

OCTOBER NEWSLETTER

Epidemiologist Monthly Updates + Public Health Happenings



Happy October, Southcoast Public Health Collaborative!

Spooky Month is here! This is what you can expect and prepare for this month in Public Health. There are multiple health awareness initiatives this month including National Breast Cancer Awareness Month, Health Literacy Month, and National Substance Abuse Prevention Month. We also have World Mental Health day on October 10th, Global Handwashing day on October 15th, and World Polio Day on October 24th.

Now is the time to start advocating for community members to get their Flu and COVID vaccine by the end of October to ensure they are protected during peak infection season time.

Eliana Singer, MPH- Epidemiologist

BREAST CANCER IN WOMEN

- The American Cancer Society estimates that in 2026, 321,910 new cases of invasive breast cancer will be diagnosed in women, and about 42,140 women will die from breast cancer.
- Breast Cancer usually occurs in middle-aged and older women. The median age at the time of breast cancer diagnosis is 63. About 1 in 10 women diagnosed with breast cancer are younger than 45.
- The average risk of a woman in the US of developing breast cancer in her life is about 13% or 1 in 8 women.



WORLD POLIO DAY

World Polio Day highlights the global efforts to end polio worldwide. Polio is caused by poliovirus.

The US achieved Polio-free status in 1979 and has sustained this status every year since. This day is vital to raise awareness of the importance of the Polio vaccination to protect children from this disease and to ensure a polio-free future for everyone.



