



3-1-24

Happy March!

Please see the attached Community Update for Marshall County prepared by our own Blake Johnson, Regional Epidemiologist! Thank you Blake!

March is Colorectal Awareness Month! We encourage all to wear blue tomorrow in support of this important issue. Early detection and treatment is key to a long healthy life! Please note important information regarding other important subjects recognized in the month of March.

Measles is on the rise in the U.S. While we have not yet had any reported cases in Kentucky, we wanted to make you aware of what is on the horizon. The best prevention is the MMR vaccination.

Marshall county as well as all of Kentucky is experiencing high levels of influenza and high levels of hospitalizations due to respiratory illnesses.

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MARSHALL COUNTY HEALTH DEPARTMENT

➤➤➤ MARCH 2024 UPDATE



Colorectal Awareness Month

MARCH 1 - WEAR BLUE FOR COLORECTAL AWARENESS

- In 2020, 2,279 new cases of colorectal cancer were diagnosed among men and women in Kentucky.
- Colon and rectal cancer is a leading cause of death in the United States. 9 out of 10 people whose colorectal cancers are found early have positive outcomes!
- Health experts recommend colorectal screening beginning at age 45. If you have Crohn's disease or ulcerative colitis, a family history of colorectal cancer or colorectal polyps, this could increase a person's risk of colorectal cancer.
- In this month of colorectal awareness, talk to your doctor about proactive steps to protect yourself!



MARCH IS KIDNEY AWARENESS MONTH!

- In 2020, 8,782 Kentuckians were living with end-stage renal disease.
6,363 depended on dialysis
2,419 had received kidney transplants
- Leading causes of kidney disease:
Diabetes
High Blood Pressure
- Kentucky is ranked 45 out of 50 for kidney health.
96% of people with early kidney disease do not know they have it because it usually has no symptoms until later stages.
Simple blood and urine tests can tell you how your kidneys are working!



ADDITIONAL MARCH AWARENESS EVENTS

- Cerebral Palsy Awareness
- Multiple Sclerosis Awareness
- Brain Injury Awareness
- Bleeding Disorder Awareness
- Self-Injury Awareness
- 3/21 World Down Syndrome Day
- 03/24 World Tuberculosis Day
- 03/26 Wear Purple for Epilepsy

The image shows the exterior of the Marshall County Health Department building. It is a two-story brick building with a prominent portico supported by several white columns. The words "MARSHALL COUNTY HEALTH DEPARTMENT" are inscribed on the pediment above the columns. The building is illuminated by warm lights, suggesting it might be dusk or dawn.

