

# From the Desk: Public Health Talk

with Anthony Maldonado, MPH

Hello all,

First, I have an exciting new update, I am transitioning positions within the Educational Service District 105 agency which means this will be the last “From the Desk: Public Health Talk” and newsletter. Although this newsletter will stop for now, the agency is going to continue to support this public health role and if funding allows, eventually hire someone.

Enough about me and back to the good stuff. Legislative session is moving right along! For those of you who have been following this session the legislatures started out with thousands of bills. There have been several cut off’s which have killed many bills. Despite all the cut off’s there are still hundreds of bills being heard and moved through the legislature. With so little time left in this legislative session things are moving fast and legislatures are working tirelessly into the night. The session is scheduled to end on March 7th! To follow or track bills go to [leg.wa.gov](http://leg.wa.gov) and if you want to watch some debates/discussions on bills go to [twv.org](http://twv.org). Lastly, just want to encourage you all to follow the legislature each year as state policies will have a larger effect on your life 90% of the time compared to national policies.

Respiratory season! For a last newsletter, we are ending on a good note. Illness overall, is trending

down. We are observing less people being hospitalized or visiting the ER with COVID compared to last year (good news). We are observing our most common viruses trending down (Influenza, RSV, and Other-Figure 6) reported by the [Washington State Influenza Update](#). COVID cases are trending up compared to the rest of the illnesses but as mentioned we are seeing less people hospitalized and/or less people experiencing serious illness. We can continue to mitigate the spread of COVID by staying home when sick, testing when we have symptoms, and

making sure we stay up to date on vaccinations.

Lastly, I just want to thank you all for following along with me in this newsletter journey, where I am hopeful I was able to communicate effectively with you all! It has been a pleasure being a public health advocate in the role and I will continue to do public health work with the Student Support Department at ESD 105.

See you later,  
Anthony Maldonado, MPH

