

ROCKY MOUNTAIN RURAL HEALTH
 PO BOX 1600
 FAIRPLAY, CO 80440

FIND US AT:
 525 Hathaway Street, 2nd Floor
 Fairplay, CO 80440
 www.rmrh.org

CONTACT US AT:
 Phone: 719-836-2169
 Fax: 719-836-2375
 Email: info@rmrh.org



Nonprofit
 U.S. Postage
 Paid
 Permit #16
 Fairplay, CO

ROCKY MOUNTAIN RURAL HEALTH
 PRESENTS ~

FIRST QUARTER 2016
 JANUARY TO MARCH

Health Matters

The Affordable Care Act and You

The Affordable Care Act was signed into law in March 2010 and with it came a whole bunch of questions....

What type of assistance am I eligible for? To find out what type of assistance you qualify for you must sign up through the marketplace known as Connect for Health Colorado (www.connectforhealthcolorado.com or 855-752-6749) and enter information pertaining to you and your tax household.

When can I sign up for health insurance? Open enrollment is only three months a year, November, December and January. If you do not purchase insurance during open enrollment you may not be able to purchase it at all until the next open enrollment period.

What if I have to change insurance? There are only five events that allow a person to change their insurance. These are called qualified Life Change Events (LCEs) and this opens a 60 day Special Enrollment Period (SEP). These LCEs are:

- Moving to a new state *
- Loss of minimum essential coverage *
- Marriage/Divorce *
- Birth/Adoption/Placement of child *
- Change in American Indian/Alaska Native status

If you need assistance with getting or changing your health insurance, Rocky Mountain Rural Health is here to help. RMRH has two certified Health Coverage Guides to assist with your insurance needs. Please call 719-836-2169 for an appointment. This service is free to Park County residents and is supported by a grant from Connect for Health Colorado.

Rocky Mountain Rural Health will be coming to a venue near you! Drop by, say hello and bring your questions about healthcare coverage, Medicaid, non-emergency medical transportation, breast health, services for the disabled. See the complete schedule at www.rmrh.org. Outreach events are all weather and road conditions permitting!



Outreach Event in Alma

Park County Mental Health Alliance: Addressing a Critical Need in Park County

The first meeting of the new Park County Mental Health Alliance was held in Fairplay in December. The major order of business was to identify goals for the organization. These include gathering data on the mental health needs of the county, identifying gaps in needed services and working on solutions to improve services as well as to educate Alliance members and the community about mental illness.

A number of assets were also identified: 1. There is a statewide mental health hotline available 24/7 providing crisis counseling and resource referral from trained professionals and peer specialists. The toll free number is 844-493-TALK (8255). 2. There is a suicide prevention hotline. The toll free number is 1-800-273-TALK (8255). 3. Mental Health First Aid training is available. The Park County contact person is Patty Lucy at 303-816-5915 or plucy@parkco.us.

You are invited to join the Park County Mental Health Alliance. Meetings are held once a month on the third Wednesday at 1:00PM. Locations are Alma, Bailey, Fairplay, Guffey, Hartsel and Lake George. Check 'Community Corner' in the *Flume* or contact Alliance coordinator, Karen Quiring at kquiring@hotmail.com.

Facing a MENTAL HEALTH CRISIS?
 Call TOLL FREE 1-844-493-TALK (8255).
 Trained Professionals and Peer Specialists
 are available to help 24/7.

**SUICIDE PREVENTION
 HOTLINE**
 1-800-273-TALK (8255)

**To learn more about Mental
 Health First Aid, contact Pat-
 ty Lucy at plucy@parkco.us.**



Community Christmas Dinner 2015 Sponsored by RMRH

Rocky Mountain Rural Health is dedicated to improving access to healthcare in Park County. People in our medically underserved communities face many barriers to accessing healthcare. RMRH offers assistance to overcome these challenges through a variety of programs. Please consider making a donation to help us help others. THANK YOU VERY MUCH!

Please use my contribution for the following:

- TRANSPORTATION— help someone housebound get to the doctor \$_____
- BREAST CANCER—help a wife, mother, sister, friend with diagnosis and/or treatment \$_____
- EMERGENCY ASSISTANCE—help a family going through a medical crisis \$_____
- GENERAL OPERATIONS—help us to serve Park County residents \$_____

Your Name: _____
 Your Address: _____
 City/State/Zip: _____

Mail your check to:
 ROCKY MOUNTAIN RURAL HEALTH
 PO BOX 1600
 FAIRPLAY, CO 80440

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 nonprofit organization. Your donation is tax deductible to the full amount allowed by law. If you designate a particular fund for your contribution, 100% of the donation goes to that fund.

