**MONKEYPOX**

A viral disease that can be spread between people or between people & certain animals. First identified in 1958 in monkeys with the first human case recorded in 1970.

Typical signs/symptoms: rash on the skin. The rash will go through several stages, including scabs before healing. Infected people may also have a fever, chills, swollen lymph nodes, exhaustion, muscle aches & backache, headache, sore throat, nasal congestion or cough

Microbe: similar to the smallpox virus

Transmission: monkeypox can be spread by close, personal, skin to skin contact. (1) Includes direct contact with rash, scabs, or body fluids of infected person. (2) touching contaminated objects or fabrics (3) contact with respiratory secretions

Incubation Period: symptoms usually start within 3 weeks after exposure to the virus. Illness typically lasts 2-4 weeks. There is no specific treatment

**WEST NILE**

The leading cause of mosquito-borne disease in the U.S. Cases occur during summer through fall).

Typical signs/symptoms:

Most people have no symptoms. Symptoms can include a fever, headache, body aches, joint pain, vomiting, diarrhea or rash.

Most people who develop a fever recover completely but fatigue & weakness can last weeks or months. Approx. 1 in 150 infected people develop severe illness.

Microbe: West Nile Virus

Transmission: through the bite of an infected mosquito

Incubation period: 2-14 days

Prevention: protect yourself from mosquito bites. Use insect repellent, wear long-sleeved shirts & pants, treat clothing, take steps to control mosquitoes indoor & outdoors. (see Environmental Protection Agency (EPA) registered insect repellents)

No vaccine or specific medicines are available

**INFLUENZA**

**U.S Public Health experts encourage you:**

**Do Not Skip Your flu vaccination**

Although you may have read that U.S. influenza cases have declined during the ongoing COVID pandemic there are some explanations why this has occurred. People have

(1) stayed home and practiced social distancing when out of the home

(2) worn masks when in public

(3) increased hand washing using soap and water or an antiseptic gel

(4) increased disinfection within the home setting and in public facilities

These four factors have contributed to the reduction of exposure and transmission of influenza.

Typical signs/symptoms: may be mild to severe & include fever, chills, cough, sore throat, runny nose, muscle/body aches, headache, tiredness, vomiting & diarrhea occurs more in children.**Dr. Hinman and his staff will help to determine which influenza vaccine is best for you.**