

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- American Heart Month Tips
- Flu cases rise in Park County
- RSV, flu, COVID-19 vaccines available



### FEBRUARY IS AMERICAN HEART MONTH



American Heart Month is celebrated in February to raise awareness of cardiovascular disease (CVD) and encourage people to take steps to improve their heart health.

Heart disease is a leading cause of death in the United States for both men and women.

- **Know your risk.** Talk to your medical provider. Knowing your risk can help you make lifestyle changes.
- **Eat a healthy diet.** Start making healthy choices that include more plant based whole foods (veggies, fruits, beans, whole grains) and less processed foods.
- **Be physically active.** Move more – it's one of the best ways to stay healthy, prevent disease, and age well.
- **Watch your weight.** Stay at a healthy weight for you.
- **Check your blood pressure and cholesterol.** These are two main risk factors that could lead to heart disease.

It's also the perfect time to take training from the American Red Cross on how to perform Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help save lives. Cardiac arrest claims thousands of lives every year. Red Cross CPR/AED classes can help you save a life when every moment counts.

Take a lifesaving class today; go to <https://www.redcross.org/take-a-class>

## FLU SEASON IN FULL SWING IN PARK COUNTY

Flu cases are on the rise in Park County. Stay healthy by taking these preventive steps:

- Get vaccinated: The flu vaccine is your best defense.
- Avoid close contact: Stay away from people who are sick.
- Wash your hands: Regular handwashing is essential in stopping the spread of germs.

### Flu Symptoms to watch for include:

FEVER  
COUGH  
SORE THROAT  
RUNNY OR STUFFY NOSE  
BODY ACHES  
HEADACHE  
CHILLS  
FATIGUE



### Who's at Greater Risk?

Adults 65 and older, children under 5, and individuals with chronic health conditions are at a higher risk for severe flu complications.

### More Information

For more information, visit [Influenza | Johns Hopkins Medicine](#) or contact Park County Public Health at 719-838-1205 to schedule your flu vaccination.

### Vaccines Available

Park County Public Health is still offering vaccines for regular and high dose Flu, RSV, and COVID-19. For more information, or to make an appointment with our immunization nurse call 719-838-1205.



**LET'S CONNECT!**

Park County Public Health: call 719-836-4154.

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