

From the Desk: Public Health Talk

with Anthony Maldonado, MPH

Hello colleagues and friends.

First, I want to say Happy Holiday Season. I hope you are able to take some time to spend with your families, friends, and loved ones. I am hopeful that we get some time to rest and rejuvenate so we can continue to do great work. This letter may be a bit shorter as most of it builds on last month's newsletter, and is an update on where we are in respiratory season.

Secondarily, respiratory season. Just a reminder that respiratory season typically refers to the three respiratory illnesses that are most common during this time which are, Influenza A/B (Flu), Respiratory Syncytial Virus Infection (RSV), and Coronavirus (COVID). The graph below from the Center for Disease Control and Prevention ([CDC](https://www.cdc.gov)), indicates the activity level of respiratory illness activity (RIA). The Washington State level of RIA is currently low/minimal.

