

ROCKY MOUNTAIN RURAL HEALTH

Improving Healthcare in South Park!

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“Health Matters”

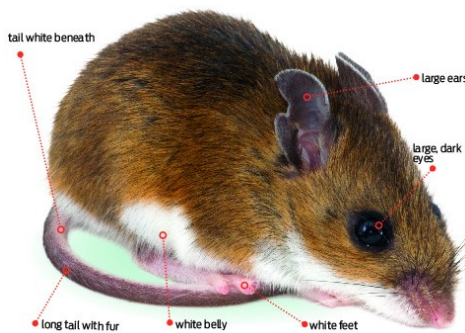
Be Aware of Hantavirus Danger

Hantavirus Pulmonary Syndrome or “HPS” is a potentially fatal illness caused by exposure to infected droppings of rodents like the deer mouse, the principal carrier of Hantavirus in Colorado.

According to the Colorado Department of Public Health and Environment (CDPHE), since May, 1993, 335 cases of HPS have been reported in the US and 38% of reported cases were fatal. In 2013, there were 21 reported cases with 9 fatalities across the country.

The virus is often transmitted when humans inhale dirt and dust contaminated by deer mouse droppings in rodent-infested structures such as sheds, barns, garages, or closed-up houses or cabins. In addition to taking steps to rodent-proof such structures and use rodent-control techniques year-round, it is especially important to take precautions when cleaning out structures during the spring and summer:

1. Open doors and windows to allow ventilation for up to 60 minutes before cleaning;
2. Thoroughly soak potentially contaminated areas with a mixture of bleach and water (1 cup bleach to 1 gallon water) BEFORE sweeping or picking up dirt, dust and droppings;



Deer Mouse (*Peromyscus maniculatus*)

3. Use sturdy rubber gloves and double-bag trash, dirt and droppings with plastic bags;
4. In small, enclosed areas without good ventilation, use a face mask with a HEPA filter to prevent inhalation of microscopic particulates.

If you have been exposed to possibly contaminated material, **be aware of the symptoms of HPS:**

Fatigue, fever, muscle aches (especially in the shoulders, back, hips and thighs), headaches, dizziness, chills, nausea, vomiting, diarrhea and abdominal pain.

After about 4 to 10 days from the onset of symptoms, late symptoms may include coughing and/or shortness of breath which is caused by an increase of fluid in the lungs.

There is no specific “cure” for HPS, however it is important to seek medical attention early to help manage potentially dangerous symptoms such as severe respiratory distress.

Contact your primary care provider immediately and be sure to tell them you may have been exposed to materials contaminated by rodents.

For more information visit the CDPHE website at www.colorado.gov or the Centers for Disease Control and Prevention at www.cdc.gov.

June is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. During National Safety Month, we encourage you to learn more about important safety issues like prescription drug abuse; distracted driving; and slips, trips, and falls.

- **Prescription drug abuse:** Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.
- **Slips, trips, and falls:** One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.
- **Distracted driving:** Doing other activities while driving – like texting or eating – increases your chance of crashing. Almost 1 in 5 crashes (18%) that injured someone involved distracted driving.

Sun Safety

It’s summertime in South Park! Summer in the mountains brings several unique health challenges for locals and visitors alike such as increased risk of sunburn. According to the Sun Safety Alliance (www.sun-safety-alliance.org), UV exposure is greatest during the summer months (May – August) and is increased at higher altitudes. The World Health Organization (WHO)

reports UV radiation exposure increases about 4% for every 1,000 feet in altitude gain above sea level. Elevations in Park County range from 7,000– 14,000 feet but summer weather is often cool, which can be deceptive when preparing for sun exposure. The best ways to remain safe and healthy in the sun this summer are:

1. Use a broad spectrum sunscreen (protecting against both UVA and UVB rays) with SPF of 15 or higher;

2. Apply sunscreen at least 20 minutes before sun exposure and reapply every 2 hours or more frequently if you are sweating heavily or in water. Don’t forget your feet!;
3. Wear a wide-brimmed hat to protect your face, head, ears, and neck;
4. Wear sunglasses that provide protection from both UVA and UVB rays.