BREAST CANCER STATISTICS



Estimated New Cases in 2026 321,910

% of All New Cancer Cases 15.2%

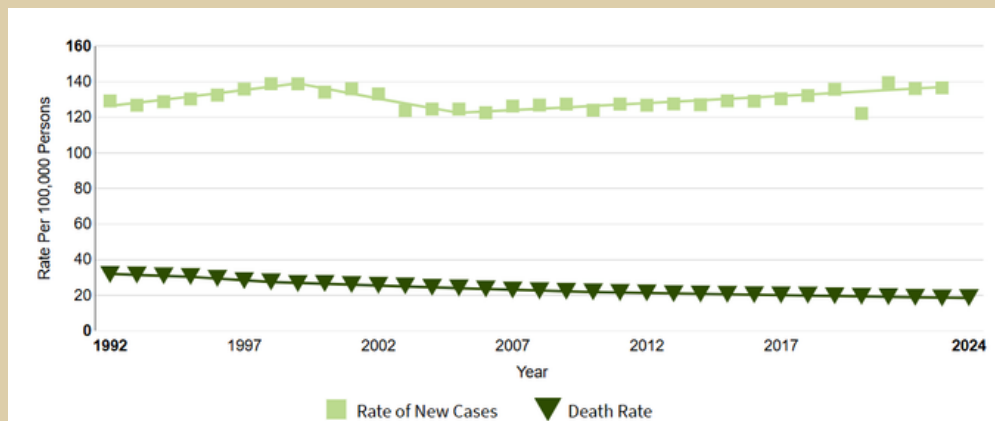
Estimated Deaths in 2026 42,140

% of All Cancer Deaths 6.7%

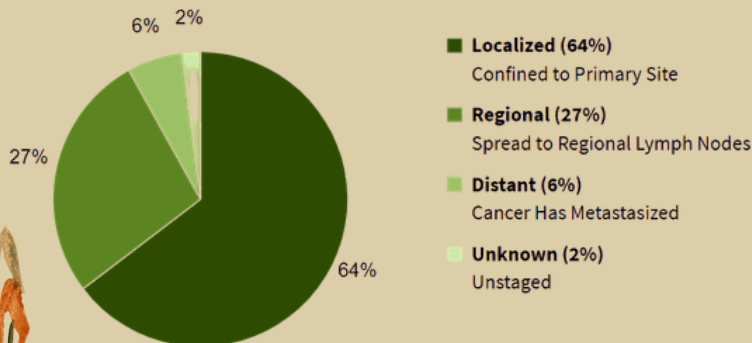
5-Year
Relative Survival

91.9%

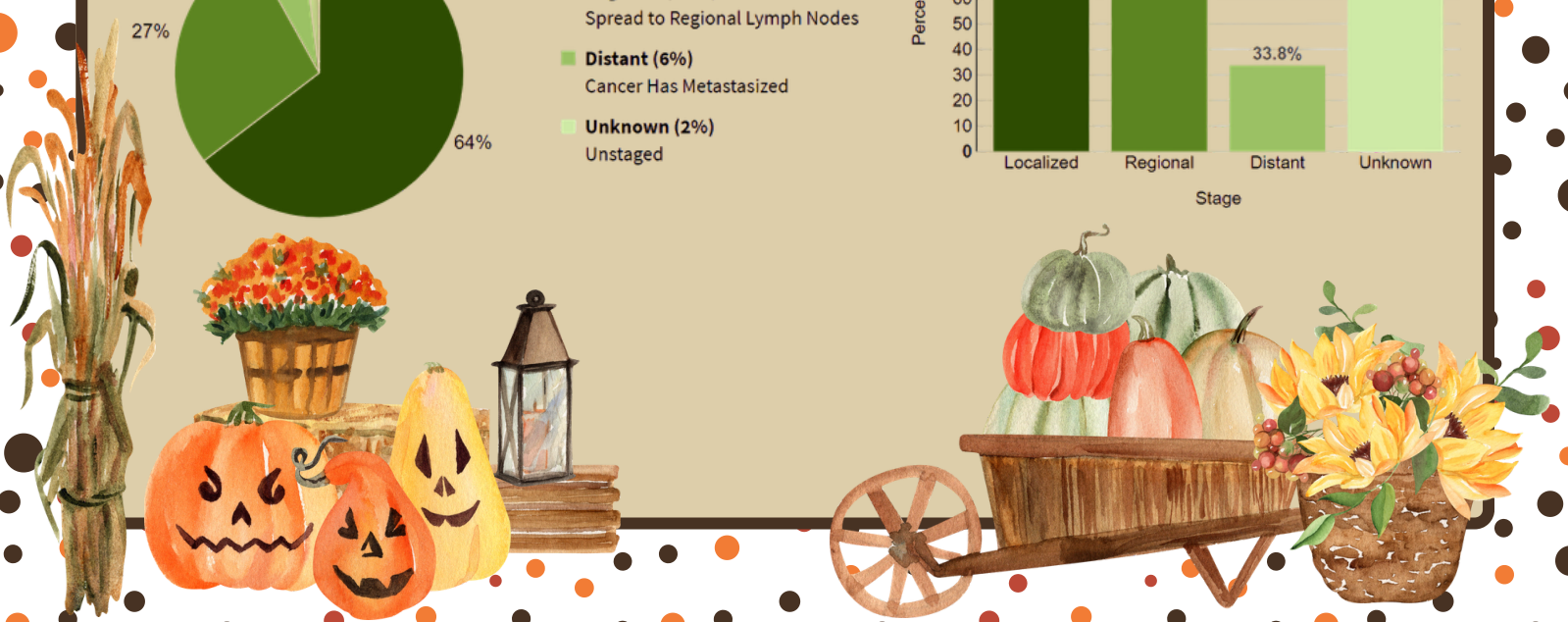
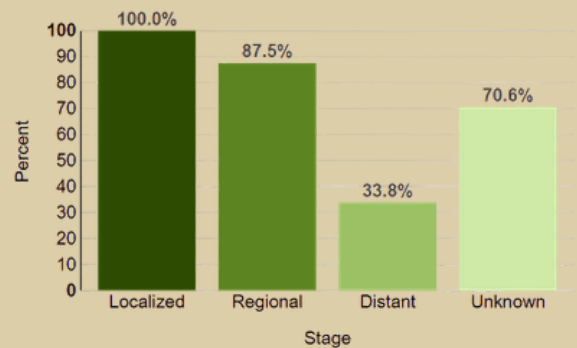
2016–2022



