

WHOOPING COUGH

The number of people reported with whooping cough, a bacterial respiratory illness, has been increasing in the United States.

Who is at most risk?

Babies younger than 1 year old are at greatest risk for getting whooping cough and having severe complications from it.

How does it spread?

Whooping Cough is highly contagious and spreads from person to person through the air when someone coughs or sneezes.

Prevention

The best way to prevent whooping cough is to get vaccinated. CDC recommends whooping cough vaccination for everyone.

More information: www.cdc.gov/whoopingcough





National Substance Misuse Prevention Month



Red Ribbon Week: October 23rd - 31st

Red Ribbon Week highlights the importance of living a drug-free life. It presents an opportunity for parents, educators, and communities to reinforce the drug-free messages they share with their children throughout the year.

Substance Misuse Facts:

- Addiction and substance misuse affect more Americans than heart conditions, diabetes or cancer (drugfree.org)
- The earlier in life a person starts using alcohol or other drugs, the more likely they are to develop a substance use disorder.

Prevention is Key!

Prevention...

- Supports healthy social and emotional development
- Supports parents and strengthens families
- Prevents and addresses trauma
- Expands evidence-based programs in communities and schools
- Improves the safety, stability, and livability of community environments



October 27th is Drug Take Back Day

Drug Take Back Day encourages the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

Most Local Police Departments have a secured drop box location year round.

[Drop Box Locations.](#)

Source: safeproject.us



OCTOBER BREAST CANCER AWARENESS MONTH

Breast cancer is the **second leading cause of cancer death** among women in the United States.

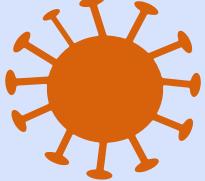
When caught in its earliest, localized stages, the **5-year relative survival rate is 99%**.

1 and 8 women in the United States will be diagnosed with breast cancer in her lifetime.

Get screened today!

1 in 5 Black women with breast cancer are diagnosed with triple-negative breast cancer, which is harder to treat.

Source: nationalbreastcancer.org



COLD or FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom Onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

Source: [CDC | Cold vs Flu](#)

PREVENTION



Avoid touching your eyes, nose and your mouth.



Cover your mouth and nose when you sneeze or cough.



Wash your hands with soap and water for 20 seconds.



Clean frequently touched surfaces.



Get your flu shot!



STAY SAFE THIS HALLOWEEN

- 1 Stay in groups:** A responsible adult should accompany young children on neighborhood rounds. Older children and teenagers should stick together.
- 2 Be visible:** Use reflective tape on costumes or glowsticks if trick-or-treating in the dark. Try to travel in well-lit neighborhoods.
- 3 Be alert:** Put electronic devices down while walking around, don't run across the street, and always look both ways before crossing.
- 4 Be safe eating candy:** Only eat candy that is properly wrapped. Be aware of food allergies. Carry an epi-pen if allergy is known.