In the event of excess sun exposure, a mild to moderate burn

may be treated with pain relievers, cool baths or applying cool, wet cloths to the burned area. Stay hydrated by drinking plenty of water. It is important to seek medical attention for any of the following symptoms:



- Severe sunburn, including burns that produce blisters
- Sunburn with fever over 101 degrees
- Severe pain that lasts more than 48 hours



Rocky Mountain Rural Health

A 501c3 non-profit organization

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Our mission: **"To improve the physical and mental health of South Park Residents"**



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Rocky Mountain Rural Health

Rocky Mountain Rural Health is a non-profit organization dedicated to improving health care in South...

"Like" Rocky Mountain Rural Health on Facebook to follow us and receive information about health care in South Park!

"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT'S THE ONLY THING THAT EVER HAS."
-MARGARET MEAD

Rocky Mountain Rural Health is a 501c3 non-profit organization. Our funding comes primarily from grants, private donations and fund-raising. Without volunteers we would be unable to offer programs like the 9Health Fair and to host events like the annual Barn Dance during Burro Days, our organization's largest fund-raising event every year. **Call us at 719-836-2169 if you are interested in volunteering!**



Spotlight on...Health Insurance

One of the provisions of the Affordable Care Act signed into law in 2010 seeks to reduce the number of uninsured individuals and families in the US by expanding eligibility to Medicaid and providing financial assistance to help those not provided insurance by their employer purchase private health insurance policies.

Colorado Medicaid is public health insurance for low-income Coloradans including families, children, pregnant women, the elderly, people with disabilities and adults without dependent children. Beginning in January 2014, more Coloradans became eligible for Medicaid when the income level was raised from 100% to 138% of the Federal Poverty Level. This means an individual making approximately \$16,000/year or a family of 4 making \$32,900/year are eligible for Medicaid coverage. There are no restrictions as to time periods for Medicaid enrollment, eligible individuals may apply any time during the year.

Individuals, families and small business owners seeking to purchase private health insurance may do so through Colorado's health insurance marketplace Connect for Health Colorado. The Marketplace is a public, non-profit entity that was established to allow Coloradans to shop for health

Questions about the health care law? Need health insurance?

Get answers to questions:

- Do I have to purchase insurance?
- How much will it cost?
- What do I do if I can't afford the monthly premiums?
- How do I shop for a plan?
- I own a small business. Am I required to buy health insurance for my employees?

A FREE service provided by:



For more info:

VISIT **OR** CALL 719-836-2169

insurance and apply for financial assistance online. Connect for Health also maintains an Assistance Network made up of over 50 trusted community organizations statewide.

Rocky Mountain Rural Health is a certified Assistance Site in Park County and employs a certified Health Coverage Guide to provide **free** assistance to Park County residents purchasing health insurance through the Marketplace. Health Coverage Guides are responsible for educating customers about available coverage options, tax credits and cost sharing programs - and how to prioritize, filter and sort options to meet their unique health insurance needs. Enrollment in private health insurance is restricted to specified "Open Enrollment"

periods unless an individual/family has experienced a "Life Change Event". Open enrollment is currently closed, however Coloradans with special circumstances can still buy health insurance right now.

If you just moved to Colorado, recently lost health insurance from an employer or through programs such as Medicaid, or you are no longer eligible to be on your parent's plan, you can enroll and apply for tax credits now. The next Open Enrollment period for coverage effective January 1, 2015 will begin in November, 2014. Contact Rocky Mountain Rural Health at 719-836-2169 to make an appointment with the certified Health Coverage Guide to discuss your insurance options.

Rocky Mountain Rural Health presents an Old Fashioned

BBQ & Barn Dance

A Burro Days Tradition for the whole family!

Saturday, July 26, 2014

**American Legion Hut
6th & Clark, Fairplay**

**Adults \$15
Couples \$25
Kids (6-14) \$8
Under 5 - FREE
Dinner at 5:00 PM
Dance at 6:30 PM**

BBQ Beef Brisket * Baked Beans * Coleslaw * Chips * Dessert * Drinks

**Local Musicians
Randy & Carole Barnes
"Enchanted Strings"**

**Proceeds benefit
Rocky Mountain Rural Health**

