

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



TOP NEWS

- **Flu season is upon us!**
- **National Handwashing Awareness Week**

FLU SEASON IS HERE

As cold weather settles in, so does flu season. Each year, influenza leads to approximately 200,000 hospitalizations, and claims around 36,000 lives in the United States.

Flu activity typically begins in the fall and winter, peaking between December and February, making early December an ideal time to get vaccinated.

While anyone can contract the flu, certain groups—such as pregnant individuals, young children, older adults, and those with underlying health conditions—face a higher risk of developing severe complications.

The more people who get vaccinated, the less opportunity the virus has to spread. This helps protect vulnerable groups and reduces hospitalization and fatalities.

At Park County Public Health, we still have flu vaccines available. To schedule an appointment, please call our RN at 719-838-1205. You may leave a text or voice message at this number.

In addition to National Influenza Vaccination Week, the first week of December is also National Handwashing Awareness Week, reminding us of the critical role hygiene plays in staying healthy and slowing the spread of germs.

Regular handwashing is a simple yet effective way to prevent the spread of viruses and keep public spaces cleaner. By practicing good hygiene and getting vaccinated, we can help reduce the impact of flu season.



MENTAL HEALTH MATTERS

For many of us, this holiday season will intensify feelings of loneliness, making it difficult to find peace and warmth amid the festive season. In fact, a recent survey revealed that 61% of Americans experience

sadness or loneliness during this time, and 37% would skip the holidays altogether if given a choice. Family tensions, loss of loved ones, or being far away from family can deepen feelings of isolation.



Things you can do to help combat depression and loneliness during the holiday season:

- Start a new tradition! Try creating a new holiday tradition for yourself such as baking or watching a new holiday movie.
- Rediscover an old talent. Pick up that dusty old guitar, put on those hiking boots, or do anything else that makes you feel like yourself.
- Do something out of the house. Spend some time out in nature. Find group activities in your area via social media or the newspaper.
- Write letters/emails and make phone calls. You may be alone for the holidays because your loved ones are too far to see this year. Spend some time talking to them on the phone or writing to them so that you can stay connected. Even one short call can be uplifting.
- Volunteer. Volunteering provides numerous benefits, including reducing stress, anxiety, and depression, as well as boosting endorphins, the feel-good hormone.

FOOD ASSISTANCE

If you or a loved one need food assistance, or would like to donate/volunteer, here is a list of resources:

- **LIFE BRIDGE:** 288 Main St., Bailey; 303-909-7534, food pantry open Friday 3-5pm/Saturday 9-12pm.
- **MOUNTAIN RESOURCE CENTER:** Conifer; 303-838-7552. Serving Eastern Park County and West Jefferson County. Food share hours: Monday-Thursday 1:00-3:45pm. Mobile food van Wednesdays at the Bailey Community center. 1:15 to 2pm.
- **SOUTH PARK FOOD BANK:** 501 Main St. Fairplay 719-839-0494. Second Saturdays 9:30-11:00.
- **COUNTRY CHURCH OF HARTSEL FOOD BANK:** 719-838-1693 Sundays 2-3pm.
- **SOUTH PARK SENIOR CENTER FOOD BANK:** 298 6th St. Fairplay, one day only, Dec 9th. 9-11am.

And don't forget our furry friends! Park County Animal Control is always in need of donations: food, blankets, toys as well as monetary donations are accepted at the Bailey substation.

DUDE TALK DINNERS

A nonjudgmental environment to chat about life's challenges for men, is being held on **December 17th at 2 Dads eatery and Taproom at 6pm**, free dinner is included. Questions? Email at INFO@ALLACCESSWELLNESS.ORG



MAY YOUR HOLIDAY SEASON BE FILLED WITH WARMTH, HAPPINESS, AND GOOD HEALTH.

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

Please visit www.ParkCountyCO.Gov for more information