

Fort Riley Public Health Department

Public Health Newsletter, November, 2023

November is the month of the Great American Smokeout event. Each year, the third Thursday of November (SAVE THE DATE: **16 NOV 23**) is the American Cancer Society's Great American Smoke out. The focus is on quitting nicotine for one day in order to encourage users to start the journey toward a healthier life.

How to support a nicotine user by taking part on November 16th

During the 12-15 of November, plan to adopt a smoker /nicotine user or participate yourself. On the 16th of November, challenge your adoptee to give up using nicotine products for 24hours. Together, develop a plan to provide them with fresh cut fruits or vegetables, a bottle of water, a low sugar or low salt snack. Take a walk with them or encourage them to chew sugar free gum! If in need of assistance, call the Department Of Public Health at 785-239-7323 or 239-7042 and request an appointment for Tobacco Cessation. Our Provider will work with you one on one to assist in reaching your goal of being nicotine free.

Brrrrrrrrrr!



Achooo!

Cooler temperatures have arrived which means Cold and Flu season. We are all very aware of the Influenza and Covid 19 viruses and illness they can easily spread. But there is an additional virus you may not be as familiar with. It is known as RSV. Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a **common respiratory virus that usually causes mild, cold-like symptoms**. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization. Vaccines are available to protect older adults from severe RSV. Preventive options are available to protect infants and young children from severe RSV. There are currently 2 different vaccines available for RSV for adults age 60 and over, Arexvy and Abrysvo. Visit with your Primary care provider for more information related to RSV and ways to protect yourselves and your loved ones. The vaccines are available at local pharmacies.



Who Does It Protect?	Type of Product	Is It for Everyone in Group?
Adults 60 and over	RSV vaccine	Talk to your doctor first.
Babies	RSV antibody given to baby	All infants entering or born during RSV season. Small group of older babies for second season.
Babies	RSV vaccine given during pregnancy	Can get if you are 32-36 weeks pregnant during September-January

www.cdc.gov/rsv

Spread Holiday CHEER... not NOROVIRUS!!!

Norovirus is very contagious and causes vomiting and diarrhea. Can be spread by having direct contact with infected person, sharing food/eating utensils, and consuming contaminated food/water. Increase your hand hygiene and have sick people **STAY AWAY!!**



For a more information, please scan the QR Code:

Staff Spotlight:

The Fort Riley Department of Public Health would like to welcome our newest teammates: Ms. Heather Myers, RN in Occupational Health and CPT Nicole Coffeen, Audiologist with Army Hearing Program. We are so excited for you to be part of the Department of Public Health team!

Contact Us:

- Public Health Department: 785-239-7323
- Health Director: 785-239-7042
- Environmental Health: 785-239-7516
- Industrial Hygiene: 785-239-4054
- Occupational Health: 785-239-3592
- Public Health Nursing: 785-239-9874
- Armed Forces Wellness Center: 785-239-9355
- WIC: 785-240-7571
- Army Hearing Program: 785-239-3810

Health Observances

- December
=> Influenza—What you should know!
- January
=> Stay Tuned to the upcoming topics as the PH Team determines 2024 events!