MARSHALL COUNTY HEALTH DEPARTMENT

>>> MARCH 2024 UPDATE

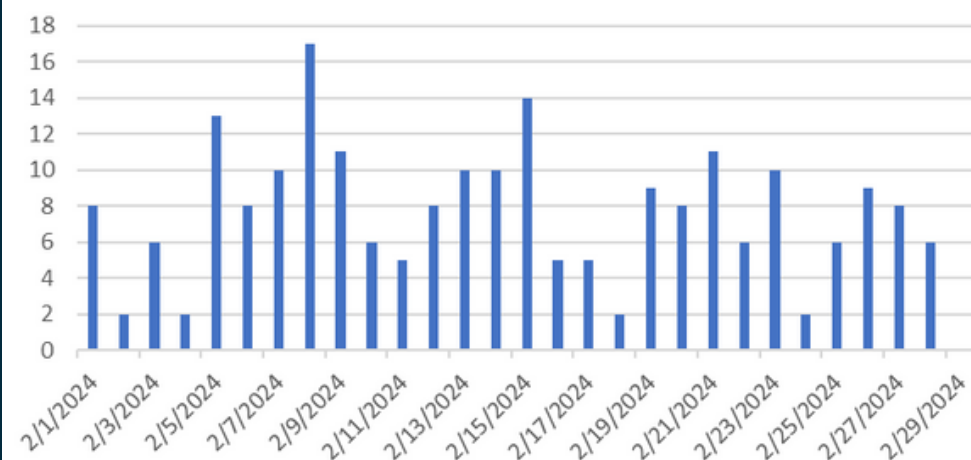
>>> MEASLES UPDATE

- >>> As of February 22, 2024, a total of 35 cases of Measles were reported by 15 jurisdictions: Arizona, California, Florida, Georgia, Indiana, Maryland, Minnesota, Missouri, New Jersey, New York City, Ohio, Pennsylvania, Virginia, and Washington.
- >>> Measles is a very contagious infectious that causes a total-body rash, fever, runny nose, and cough. Symptoms typically appear 7-14 days after exposure to an infected person. The best method to protect yourself against Measles is the MMR vaccine. This vaccine is a 2-dose series, typically given at 12-15 months and then 4-6 years old.
- >>> Check with your primary care or local health department for copies of your vaccine record or access the KYIR public portal by clicking [HERE](#).
If you do not have access to your vaccination record and are unsure if you've received an MMR series, talk to your primary care or local health department about testing for titers using a simple blood test.



RESPIRATORY UPDATE

Marshall County Covid Cases, February
n=217

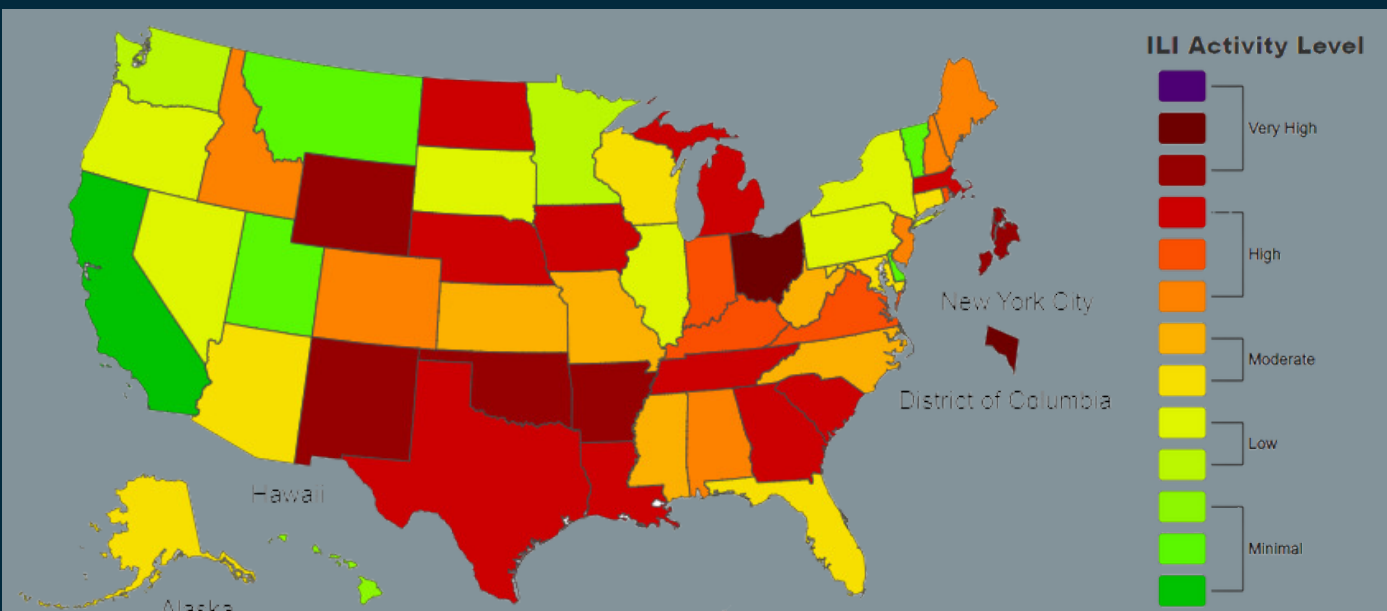


Statewide:

Respiratory virus activity for Influenza is **Elevated**.

Hospitalizations for respiratory illnesses is **HIGH**.

(Data is as of February 29, 2024)



FOR ANY QUESTIONS, PLEASE CALL THE MARSHALL COUNTY HEALTH DEPARTMENT AT 270-527-1496.