

Happy December!

In the December update you will see the focus this month is Prevention. Sometimes the little things such as simply washing our hands can prevent the big things such as severe illness. This also is the beginning of the peak season for the flu. Consult with your medical provider about getting the flu shot. This is especially important for young children, our older population, and those with certain health conditions that make them more vulnerable to severe illness if they get the flu. We have the flu shot available here at the health department, and it is available in most pharmacies.

Have a wonderful Christmas Season!

I will contact you again in 2024!

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Marshall County Health Department

December 2023 Update

National Handwashing Awareness Week is observed the first week of December!



Handwashing is the #1 way to prevent spread of seasonal illnesses such as Influenza, Covid, and Norovirus!

Handwashing is the simplest method to protecting yourself from illness, as well as the most cost effective method!

DID YOU KNOW?

Florence Nightingale implemented hand hygiene practices in war hospitals which led to less soldiers having secondary infections!

20 Second Handwashing Songs:

B52- Loveshack
Neil Diamond- Sweet Caroline
Frozen- Let It Go!
Elton John- I'm Still Standing
Dolly Parton- Jolene
Britney Spears- Toxic

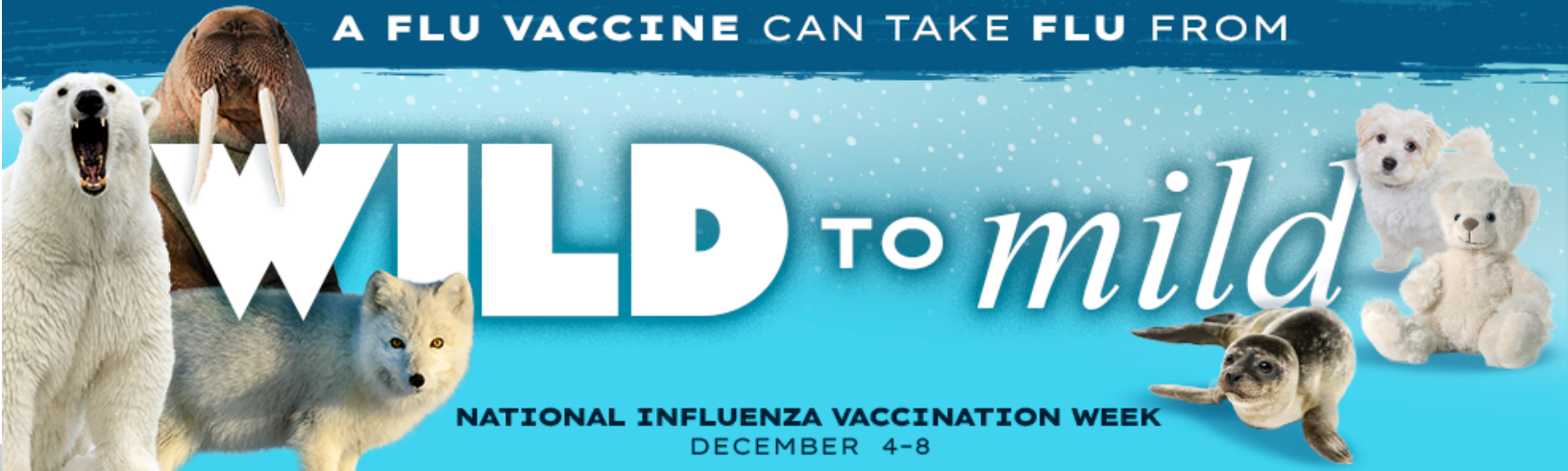


Washed 30 seconds with soapy water



Unwashed

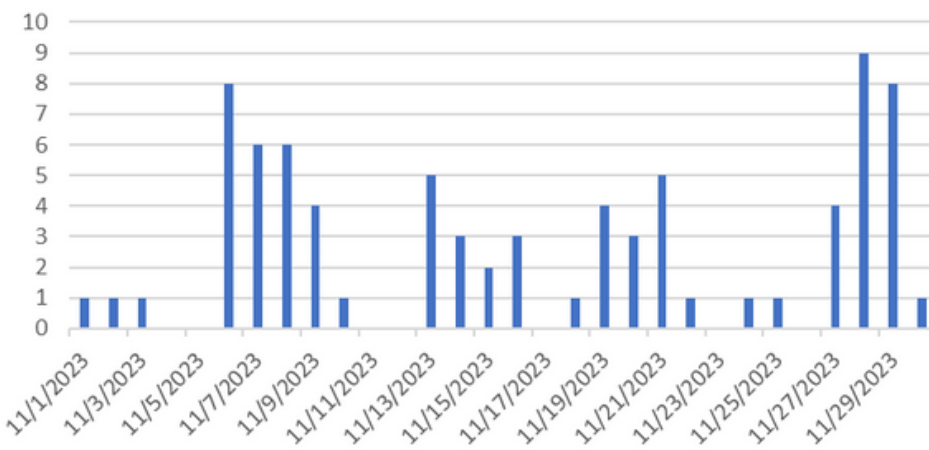
A FLU VACCINE CAN TAKE FLU FROM



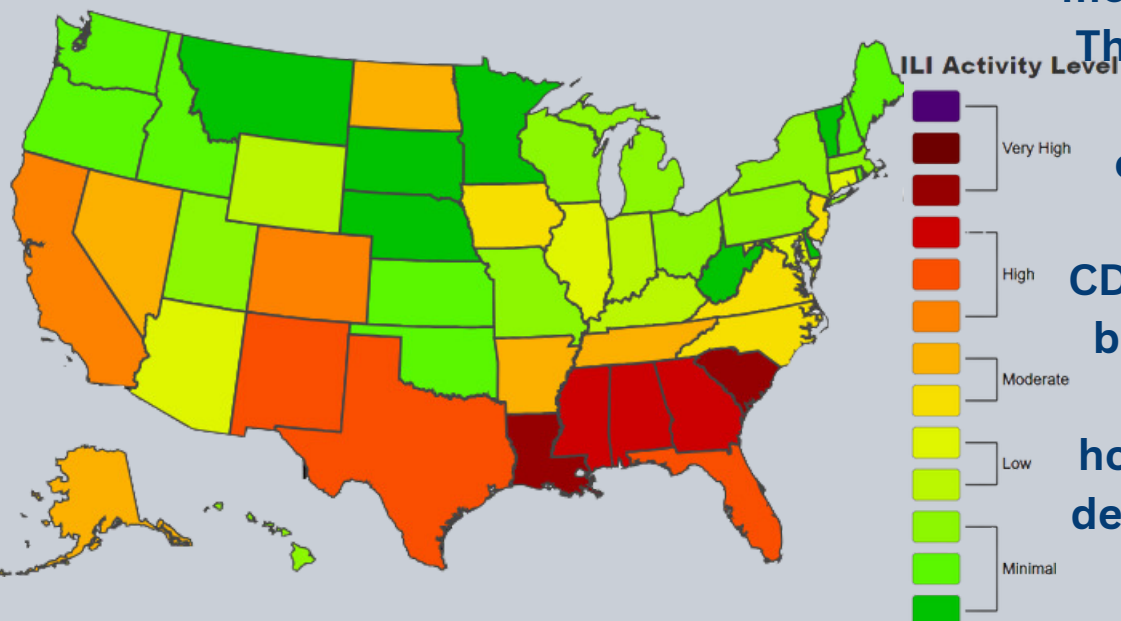
NATIONAL INFLUENZA VACCINATION WEEK
DECEMBER 4-8

Respiratory Illness

Marshall County Covid Cases, November
n=79



2023-24 Influenza Season Week 46
ending November 18, 2023



Statewide:
Covid-19 activity is
MODERATE.

Influenza and RSV activity is
LOW but **INCREASING.**

Hospitalizations for Covid-19,
Influenza and RSV are
INCREASING.
(Data is as of November 30, 2023)

Seasonal Influenza activity
continues to increase in
most parts of the country.
The number of weekly flu
hospital admissions
continues to increase
nationwide.

CDC estimates there have
been at least 1.2 million
illnesses, 12,000
hospitalizations, and 740
deaths from flu so far this
season.

For any questions, please call the Marshall County Health Department at 270-527-1496.