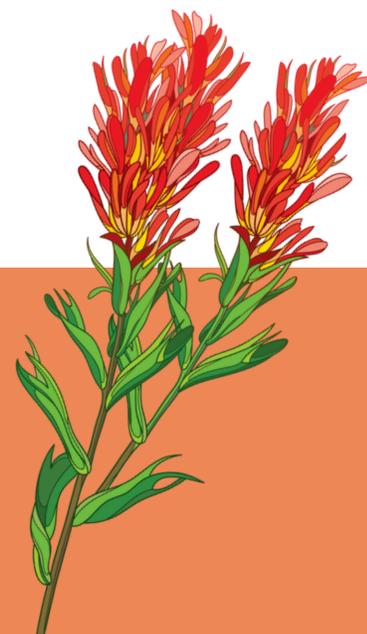


NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



TOP NEWS

- July is UV Protection Month
- Rabies Reminder
- Dude Dinners Updates

JULY: UV PROTECTION MONTH

By promoting sun safety measures, UV Protection Month aims to reduce the risk of skin cancer, eye damage, and other health problems caused by excessive UV exposure.

How UV exposure affects you:

- **Sunburn:** A common symptom of overexposure to UVB rays, characterized by redness, pain, and sometimes blisters.
- **Premature skin aging:** UVA exposure can contribute to wrinkles, sagging skin, and age spots.
- **Skin cancer:** Prolonged UV exposure, especially UVB, is a major risk factor for various types of skin cancer, including basal cell carcinoma, squamous cell carcinoma, and melanoma.
- **Eye damage:** UV radiation can cause cataracts and other eye conditions. Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. The American Academy of Ophthalmology (AAO) reminds the public of the importance of shielding eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.



RABIES REMINDERS

Rabies remains a public health concern because of increased outdoor activity which can lead to more opportunities for contact between humans and potential vectors like raccoons, skunks, and bats, increasing the risk of exposure.

Seek immediate medical care if you're bitten by any animal or exposed to an animal suspected of having rabies. Based on your injuries and the situation in which the exposure happened, you and your doctor can decide whether you should receive treatment to prevent rabies.

What you should know about Rabies and bats:

<https://cdphe.colorado.gov/animal-related-diseases/rabies/rabies-in-colorado>



DUDE TALK DINNERS

Dude Talk Dinners bring men together in a relaxed nonjudgmental environment where they can talk openly about life's challenges. It started on June 25 and runs through November on the last Wednesday of every month at **6pm at 2 DADS EATERY AND TAPROOM. Free food!** Questions? Email info@allaccesswelless.org.



Don't forget about back-to-school vaccinations!

To learn more about Colorado's school requirements go to:

<https://www.immunizecolorado.org/families-communities/school-vaccine-requirements/>

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

Please visit www.ParkCountyCO.Gov for more information