

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



### TOP NEWS

- June is Men’s Health Month
- Tick season updates
- School Readiness Vaccine Reminders



### JUNE: MEN’S HEALTH MONTH

June marks Men’s Health Month, a time dedicated to raising awareness about the health challenges faced by men and encouraging them to take proactive steps toward improving their wellbeing.

This month is an opportunity for men to reflect on their health habits, are encouraged to:

- Schedule annual check-ups with a doctor
- Practice our tips to maintain and improve essential healthy lifestyle habits.
- Increase your mental health awareness and learn about the issues that affect men the most
- Avoid harmful habits (try to limit smoking and alcohol consumption)

Rates of male depression and suicide have risen dramatically in recent years. According to the American Foundation for Suicide Prevention, men are almost four times more likely to die by suicide than women, and more than 6 million men in the U.S. experience symptoms of depression every year.

To kick off Men’s Health Month **DUDE TALK DINNERS** is starting June 25 from 6-8PM at 2 Dad’s Eatery and Taproom! Go to [All Access Wellness](#) for more information or call Park County Public Health 719-836-4154. The purpose of these dinners is to provide a supportive environment for men to connect, build relationships, and share their experiences.

## TICK SEASON UPDATES

Tick season is upon us in Colorado, especially here in the high country. Colorado tick fever is a viral disease primarily spread by the bite of an infected Rocky Mountain wood tick found in the western United States and western Canada.



The most common symptoms are fever, chills, headache, body aches, and feeling tired. Most people who become ill have a mild disease and recover completely. However, weakness and fatigue may last several weeks. In rare cases, some patients may develop a more severe illness that affects the central nervous system.

There are no vaccines to prevent or medicines to treat Colorado tick fever. Reduce your risk of infection from Colorado tick fever virus by going to:  
<https://www.cdc.gov/ticks/prevention/index.html>

## VACCINATION REMINDER

As a reminder, parents should check their children's immunization record and the required school vaccine schedule in preparation for school in the fall:  
<https://cdphe.colorado.gov/immunization/school-required-vaccines>

Here at Park County Public Health, we offer many required school vaccines for those with and without insurance. We encourage you to call us to schedule a screening appointment. Our nurse can be reached at 719-838-1205.



**LET'S CONNECT! PARK COUNTY PUBLIC HEALTH: 719-836-4154**

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