

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- How to prevent ticks and tick-borne illnesses
- COVID-19 Tests still available
- Protect young people from Measles



### KNOW THE TIPS TO STOP TICKS

Colorado tick fever virus is spread to people by the bite of an infected tick. There are no vaccines or medicines to prevent Colorado tick fever. The best way to prevent Colorado tick fever is to protect yourself from tick bites.

- Use insect repellents
- Wear long sleeves and pants
- Avoid bushy and wooded areas
- Perform thorough tick checks after spending time outdoors

Tick bites can make people sick. Here are some steps that you can take after a tick bite to reduce your chances of getting sick and how to get treatment promptly if you do get sick:

[https://www.cdc.gov/ticks/pdfs/FS\\_TickBite-508.pdf](https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf)

Call your healthcare provider if you get any of the following:

- Rash
- Fever
- Fatigue
- Headache
- Muscle pain
- Joint swelling and pain

### COVID-19 AT-HOME TESTS

Park County Public Health Agency in Fairplay and Bailey have free COVID-19 home tests. If you suspect you may have COVID-19 you may pick up a package containing two tests at either office.

Please call 719-836-4162 or 303-816-5974 for office hours and more information.

# KEEP MEASLES OUT OF PARK COUNTY

The Colorado Department of Public Health & Environment (CDPHE) announced in a press release last week that children and families need to ensure that their vaccines are up to date. Public health officials are requesting that people schedule their appointments now. In Colorado, there are many vaccine requirements for childcare and school.

“Keeping our kids healthy at school starts with getting them vaccinated. With recent measles outbreaks in the United States and around the world, it’s more important than ever to make sure all students are caught up on childhood vaccines,” said Ned Calonge, CDPHE’s chief medical officer in the news release. “Let’s keep measles out of Colorado.”

Public Health reminds all families to consider your back-to-school vaccines and make sure your children are up to date. As of June 18, 2024, the Colorado Department of Public Health and Environment (CDPHE) reported that 88% of kindergarteners in the state have received the measles-mumps-rubella (MMR) vaccine. However, the CDPHE also notes that Colorado’s MMR vaccination coverage is 86.8%, which is below the goal of 95%.

**MYTH:** Some people think of measles as just a little rash and fever that clears up in a few days.

**FACT:** Measles can cause serious health complications, especially in children younger than 5 years old. It’s also highly contagious. If one person has it, up to 9 out of 10 people nearby will become infected if they are not protected.

The best protection against measles is measles, mumps, and rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Go to: <https://cdphe.colorado.gov/diseases-a-to-z/measles/measles-vaccination-recommendations>



## LET'S CONNECT!

Call Park County Public Health Agency at 719-836-4162.

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