



# Monthly Illness Report

August, 2024

Each month, Skagit County Public Health receives reports of communicable diseases. Here are some of the reports we received this month!

## Respiratory Illness

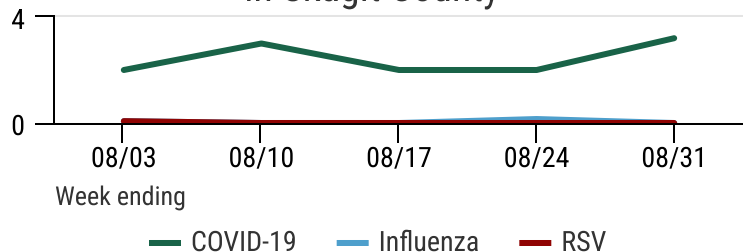
### Things to know:

COVID-19 is still circulating, and activity has remained elevated for the last month.

### What you can do:

- Wash your hands.
- Stay home when sick.
- Cover your coughs and sneezes.
- Make sure you received the fall 2023 COVID-19 vaccine, and be ready to get an updated dose in the fall of 2024.

% of emergency department (ED) visits associated with COVID-19, Influenza and RSV in Skagit County



## Enteric Illness

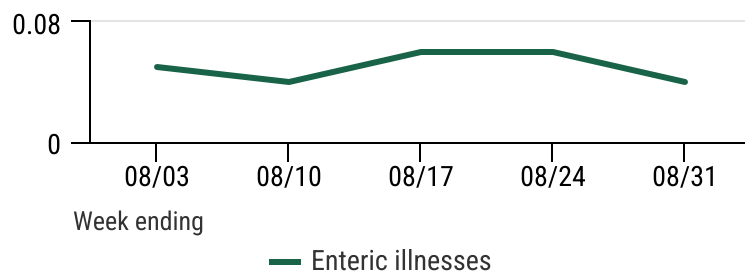
### Things to know:

- Often referred to as "stomach bugs", these bacteria, viruses, parasites, etc. cause vomiting and diarrhea.
- Certain foodborne illnesses are more common in the warmer months, like vibrio from raw oysters.
- They can spread through contaminated food, or from hands not being properly washed after using the bathroom.

### What you can do:

- Wash your hands often.
- Handle raw meat safely.
- Make sure foods are kept at appropriate temperatures.

% of healthcare visits associated with enteric illnesses in Skagit County



## Other Illnesses

### **Pertussis (Whooping cough):**

Skagit County Public Health has received an increase in reports of pertussis, more commonly known as whooping cough, since January. This is true for many counties in WA.

Pregnant people and infants under age 1 are at greater risk of severe symptoms.

### What you can do:

- Make sure you are up to date on Tdap or DTaP immunizations.
- Pregnant persons should get immunized between 27-36 weeks of pregnancy.
- Stay home when sick and cover your coughs.

### **Sexually Transmitted Infections (STIs):**

Skagit County Public Health receives dozens of reports of sexually transmitted infections like chlamydia, gonorrhea, and syphilis each month. People sometimes do not experience symptoms and don't know they are infected.

### What you can do:

- Get tested regularly and with each new partner.
- Talk to your partners about getting tested and treated.
- Get treated if you are diagnosed with an STI.
- Wear condoms.

**Questions? Contact Skagit County Public Health at 360-416-1500 or [communicabledisease@co.skagit.wa.us](mailto:communicabledisease@co.skagit.wa.us)**

*NOTE: Enteric Illnesses for this report are defined as the bacteria, viruses, parasites, etc. that are notifiable in the state of Washington, and/or are the cause of foodborne illness outbreaks reported to public health. Data are from ESSENCE syndromic data system and may change as they are finalized. For more information on notifiable conditions, see the WA DOH webpage [here](#).*