

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



TOP NEWS

- March is Colorectal Cancer Awareness Month
- Flu cases still high in Park County
- How to protect your birds from avian flu



MARCH IS COLORECTAL CANCER AWARENESS MONTH



Getting screened regularly, beginning at age 45, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 45 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your doctor about screening.

Colorectal cancer doesn't always cause symptoms, especially at first. That is why getting screened regularly is so important.

Colorectal Cancer - Symptoms

In the early stages, colorectal cancer may not cause any symptoms. In later stages, symptoms may include:

- Persistent diarrhea or constipation
- Blood in the stools or rectal bleeding
- Change in the consistency of stools
- General abdominal discomfort (bloating, fullness, cramps or gas)
- A feeling that the bowel does not completely empty after emptying the bowels
- Constant tiredness
- Severe appetite or weight loss

The symptoms above can be caused by a number of reasons and may not indicate the presence of cancer. However, make an appointment with your doctor if you have any signs or symptoms that worry you.

FLU SEASON STILL GOING STRONG IN PARK COUNTY

Seasonal flu is still high, which is not completely unexpected at this time of year, but it is the first time the CDC has classified it as a high severity season for all age groups since the 2017–2018 flu season says AMA's Vice President of Science, Medicine and Public Health, Andrea Garcia. She also mentions it is not too late to get your flu vaccine!

Talk with your health care professional about your options, or you may call our nurse at the Park County Public Health Office at 719-838-1205 to schedule a flu vaccination.

AVIAN FLU: PROTECT YOUR FLOCK

HPAI, commonly known as avian flu, is a highly contagious virus that affects birds, often causing severe illness and high mortality rates in poultry flocks. Outbreaks can occur suddenly, spreading rapidly through direct bird-to-bird contact or indirectly via contaminated surfaces, equipment, and even people.

The Colorado Department of Public Health and Environment is supporting the Colorado Department of Agriculture in the state's response to H5N1 avian flu. The virus has spread among poultry and dairy cattle in the state. Colorado health officials have also identified it in farm workers directly exposed to infected cattle and poultry. At this time, there is no evidence of person-to-person spread.

How Does HPAI Spread?

- Direct contact: Infected birds can pass the virus through saliva, nasal secretions, and droppings.
- Indirect contact: Virus particles can linger on equipment, clothing, shoes, vehicles, and shared water sources.
- Wild birds: Migratory waterfowl like ducks and geese are primary carriers and can spread the virus without appearing sick.

To get current information about the Avian flu, visit:
<https://cdphe.colorado.gov/animal-related-diseases/hpai-h5n1> or <https://www.cdc.gov/bird-flu/situation->



LET'S CONNECT!

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

TIPS FOR FLOCK OWNERS TO

Protect Your Birds from HPAI

Highly Pathogenic Avian Influenza (HPAI) is a highly contagious and fatal foreign animal disease in domestic poultry. Wild birds serve as a reservoir for influenza viruses and can spread these viruses to poultry. Flock owners should review and increase their biosecurity measures.



INCREASE BIOSECURITY

Check your plans and make sure everyone knows what safety practices are being used and implemented.



MONITOR FLOCKS

Monitor production parameters (like feed and water consumption), signs of HPAI, or other changes in bird behavior.



REPORT DISEASE

Report suspicious disease events in your commercial or back yard flocks to the State Veterinarian's office.



SECURE FOOD SUPPLY

Enroll as a Secure Food Supply (SFS) participant through the State Veterinarian's office.



REPORT DEAD OR SICK BIRDS TO THE
STATE VETERINARIAN'S OFFICE
AT 303-869-9130

More information at ag.colorado.gov/animals

Please visit www.ParkCountyCO.Gov for more information