Percent of Cases by Stage

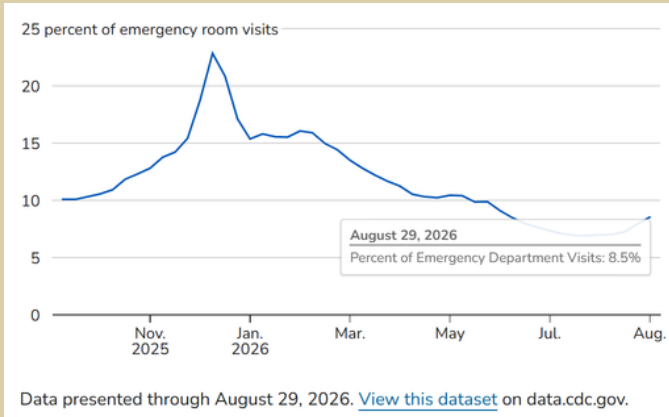


5-Year Relative Survival



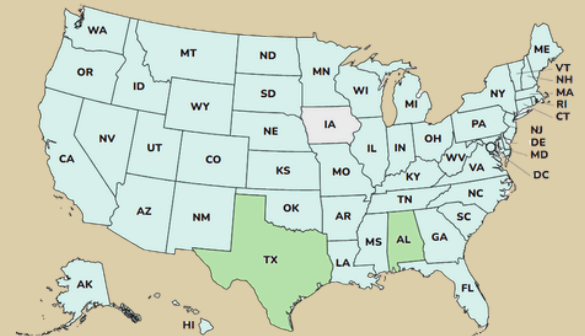
RESPIRATORY ILLNESS STATISTICS

AUGUST RESPIRATORY TREND

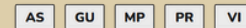


AUGUST RESPIRATORY MAP

Acute Respiratory Illness

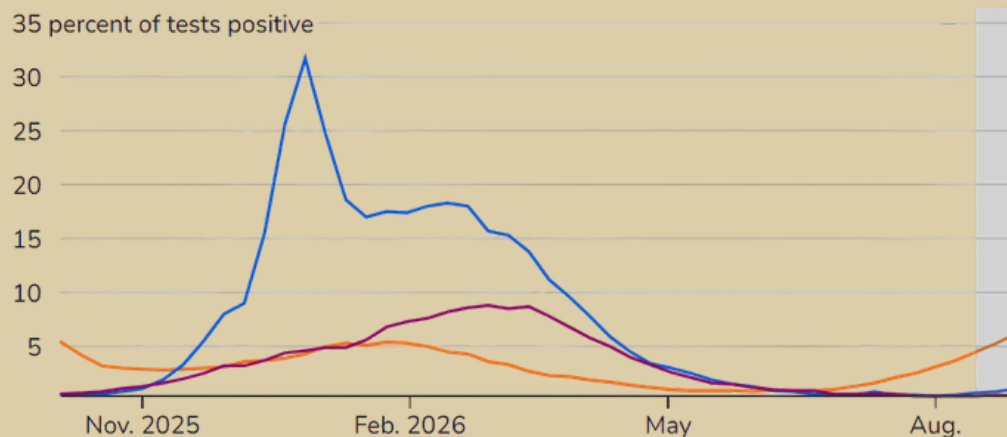


U.S. territories



% OF POSITIVE TEST FOR RESPIRATORY VIRUSES

COVID-19 Influenza RSV



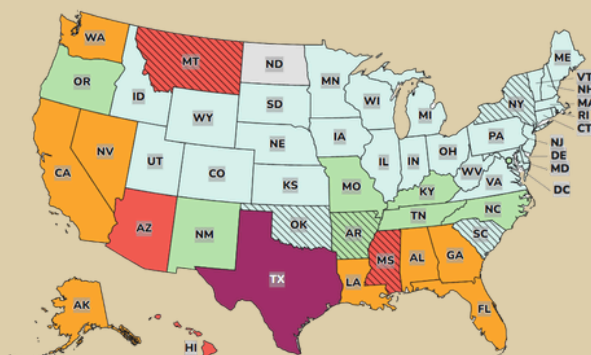
IN AUGUST, POSITIVE COVID-19 CASES SAW AN INCREASE WITH A SMALL INCREASE IN POSITIVE INFLUENZA CASES IN THE UNITED STATES

