

2024 Public Health Topics

From Gayle Buckley MD

Flu, RSV, and Covid are on the increase as is usual in the winter months. Vaccinations tend to protect or at least make the illness less severe. All of these winter scourges can be serious. Due to declining vaccination rates measles which can have serious complication and even death, sporadic cases of polio, and now whooping cough are being reported. Whooping cough also known as the 100 day cough can be debilitating and even deadly in infants.

Winter accidents due to weather such as falls or accidents lead to ER visits. It is important to clear driveways and sidewalks of snow and ice.

Check carbon monoxide and smoke detectors. Chimneys should have been checked in the fall.

Dengue fever and even malaria are being reported in the States as well as Rocky mountain spotted fever. Start considering mosquito control for the spring.

Communities with a commitment to parks, playgrounds nature trails attract families and businesses.

A handwritten signature in black ink that reads "Gayle Buckley MD". The signature is written in a cursive, flowing style with a large initial 'G' and a stylized 'M' at the end.