

From the Desk: Public Health Talk

with Anthony Maldonado, MPH

Hello everyone!

First, I want to take a second to recognize it is still “National Hispanic Heritage month,” and celebrate all of our Hispanic friends, colleagues, and families. For the first iteration of this newsletter I will share its purpose. The purpose is to share evidence based public health information on a monthly basis. I also hope to get feedback throughout this process and improve this newsletter and the information to best suit the needs of the region. There is always a lot of information and disinformation being distributed and it is hard to keep up. My goal is to provide a space with the links and citations to reputable sources so trusted information is easy to find and share. That being said, this is October 2023's edition. I look forward to an exiting year and this journey!

Respiratory season is starting and here is what to expect. First, respiratory season refers to a time when viruses that cause respiratory disease are circulating more heavily in the community. In addition, the most common viruses to be circulating are FLU, RSV (Respiratory Syncytial Virus), and COVID-19 ([2023-2024 Respiratory Disease Season Outlook - Summary, 2023](#)).

There are several ways to protect yourself and your loved ones during respiratory season that are effective including; handwashing and cleaning, masks, physical spacing, vaccines, and improving air quality ([Protect Yourself From COVID-19, Flu, and RSV, n.d.](#)). Currently, the respiratory virus activity is low, but the expectation is for it to increase and the peak of respiratory season will be between November and December.

If you are interested in continuing to receive this monthly newsletter please fill out this [google form](#); Additionally, feel free to provide any feedback you have or would like to share [here](#).