RESPIRATORY WASTEWATER STATISTICS

COVID-19 Wastewater Viral Activity Level



⊘ Limited Coverage



U.S. territories

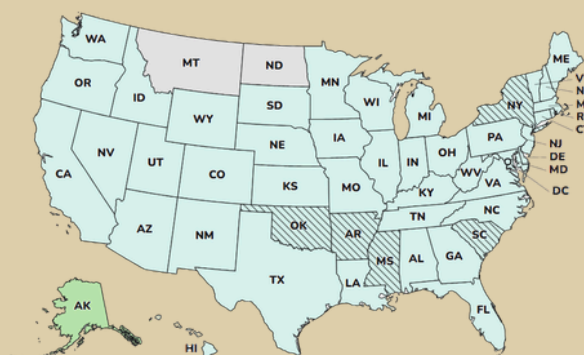
GU VI

Data presented through August 29, 2026. [View this dataset](#) on data.cdc.gov.

Influenza A Wastewater Viral Activity Level



⊘ Limited Coverage



U.S. territories

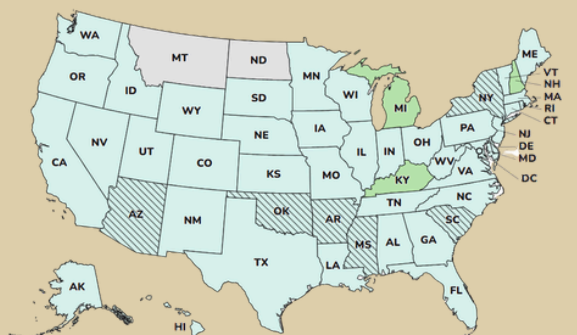
GU VI

Data presented through August 29, 2026. [View this dataset](#) on data.cdc.gov.

RSV Wastewater Viral Activity Level



⊘ Limited Coverage



U.S. territories

GU VI

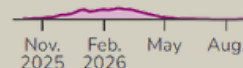
Data presented through August 29, 2026. [View this dataset](#) on data.cdc.gov.

EMERGENCY DEPARTMENT VISITS IN UNITED STATES

RSV

10% of visits

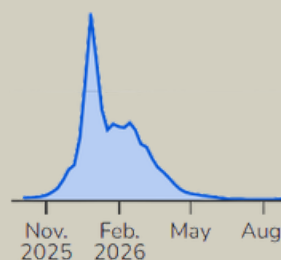
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Influenza

10% of visits

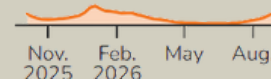
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COVID-19

10% of visits

5





Fall is Fully Here!



October 2026

Eliana Singer, MPH- Epidemiologist

The Busiest Time of the Year is Here!

I know this time of year can be extremely busy, overwhelming, and tiring. Take this as your reminder to also rest and take care of yourself!

Your Fall Bucket List

Apple picking, Carve a pumpkin, bake a fall treat, take a scenic drive, try a new fall recipe, or visit a corn maze!

Halloween Safety

This is a good time to refresh Halloween safety with kids. This includes walk safety, costumes with reflective tape, driving extra safe in residential areas, and using face paint instead of masks.

Community & Fall Festivities

10/6/26 - [Freetown Flu Clinic](#)

10/8/26 - [Marion Flu Clinics](#)

10/14/26 - [Westport COA Flu clinic](#)

10/20/26 - [Westport BOH Flu clinic](#)



Contact me!

If you have any questions or concerns, feel free to email me at singere@westport-ma.gov

