November Newsletter



November 2026 (Turkey Month!)

Eliana Singer, MPH
Shared Services Epidemiologist



Southcoast Public Health Collaborative

Hello Fall

Fall is here, and what a wonderful time of year it is! Now is the time to get your FLU and COVID vaccines before peak season starts so you are protected. It takes about two weeks after being vaccinated before it is in full effect!

Stay healthy

Public Health News



October 6th
Kenya confirms first imported Bundibugyo Ebola Case from a travelor who became ill while living in the Congo.



October 5th
New York declared statewide disaster emergency over measles outbreak



October 3rd
Florida reports largest dengue outbreak in continental U.S. in decade

This Season's Activities

Nature Walk
Explore the outdoors, collect colorful leaves, and observe signs of the changing season.

Pumpkin Carving
In case you didn't have time in October, you can still plan an afternoon of pumpkin carving!

Gratitude Project
Plan an evening to self reflect on the year, and create a gratitude project of all of the years wins and things to be grateful for

Host a Friendsgiving
Not only is Thanksigiving the perfect day to celebrate family, friendsgiving is a fun opportunity to celebrate friends!

Monthly Spotlight



November is the month for many different health holidays & awareness. It is Diabetes, COPD, and Epilepsy Awareness month, and National Homeless Youth Awareness Month.

Epidemiologist Note

Make sure you are washing your hands extra often and get your Flu and COVID shot to stay healthy this season!



Important Dates

- **Nov 11** — Veterans Day
- **Nov 26** — Thanksgiving
- **Nov 27** — Black Friday

Health Awareness

- National Diabetes Month
- National COPD Awareness Month
- U.S. Antibiotic Awareness Week – Nov 18–24

NEWSLETTER

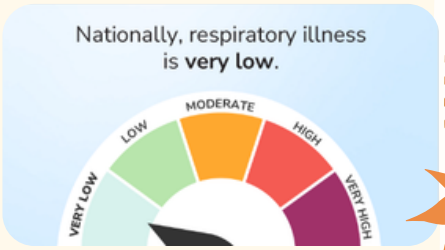
EMERGENCY VISITS

United States emergency department visits

COVID-19	Flu	RSV
Low Decreasing ↘	Low Increasing ↗	Low Increasing ↗

Nationally per the latest CDC updates, Flu and RSV emergency department visits are increasing while COVID-19 visits have been decreasing, Hospital rates for COVID-19 are highest among adults 65 and older. RSV ED visits among children 5 years old are low but starting to increase.

NATIONAL CASES

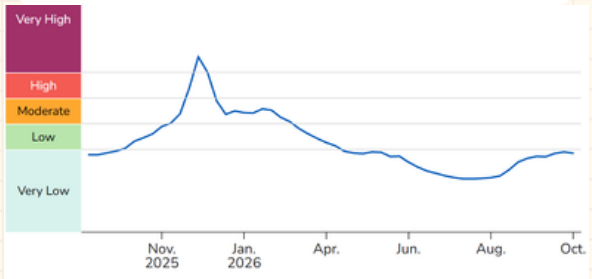


As of right now, the CDC is reporting nationally that respiratory illness is very low, however, locally, respiratory cases are increasing as of the October reports.

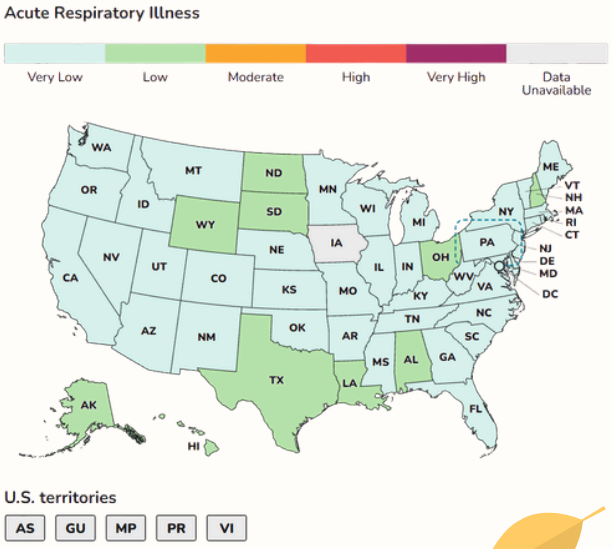
VIRAL ACTIVITY

United States community viral activity level

COVID-19	Flu **	RSV
Moderate	Very Low	Very Low



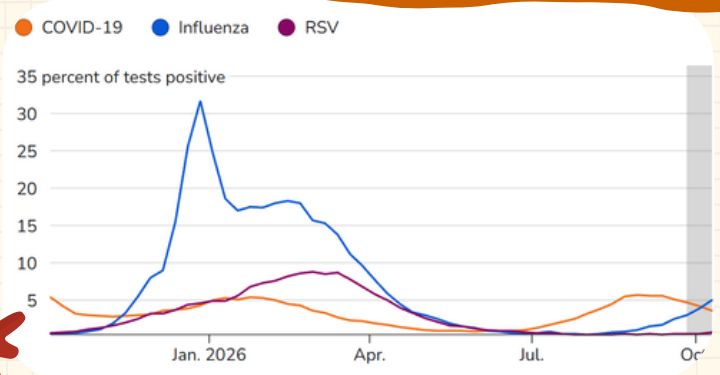
Viral activity through community wastewater testing shows COVID-19 as having moderate levels with Flu anmd RSV being very low. When levels are high, it may indicate higher risks of infection.



