

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- December 2-8 is Handwashing Awareness Week.
- Respiratory Virus Season is here and vaccine appointments are available at Public Health
- Free at-home COVID-19 tests are available for order



IT'S NATIONAL HANDWASHING AWARENESS WEEK DECEMBER 2ND-8TH!



Did you know that by washing your hands you can REDUCE:

- the number of people who get sick with diarrhea by 23-40%.
- diarrheal illness in people with weakened immune systems by 58%.
- respiratory illnesses, like colds, in the general population by 16-21%
- absenteeism due to gastrointestinal illness in schoolchildren by 29-57%

KEEP THE HOLIDAYS RESPIRATORY DISEASE-FREE!

CDC recommends that all people use core prevention strategies. These are important steps you can take to protect yourself and others:

- Stay up to date with immunizations
- Practice good hygiene (practices that improve cleanliness)
- Take steps for cleaner air
- When you may have a respiratory virus:
 - Use precautions to prevent spread
 - Seek health care promptly for testing and/or treatment if you have risk factors for severe illness;
 - Treatment may help lower your risk of severe illness



View Information on
Preventing Respiratory
Viruses

ARE YOU UP-TO-DATE ON YOUR IMMUNIZATIONS?

COVID-19, Influenza and RSV Hospitalizations in Colorado are low volume at this time. You can see the updated data each week on Wednesday at Viral respiratory diseases report | [Colorado Department of Public Health and Environment](#)

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

Park County Public Health is still offering Flu, Covid-19 and RSV vaccines as well as the Pneumonia vaccine. Please contact our immunization nurse at 719-836-4174 for more information.

Fall and Winter Immunization Guide

COVID-19 and Flu Updated 2024-25 Vaccines
Everyone 6 months and older

RSV Immunization to Protect Babies
Vaccine
Pregnant parents during weeks 32-36 of pregnancy during RSV season
OR
Monoclonal Antibodies
Babies entering or born during the RSV season

RSV Vaccine for Older Adults
(currently, older adults only need to get the RSV vaccine once; not annually)
People ages 60 and over at high risk of severe RSV
AND
Everyone ages 75 and older

[cdc.gov/respiratory-viruses/prevention/immunizations.html](https://www.cdc.gov/respiratory-viruses/prevention/immunizations.html)

CDC

The graphic features illustrations of diverse people, including a person in a wheelchair, a pregnant woman, and a group of older adults. The CDC logo is in the bottom right corner.



LET'S CONNECT!

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

Please visit www.ParkCountyCO.Gov for more information