

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



## TOP NEWS

- May is National High Blood Pressure Education and Women's Health Month
- Measles and Hantavirus updates



### MAY: HIGH BLOOD PRESSURE EDUCATION MONTH

High blood pressure awareness month is observed annually in May. This is the time to raise awareness about high blood pressure, also called hypertension, its risks, and how to manage the condition.

Many people don't even know they have high blood pressure. Symptoms of hypertension often go unnoticed, and if left uncontrolled the risk of heart problems such as stroke or heart attack can increase significantly.

It's important to know your numbers. When blood pressure is measured, the upper number (systolic pressure) measures the pressure in your arteries when your heart beats. The lower number (diastolic pressure) measures the pressure between heartbeats. For most people, normal blood pressure is less than 120/80.

### NEW SERVICE AT PARK COUNTY PUBLIC HEALTH!

Stop into the Bailey or Fairplay Public Health offices on Tuesdays 9AM-4PM for a **free blood pressure** screening by a registered nurse.

For the month of May also stop by to receive a free CPR mouth shield (while supplies last).

### MEASLES UPDATE

Measles cases are on the rise in Colorado. To get updates go to: <https://www.cdc.gov/measles/data-research/index.html> If you would like to schedule an MMR vaccine with a Park County Public Health Nurse, please call 719-838-1205.

## MAY IS ALSO WOMEN'S HEALTH MONTH

**This year's theme is 'Healthy Women, Healthy families.' To Observe Women's Health Month try these steps:**

**1. Join the gym** – Pledge to take care of yourself during Women's Health Care Month. Sign up for a gym membership and make sure to attend regularly. A healthy weight and active lifestyle are important for good health.

**2. Get your vaccines** – During Women's Health Care Month, check if you are up to date with all your vaccines and booster shots. If not, get an appointment for the pending shots. Vaccines are crucial to prevent many severe illnesses.

**3. Eat healthy food** – On Women's Health Care Month, pledge to cut out alcohol, tobacco, and unhealthy foods from your diet. Stick to clean eating and develop a diet that addresses all your health needs. This is crucial for a healthy life.

- Nearly 13% of women over the age of 18 are in poor health.
- Nearly 38% of American women are obese.
- Two out of three Alzheimer's patients in America are women.
- One out of eight women is likely to be diagnosed with breast cancer in America.
- Women are twice as likely as men to experience depression.
- Cardiovascular disease (CVD), including heart disease and stroke, is the leading cause of death in women.

## HANTAVIRUS: HOW TO PROTECT YOURSELF

Hantavirus is always a concern, especially when doing spring cleaning in our home, our garage, and in our yard. Colorado is one of the hot spots for Hantavirus in the US. The virus is commonly spread through rodent urine, droppings, or saliva, particularly from the deer mouse, and can cause serious illness in humans primarily affecting the lungs, and can even cause death.

To protect against Hantavirus, the most important step is to minimize contact with rodents and their waste. This includes keeping food and garbage securely stored, sealing cracks and holes in your home, and cleaning up rodent droppings and nesting materials properly. When cleaning, wear gloves and an N95 mask, avoid stirring up dust, and use a disinfectant.

To learn more about Hantavirus and its symptoms, visit <https://www.cdc.gov/hantavirus/about/index.html>



**LET'S CONNECT!**

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

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