

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- December 2-8 is Handwashing Awareness Week.
- Respiratory Virus Season is here and vaccine appointments are available at Public Health
- Free at-home COVID-19 tests are available for order



### IT'S NATIONAL HANDWASHING AWARENESS WEEK DECEMBER 2ND-8TH!



Did you know that by washing your hands you can REDUCE:

- the number of people who get sick with diarrhea by 23-40%.
- diarrheal illness in people with weakened immune systems by 58%.
- respiratory illnesses, like colds, in the general population by 16-21%
- absenteeism due to gastrointestinal illness in schoolchildren by 29-57%

### KEEP THE HOLIDAYS RESPIRATORY DISEASE-FREE!

CDC recommends that all people use core prevention strategies. These are important steps you can take to protect yourself and others:

- Stay up to date with immunizations
- Practice good hygiene (practices that improve cleanliness)
- Take steps for cleaner air
- When you may have a respiratory virus:
  - Use precautions to prevent spread
  - Seek health care promptly for testing and/or treatment if you have risk factors for severe illness;
  - Treatment may help lower your risk of severe illness



View Information on  
Preventing Respiratory  
Viruses

# ARE YOU UP-TO-DATE ON YOUR IMMUNIZATIONS?

COVID-19, Influenza and RSV Hospitalizations in Colorado are low volume at this time. You can see the updated data each week on Wednesday at Viral respiratory diseases report | [Colorado Department of Public Health and Environment](#)

Please talk with your health care provider to find out which vaccines are right for you.

Park County Public Health is still offering Flu, Covid-19 and RSV vaccines as well as the Pneumonia vaccine. Please contact our immunization nurse at 719-836-4174 for more information.

**Fall and Winter Immunization Guide**

**COVID-19 and Flu Updated 2024-25 Vaccines**  
Everyone 6 months and older

**RSV Immunization to Protect Babies**  
Vaccine  
Pregnant parents during weeks 32-36 of pregnancy during RSV season  
OR  
Monoclonal Antibodies  
Babies entering or born during the RSV season

**RSV Vaccine for Older Adults**  
(currently, older adults only need to get the RSV vaccine once; not annually)  
People ages 60 and over at high risk of severe RSV  
AND  
Everyone ages 75 and older

[cdc.gov/respiratory-viruses/prevention/immunizations.html](https://cdc.gov/respiratory-viruses/prevention/immunizations.html)

**CDC**

The graphic features illustrations of diverse people, including a person in a wheelchair, a pregnant woman, and a group of older adults. The CDC logo is in the bottom right corner.



**LET'S CONNECT!**

Park County Public Health: call 719-838-1205.

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