

# Health

## Hospitals

- SLV Regional Medical Center, 106 Blanca Avenue, Alamosa .....719 589-2511
- Rio Grande Hospital, 1280 Grande Avenue, Del Norte .....719 657-2510
- Conejos County Hospital, 19021 US Hwy 285, La Jara .....719 274-5121

## Health Care

- Saguache Clinic, Matt Burkely, MD 405 Denver Ave, Saguache .....719 655-2531
- First Care, 186 N Hurt, Center .....719 754-2778
- First Care, 545 Moffat Way, Moffat .....719 256-4025
- Child Health Plan Plus (CHP+) .....800 359-1001
- Rio Grande Medical, Center .....719 852-2512
- Valley Wide Health Services, Moffat Family Clinic .....719 256 4025
- Valley Wide Health Services, 240 Fifth Street, Center .....719 754-2778
- Social Security Administration .....800 772-1213
- Sudden Infant Death Syndrome - National Center .....703 821-8955
- Well Child, PO Box 336, Center .....719 754-2773
- Planned Parenthood, 1560 12th Street #7, Alamosa, CO 81101 .....719 589-4906
- SLV Medical PC, 2115 Stuart Street, Alamosa, CO 81101 .....719 589-3000
- SLV Women’s Resource Center, 1560 W. 12th St., Suite F, Alamosa, CO .....719 589-6698
- Hotline .....719 589-6699

## Mental Health

- SLV Comprehensive Mental Health Center, 1015 Fourth Street, Alamosa ...719 589-3671
- Emergency Mental Health Services,  
SLV Mental Health Center .....Weekdays (24 Hour Emergency)...719 589-3671  
Weekends.....719 589-5133
- SLV Women’s Resource Center .....719 589-6699

## Public Health

- Public Health Nursing Services, PO Box 336, Center, CO 81125 .....719 754-2773

## Dental

- Valley-Wide Health Services .....719 754-2778

## Disability

- Blue Peaks Developmental Services, 4th Street, Alamosa, CO 81101 .....719 589-5135
- Equipment Library .....719 589-8773 or 719 589-5846

## Managed Care

Crossroads Managed Care Systems, Inc. ....719 754-2243  
387 S. Broadway, Center, CO 81125

## Medical Equipment

La Jara Pharmaceutical, 412 Main Street, La Jara, CO 81140 .....719 274-5109  
Apria Healthcare, 455 Poncha Avenue, Alamosa, CO 81101 .....719 589-2551  
Industrial Gas Products, 2431 Main Street #12, Alamosa, CO 81101 .....719 589-5818  
Intermountain First Aid & Safety, 350 S. Worth St. • Center, CO 81125.....719 754-2373

## Home Care

At Home Health Care, 240 Craft Drive, Alamosa, CO 81101 .....719 589-6425  
Saguache County Public Health, 220 South Worth Street, Center .....719 754-2773

## Hospice

Hospice del Valle, 617 6th Street #101, Alamosa, CO 81101 .....719 589-9019  
Care of the terminally ill; accept medicare and medicaid.

## Pharmacies

(See Business Directory - Stewart Pharmacy.)

## Physical Therapy

Valley Therapy Services, 1991 Carroll, Alamosa, Co 81101 .....719 589-8448

## Massage Therapy

(See Business Directory, Massage)

## Other Services

AIDS Hotline .....800 342-AIDS  
Alamosa Volunteer Search & Rescue .....719 589-5807  
Alcoholics Anonymous .....719 852-0229  
Cocaine Hotline .....800 262-2463  
Colorado State Blind and Deaf Services .....719 589-3660  
Colorado State Patrol .....719 589-2503  
Crime Stoppers .....719 589-4111  
La Puente Care Facility .....719 589-5909  
Missing Children's Network .....800 235-3535  
Poison Control Center .....800 332-3037  
SLV American Red Cross .....719 852-5706  
Tu Casa, Inc. 24-Hour Hotline, Emergency - call collect .....719 589-2465

# Colorado Diseases

## Hantavirus

Hantavirus is a family of disease causing viruses that occur naturally in mice and other rodents. In humans, the Hantavirus Pulmonary Syndrome, (HPS), is a rare disease that eventually affects the respiratory system. In Colorado, the deer mouse is the primary carrier but not all deer mice carry the virus. People may become infected after direct contact with nests, urine or feces, especially if someone touches those items with their hand, and touches their face, particularly the nose or mouth. If bitten, the virus can also be spread throughout the infected mouse's saliva.

