

Health and Wellness

The Fire departments job is to not only respond to emergencies but to also help prevent emergencies. This page is a work in progress and will be updated with health, wellness and injury prevention information.

New Mexico is currently in the middle of Influenza and Respiratory syncytial virus (RSV) season.

The New Mexico Department of Health tracks influenza activity you can reach their page via this link <http://nmhealth.org/about/erd/ideb/isp>

New Mexico Department of Health COVID-19 information page <http://cv.nmhealth.org/>

Centers For Disease Control and Prevention Influenza information

<http://www.cdc.gov/flu/index.htm>

Centers For Disease Control and Prevention Respiratory syncytial virus (RSV) information

<http://www.cdc.gov/rsv>

The Centers For Disease Control and Prevention has created a webpage to keep everyone up to date with **accurate** information on COVID-19 (Coronavirus 2019) .

<http://www.cdc.gov/coronavirus/2019-ncov/index.html>