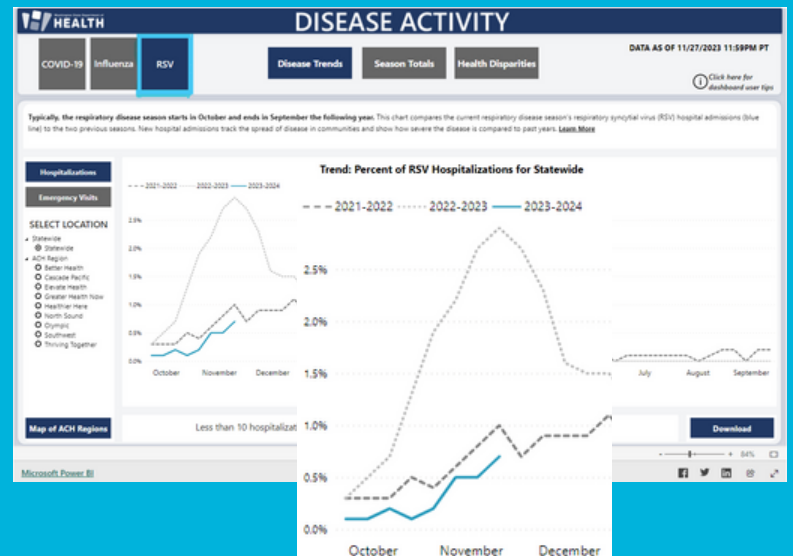
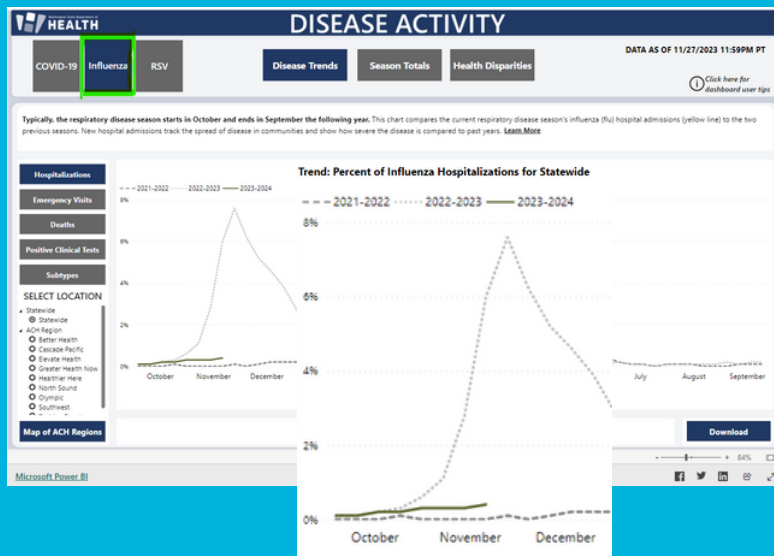


Current levels of respiratory illness are slowly picking up within our state. As people begin to gather for the holidays we expect to see an increase in RIA. The map above by the CDC will more than likely be mostly orange and red in the coming weeks, which will indicate that RIA has significantly increased across the nation, including here in Washington State. In Washington State we are seeing small increases in Flu and RSV, pictured below by Washington State Department of Health ([WA DOH](#)).



COVID is holding steady. At this time there is a variant of concern (JN.1) circulating in Europe which has come close to representing 50% of cases. Due to the current trends that are being observed by JN.1, it is expected to become the dominant variant. It takes several weeks, typically, before the United States experiences what is happening in Europe with respect to disease activity. Several models project in December we will see an increase in COVID due to the JN.1 variant. Some good news, the fall COVID vaccine does work against JN.1 to provide a level of protection.

Finally, there is still time to get vaccinated! I strongly encourage anyone who has not received a Flu, Covid or RSV shot (if you are eligible) to do so. You will help protect yourself from getting sick and serious illness. Vaccines are a line of defense to help keep ourselves and people around us healthy (especially during the holidays when we tend to gather more often).

If you are interested in subscribing to receive this monthly newsletter and have not already, please fill out this [google form](#). Additionally, feel free to provide any feedback you have or would like to [share here](#), including public health topics, format recommendations, or anything else top of mind.

From the Desk,  
Anthony Maldonado, MPH