populations should get screened for breast cancer through organized programs yearly.
- Risk reduction - Some things you can do to lower your risk of breast cancer include maintaining a healthy weight, exercising regularly, and limiting alcohol consumption.
- Seek medical care - If you find an abnormal breast lump, even if it doesn't hurt, you should seek medical care.

Go to <https://www.nationalbreastcancer.org/bcam-resources/#signsfor> for more information.



**LET'S CONNECT!**

Park County Public Health: call 719-836-4174.

Please visit [www.ParkCountyCO.Gov](http://www.ParkCountyCO.Gov) for more information