Flu Season is Here - Did You Get Your Flu Shot?

Is it a cold or is it the flu?

The following information from the Center for Disease Control (CDC) will help you tell the difference.

The common cold can be caused by one of more than 200 different viruses. There are no antibiotics for colds. Treatment is for the symptoms such as nasal decongestants, fever reducers and cough medicine.

Flu is caused by various strains of the influenza virus.

Most cases of the flu are also treated for symptoms only. However, the CDC recommends that certain high risk groups should receive anti-viral therapy. This includes those under two years old or over 65, pregnant women, those who are immunosuppressed or have chronic illnesses (heart or lung disease, diabetes, liver disease, cancer, organ transplants, etc.). Treat-

ment can also be considered for otherwise healthy persons if it can be started within 48 hours of symptom onset.



Flu shots are available at Park County Public Health office. People insured by CHP, Rocky Mountain Health Plan, Medicare or Medicaid can get the shot for no co-pay (FREE!) Those who are privately insured can get their shot for \$20. Call 719-836-4161 to schedule an appointment.

The best protection against influenza is the flu shot. It is not too late to get one for this flu season.

COLD VS. FLU

SYMPTOMS	COLD	FLU
FEVER	Low or None	Frequently over 100°
HEADACHE	Sometimes	Common
RUNNY/STUFFY NOSE	Frequent	Sometimes
SNEEZING	Frequent	Sometimes
COUGH	Mild, Dry	Common and frequently productive
ACHES & PAINS	Mild	Often severe
FATIGUE	Mild	Exhaustion: can last 2-3 weeks
SORE THROAT	Frequent	Occasionally



TREATMENT for a COLD: Over the counter decongestants and pain/fever reducer medicines.

TREATMENT for the FLU: Same as for cold symptoms. Prescription anti-viral medication for high risk patients (SEE ABOVE).

PREVENTION for a COLD: Wash hands often; Avoid close contact with anyone with a cold.

PREVENTION for the FLU: Wash hands often; Avoid close contact with anyone who has flu symptoms; **GET THE ANNUAL FLU VACCINE.**

OVER THE COUNTER COUGH AND COLD MEDICINES SHOULD NOT BE GIVEN TO YOUNG CHILDREN

January is Radon Action Month

WHY SHOULD YOU CARE ABOUT RADON?

Radon is a cancer-causing radioactive gas. It is the #1 cause of lung cancer in non-smokers. Radon has been found in homes all over the United States.

Colorado is Zone 1—the highest levels of radon gas.

Testing is the only way to know your home's radon levels.

You cannot see, smell or taste radon. It is a naturally occurring radioactive

gas that comes from the natural breakdown of uranium. The United States Environmental Protection Agency, Surgeon General, American Lung Association, American Medical Association and National Safety Council all recommend testing your home for radon.

You can do a simple radon test yourself in your home. If the test shows high radon levels that need to be reduced, con-

tact the Park County Environmental Health office at 719-836-4290. They can help you find a contractor to install a radon reduction system.



The average national radon level is 1.3 pCi/L.

The average indoor radon levels of Park County as determined by radon test results from Air_Chek, Inc., is 9.3 pCi/L.



Radon Facts

- ⇒ #1 cause of lung cancer among non-smokers
- ⇒ #2 cause of lung cancer overall
- ⇒ United States Environmental Protection Agency says to fix radon levels greater than 4 pCi/L (picocuries per liter).
- ⇒ Radon is radioactive, invisible, odorless and tasteless
- ⇒ It is heavier than normal air. It tends to be at higher levels in your basement.
- ⇒ Radon exposure can be prevented.

The U.S. Surgeon General Health Advisory

"Indoor radon gas is the second-leading cause of lung cancer in the United States and breathing it over prolonged periods can present a significant health risk to families all over the country. It's important to know that this threat is completely preventable. Radon can be detected with a simple test and fixed through well-established venting techniques." January 2005

RADON TEST KITS ARE AVAILABLE **FREE** FROM PARK COUNTY ENVIRONMENTAL HEALTH OFFICE. CALL 719-836-4290

What is pCi/L?

It stands for picocuries per liter.

What does it mean?

It is a unit of measure used to express the results of radioactivity tests in air and water.

