

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- National Diabetes Awareness Month is recognized in November
- Respiratory Season is here and vaccine appointments are available at Public Health
- Free at-home COVID-19 tests are available for order



NATIONAL DIABETES AWARENESS MONTH

National Diabetes Awareness Month is observed in November to bring attention to diabetes and its impact on millions of people in the United States. This month is a time to educate people about diabetes, its risk factors, and how to prevent and manage it.

National Diabetes Month also serves as a platform to support individuals living with diabetes, their families, and healthcare providers in their efforts to control the disease and improve overall health.

Some common symptoms of diabetes include frequent urination, excessive thirst, fatigue, weight loss, and blurred vision. If you experience any of these symptoms, you should see your medical care team for a diagnosis.

The path to understanding diabetes starts here, whether you're newly diagnosed, have had type 1 or type 2 diabetes for a while, or you're helping a loved one. There are ways to learn how one can live a healthier life; start by going to <https://diabetes.org/about-diabetes>

NEED A COVID-19 TEST?

You can order FREE at-home COVID-19 tests at:
covidtests.gov

ARE YOU PROTECTED FROM RESPIRATORY VIRUSES?

It's still not too late to get your vaccinations for the 2024/2025 respiratory virus season which includes FLU, Covid-19, and RSV.

- Flu season usually starts in October and can last until May, but it's most active between December and February.
- Overall respiratory illness activity in the United States is considered low currently according to the CDC.
- Early treatment and prevention is especially important for people who are pregnant, very young, 65 and older, or have certain chronic health conditions.
- To get continual updates from the new Colorado Viral Respiratory Diseases Data Dashboard for the 2024-2024 season go the Respiratory Illnesses Data Channel at <https://www.cdc.gov/respiratory-viruses/data/index.html> Information will be posted weekly starting mid-October.

Please talk with your health care provider to find out which vaccines are right for you.

You may contact our nurse at Park County Public Health to make an appointment at 719-838-1205 for your vaccine. There are limited quantities of the regular dose flu vaccine and the high dose flu vaccine is no longer available at your public health offices.

The RSV vaccine which is a one-time vaccine for adults 75 and older or adults 60-74 who have certain medical conditions is still available, as well as the seasonal 2024-2025 COVID-19 vaccine.



LET'S CONNECT!

Park County Public Health: call 719-838-1205.

Please visit www.ParkCountyCO.Gov for more information