

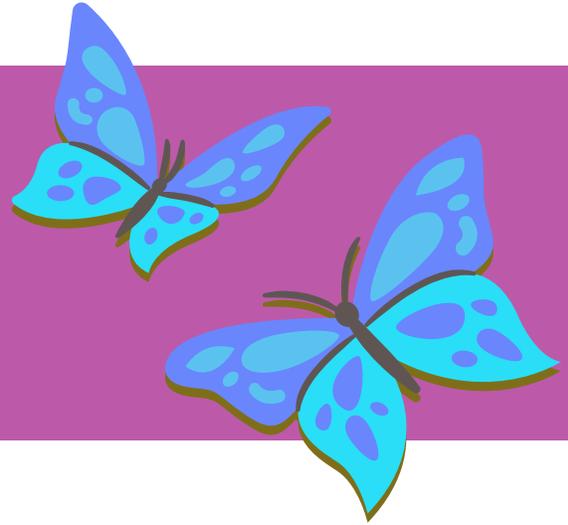
# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

## TOP NEWS

- April 7th - 13th is National Public Health Week
- Measles update
- Evacuation preparedness information



## CELEBRATE PUBLIC HEALTH THIS APRIL!



NATIONAL  
**PUBLIC  
HEALTH**  
WEEK

National Public Health Week is April 7-13, 2025. Public health starts with each of us making a difference in our homes and communities. It's how the places we live, work and play affect our well-being. It's the way we are all stronger—and healthier—together through the efforts of organizations like the American Public Health Association, CDPHE, as well as Park County Public Health and others that advocate for healthy communities.

### What is Public Health?

**Public Health promotes and protects the health of all people and their communities.** This science-based, evidence-backed field strives to give everyone a safe place to live, learn, work and play.

### Why is Public Health important?

**Public health improves our quality of life, helps children thrive, reduces human suffering and saves money.**

Every day, the public health field is working – often behind the scenes – to prevent hazards and keep people healthy. For example, Public Health is responsible for:

- Tracking disease outbreaks and vaccinating communities to avoid the spread of disease.
- Educating the public about health risks and promoting healthy behaviors.
- Detecting diseases through screening for better outcomes.
- Advocating for policy and laws to keep people safe, including smoke-free indoor air and seatbelts.
- Developing plans for public health emergencies like natural disasters, outbreaks and manmade disasters.

## MEASLES UPDATE: CASE IN COLORADO

The Colorado Department of Public Health and Environment and the Pueblo Department of Public Health and Environment have confirmed a case of measles in an unvaccinated adult Pueblo, Colorado resident. The individual recently traveled to an area of Mexico experiencing an ongoing measles outbreak.

Measles is highly contagious and often severe, but it is a preventable disease. The measles, mumps, and rubella (MMR) vaccine is safe and highly effective, providing long-lasting protection. Two doses of MMR vaccine are about 97% effective in preventing measles. Vaccination is the best way to protect yourself, your family, and your community.

Please ensure you and your family are up to date with the MMR vaccination. If traveling to another country or to areas of the U.S. where measles outbreaks are occurring, discuss vaccination with your health care provider before travel.

View weekly updates for measles cases and outbreaks at <https://www.cdc.gov/measles/data-research/index.html>

**Park County Public Health currently has the MMR Vaccine. To get more information or to see if you qualify call our nurse at 719-838-1205. Flu vaccines are still available as well.**

## EVACUATION PREPAREDNESS-READY, SET GO!

**Be ready for disasters/or emergencies in Park County by going to:**

<https://www.parkcountyco.gov/928/Evacuation-Preparedness---Ready-Set-Go>

Also, please take a moment to fill out **Code RED** information so that you'll be notified by your local emergency response team in the event of emergency situations or critical community alerts.

**Go to:**

<https://public.coderedweb.com/CNE/en-US/F9FB36CB1C0D>.



**NEED CARE?  
STRIDE IS HERE!**

STRIDE will be providing healthcare services at the  
**BAILEY LIBRARY**  
**TUESDAYS 10am - 2pm**

**MEETING ALL HEALTHCARE NEEDS INCLUDING:**  
Sick Visits  
Chronic Care Needs  
Medication Support  
Labs  
Specialty Referrals  
Wound Care

**STRIDE**  
COMMUNITY HEALTH CENTER  
720-799-5375  
[www.stridechc.org](http://www.stridechc.org)

**LET'S CONNECT!**

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

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