U.S. territories

AS GU MP PR VI

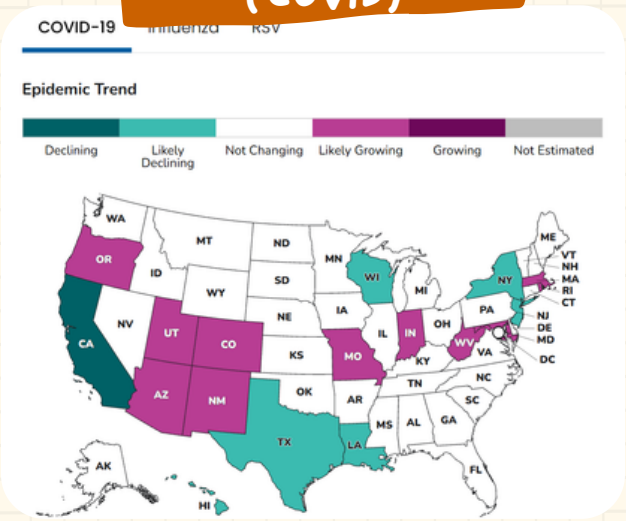
WHAT TO EXPECT



Percent of positive tests for respiratory viruses shows Influenza having the highest percentage increase compared to COVID-19 and RSV for the month of October. I expect respiratory cases to increase into December, and rapidly.

NEWSLETTER

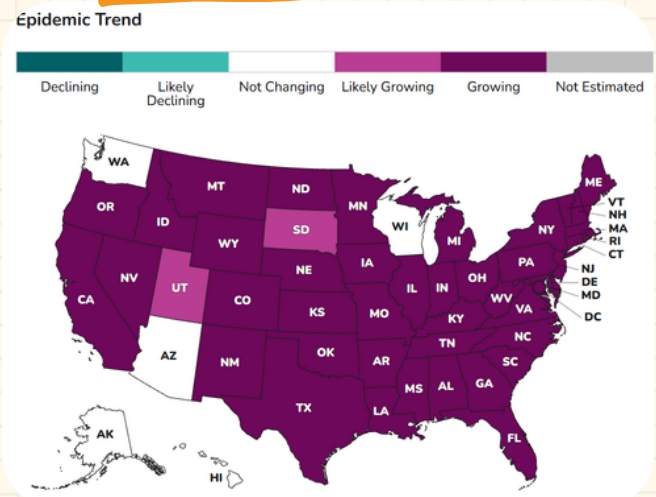
EPIDEMIC TRENDS (COVID)



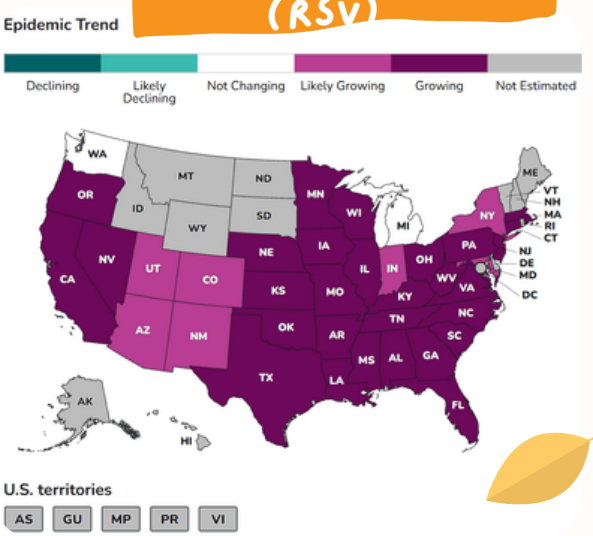
PREVENTION

First make sure you are up to date on all your immunizations, practice good hygiene like washing your hands and cleaning commonly touched surfaces often. If you're sick stay home and away from others, wear a mask, practice physcial distancing, and get tested.

EPIDEMIC TRENDS (FLU)



EPIDEMIC TRENDS (RSV)



WHAT TO EXPECT

According to the CDC, Massachusetts is one of the states with either a "likely growing" or "growing" epidemic trend level for all three respiratory diseases: COVID-19, Influenza, and RSV. Influenza and RSV have the highest epidemic trend level at "growing" and COVID-19 as "likely growing".

DIABETES MONTH

FACTS

As of 2023, per the CDC, there are an estimated 40.1 million people with diagnosed or undiagnosed diabetes in the United States, an estimated 12% of the U.S. population.

115.2 million people over the age of 18 are estimated to have prediabetes.

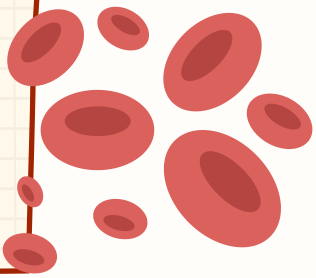
TYPE 1

There are an estimated 2.1 million people with type 1 diabetes in the United States.

People with type 1 diabetes have a pancreas that doesn't make insulin or makes very little insulin. Insulin helps blood sugar enter the cells in your body for us as energy.

TYPE 2

About 1 in 8 Americans have diabetes, most being type 2 (90%–95% are type 2). According to the CDC more children, teens, and young adults are developing type 2 diabetes than in the past. Type 2 diabetes can be prevented or delayed with lifestyle changes.





MANAGING DIABETES

People who have type 2 diabetes can manage it with healthy eating and being active. Sometimes doctors may prescribe insulin to manage blood sugar and avoid complications. Having high blood sugar is damaging to the body and can cause health problems such as heart disease, vision loss, and kidney disease.

Contact me!

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