

Public Health News

January is National Radon Action Month

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HEALTH
DEPARTMENT

San Juan Basin Health

Department
www.sjbhd.org

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Inside this Issue:
Radon Presentations
Distracted Driving Grant
Reproductive Health Svcs
Expanded hours and
Next Day Scheduling
Lasso Tobacco Coalition
Meets January 19
Food Safety Class Jan. 25
Free Adult Immunizations
Senior Health Screenings



THE BROWN FAMILY IS GOING GREEN

Living green starts from the ground up. So make sure the air in your home is healthy for your children to breathe. Preserve your family's health and well-being. Test your home for radon and build radon-resistant. It's easy.

Just call **866-730-green** or visit www.epa.gov/radon

living HEALTHY &
GREEN

FREE RADON PRESENTATIONS

January is National Radon Action Month! It's a great time to test your home for radon, an odorless gas that is the second leading cause of lung cancer. Learn how to protect your home and family at one of our free one hour workshops on how to test for radon and easy actions to take if you find unsafe levels. Participants get a free test kit!

For dates and locations throughout La Plata County, visit sjbhd.org/radon-workshops or call 247-5702. It takes just one hour, one test to have peace of mind. Sponsored by San Juan Basin Health Department and Colorado State Extension Office.

Happy 2011 We can help with goals to get healthier this new year, including offering free Quit Tobacco kits. Check out our programs and services at: www.sjbhd.org.



Grant Received to Decrease Distracted Driving Locally

San Juan Basin Health's Injury Prevention Coalition has been awarded a \$4970 grant from CDOT for distracted driving community education and awareness.

The goals of the grant are to: decrease distracted driving among adolescent and adult drivers in La Plata county by increasing community awareness through media and providing tangible reminders to drivers to reduce inattentive driving. Please contact Pattie Adler at 335-2047 or padler@sjbhd.org for more information or to schedule a presentation.



Pagosa's Nurturing Parenting Program Awarded Grant

San Juan Basin Health's Nurturing Parenting program in Archuleta County received a \$25,000 grant from the Temple Hoyne Buell Foundation to continue its work in 2011 educating parents in the prevention of child abuse and neglect. For more information, contact Lily at 264-2409, ext. 214.



Lasso Tobacco Coalition Meets January 19

The public is welcome to attend the next Lasso Tobacco Coalition meeting on Wednesday, January 19th at 11:30 in San Juan Basin Health's main conference room. There will be a presentation assessing the Clean Indoor Air Act in our community. Lunch is provided. RSVP to Char at 335-2048.



Reproductive Health Services Expands Days

San Juan Basin Health Department's Reproductive Health Services is starting 2011 with new expanded hours and easier, more convenient appointments. **Individuals can call and be seen the next day.** Appointments are now available Tuesdays thru Fridays.

San Juan Basin Health offers services for men and women including: birth control, STD testing, gynecological exams, and reproductive health counseling. Call 335-2013 for an appointment the next day.

Pagosa Springs' office offers appointments on Thursday and Fridays. Please call on a Wednesday or Thursday to see our nurse practitioner the following day. Call 264-2409 ext 0 to schedule your appointment.

Learn more about our services at: sjbhd.org/reproductive-health.



Food Protection Class - January 25

There will be a Food Safety class on Tuesday, January 25 from 8 a.m. to noon at San Juan Basin Health's training room. This class is designed for food service employees and as a refresher class for managers. Certificates issued based on demonstration of knowledge. The cost is \$40. For more information or to register, please call Marian at 335-2075. For a full list of Food Safety classes offered in 2011, visit: sjbhd.org/food-safety-trainings.

Board of Health Meets February 3

The next Board of Health meeting will take place on Thursday, February 3rd at 2 p.m. at San Juan Basin Health Department's Durango office, 281 Sawyer Drive in Bodo Park. The public is welcome to attend.



Adults Need Immunizations Too!

Free Shot in the Arm for Adults Continues

Find Out What Immunizations You Need...call your doctor or us and/or Click to TAKE A SHORT QUIZ



Adults can get FREE shots at San Juan Basin Health Department: pneumonia, Tdap which is the Tetanus, diphtheria, and Pertussis (whooping cough) booster, chicken pox, MMR, meningitis, and Hepatitis A & B combo shot. Call 247-5702 for an appointment in La Plata County or 264-2409, ext. 213 in Archuleta County. Adult pneumonia shots are recommended for people over age 18 with underlying health conditions and for smokers. These free vaccinations are made possible through a grant from the American Recovery and Reinvestment Act. For more information, visit www.sjbhd.org/immunizations.

Meningitis Boosters Recommended

A serious outbreak of Meningococcal Meningitis occurred in Larimar County last year. There were 7 diagnosed cases and 4 deaths due to the disease. Mass vaccine clinics were held there this past November with over 10,000 individuals getting vaccinated. The Meningitis vaccine is currently recommended for children 11 years old and above. The Centers for Disease Control (CDC) is now **recommending a booster dose 5 years after the initial dose to ensure optimal protection.**

Free Screenings for Seniors



The Senior Outreach program nurse tests blood pressure, temperature, heart rate, oxygen level, and blood glucose level. Anyone 60 years or older can receive a free nursing visit at home by calling the Senior Outreach at 749-4007. All screenings take place from 11 a.m. to 12 noon.

Bayfield at the Pine River Valley Senior Center:
First Friday of each month (January 7, February 4)

Durango at the La Plata County Senior Center:
Second Thursday of each month (January 13, February 10)

Ignacio at the Ignacio Senior Center:
Third Thursday of each month (January 20, February 17)

Employment Opportunities

Please check our website www.sjbhd.org for the most current employment opportunities. Just click on employment in the top menu.

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VISIT US ONLINE : www.sjbhd.org

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Prevent. Promote. Protect.