

Eastern Equine Encephalitis is a virus that spreads through mosquito bites and, while it is rare, it can be serious. If you or your loved ones have flu-like symptoms after a mosquito bite, contact your health care provider.

Symptoms of Eastern Equine Encephalitis

FEVER
HEADACHE
VOMITING
DIARRHEA
SEIZURES
BEHAVIOR CHANGES

CHILLS
BODY ACHEs
JOINT PAIN
FEBRILE ILLNESS
NEUROLOGIC DISEASE
DROWSINESS



Wellness
WEDNESDAY
From YOUR HEALTH DEPARTMENT

SUICIDE PREVENTION MONTH

Suicide is a leading cause of death and affects people of all ages.

Free, confidential help is available 24/7. Text or Call 988





SEPTEMBER IS FALLS PREVENTION MONTH

1 **Find a good balance and exercise program.**
For example, Project Healthy Bones and Tai Chi, which focus on building strength, flexibility, and balance.



4 **Get your vision and hearing checked annually.**
Your eyes and ears are key to keeping you on your feet.



2 **Talk to your health care provider.**
Ask for an assessment of your risk for falling and get screened for osteoporosis - diminished bone density that can increase the risk of fracture.



5 **Keep your home safe.**
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



3 **Review your medications with your doctor.**
Talk with your doctor to see if the medications you take cause bone loss and therefore increase your risk of fractures and injury.



6 **Wear a medical alert bracelet or necklace.**
Ensure you can call for help in case of a fall or injury.



Source: [National Council of Aging](#)

Wellness

WEDNESDAY

From YOUR HEALTH DEPARTMENT

SEPTEMBER IS HEALTHY AGING MONTH

➤ Eat and Drink Healthy.

A healthy eating plan consists of nutrient-dense foods low in cholesterol, fat, and artificial ingredients. Stay hydrated by drinking water and include fruits, vegetables, whole grains, lean meats, and low-fat dairy in your diet.



➤ Move More, Sit Less.

Regular physical activity, like walking, for at least 150 minutes a week and muscle-strengthening activities on 2 days can prevent chronic diseases, improve balance, and boost brain health.



➤ Get Regular Checkups.

Regular health screenings are crucial for healthy aging, enabling early detection of chronic diseases and risk factors like high blood pressure, cholesterol levels and osteoporosis. Checkups may improve quality of life and wellness.



➤ Be Aware of Changes in Brain Health.

Dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take.



Source: dhs.gov