Symptoms are much like the flu and include fever, chills and severe muscle pain, especially in the lower back and legs. In the last stages of the disease, the lungs fill with fluid, making it difficult to breathe. When these symptoms occur within eight weeks of contact with large amounts of mice droppings, or nests, it is important that a physician be contacted immediately.

DO NOT SWEEP/DRY VAC RODENT DROPPINGS. Spray droppings, nest, materials and carcasses with disinfectant and let soak 5-10 minutes before cleaning up with a mop, sponge or wet-vacuum. A solution of one-cup bleach to one-gallon water works well. Wear rubber gloves. Dispose of dead mouse or contaminated materials, disinfect as described, seal in a plastic bag and place in an outdoor trash can.

### **For more information:**

Colorado Department of Public Health, Communicable Disease Epidemiology  
4300 Cherry Creek Dr, South, Denver, CO 80243-1530, 303 692-2770

For Hanta virus Protection Supplies - See Business Directory - Intermountain First Aid & Safety

## Lyme disease

Lyme disease is an infection caused by the bacteria that is transmitted by the bite of deer and/or western black-legged ticks. The deer tick is usually in the Northeastern or North-central U.S. The Western black-legged tick is usually found near the Pacific Coast.

In their larval or nymphal stages, the ticks are not much larger than a pin head. Adult ticks are slightly larger. Ticks feed on blood by inserting their mouth parts (not their whole bodies) into the skin of a host animal. They are slow feeders: a complete meal can take several days. As they feed, their bodies slowly enlarge.

Although the majority of cases reported are not in this area, Lyme disease is still a risk. Campers, hikers, outdoor workers and others may be exposed to infected ticks when frequenting wooded, brushy, and grassy places. People living in houses built in wooded areas where infected ticks are common may also be exposed to the bacteria that causes Lyme disease. The risk of exposure to ticks is greatest in the woods and in the edge area between lawns and woods, but ticks can also be carried by animals to lawns and gardens and into houses by pets.

Early symptoms and signs of Lyme Disease: fatigue, chills and fever, headache, muscle and joint pain, swollen lymph nodes, a characteristic skin rash, called erythema migrans.

Lyme disease can be treated effectively with antibiotics. If treated in the early stages of the disease recovery is usually rapid and complete. Most patients who are treated in later stages of the disease also respond well to antibiotics. A few patients who are treated for Lyme disease may have persistent or recurrent symptoms, and require additional antibiotic treatments.

For more information, please contact the Public Health Department or your doctor.

## **Bubonic Plague**

Plague is an infectious disease of animals and humans caused by a bacterium named *Yersinia Pestis*. People usually get plague from being bitten by a rodent's flea that is carrying the plague bacterium or by handling an infected animal. Modern antibiotics are effective against plague, but if an infected person is not treated promptly, the disease is likely to cause severe illness or death.

Most human cases in the U.S. occur in two regions:

- 1) Northern New Mexico, Northern Arizona and southern Colorado;
- 2) California, Southern Oregon and far western Nevada.

The main symptom of plague is tender swollen lymph glands (in the groin, armpit or neck). Other symptoms are fever, chills, cough and difficulty breathing. All cases need to be treated with hospitalization, isolation and antibiotic treatment.

It is impractical to try and eliminate wild rodents from the environment. Therefore, controlling rodents and their fleas around places where people live, work and play is very important in preventing human disease.

## **Alternative Health**

*(See Business Directory, Alternative Health.)*

## **Agencies**

**Saguache County Clinic 405 Denver Av., Saguache .....719 655-2531**  
**Saguache County DDS, Center .....719 754-0556**  
**US Medicare Claims .....800 332-6681**

**County Coroner: Tom Perrin**

## **Additional Sources of Information:**

SLV Human Services Resource Directory - SLV BOCS  
e.g. Colorado Hotline/Information Numbers  
e.g. Federal Information/Hotline Numbers

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