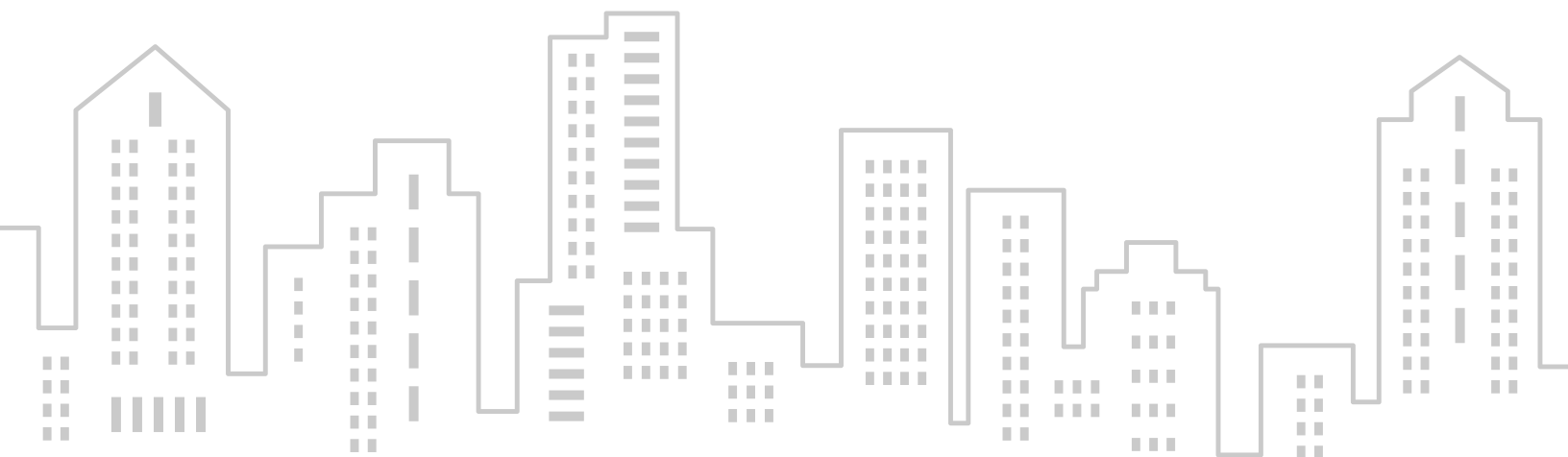


ATCPHD

# HEALTH CONNECTIONS



Get to Know

# Epidemiology



## Main Duties

- COVID Reporting and Investigation
- COVID Vaccine Trend Monitoring
- Disease Monitoring for all Reportable Diseases in Texas
- Investigating and Reporting Disease Outbreaks
- Current Disease Outbreaks
- Educating Community and Healthcare Providers



## Importance of Epidemiology

This group of important data analysts impact Taylor County by monitoring diseases and controlling those diseases through education and intervention.

## What is Epidemiology?

Have you ever wondered who is keeping track of the spreading diseases in our City? Who is keeping eye on the numbers and trends of COVID-19 or MPOX? Let us introduce you to Epidemiology!

By definition, epidemiology is “the branch of medicine which deals with the incidence, distribution, and possible control of diseases and other factors relating to health.”

Article Courtesy of Kara Pitney



Rabies is a preventable disease that is often spread through the bite of an infected animal.

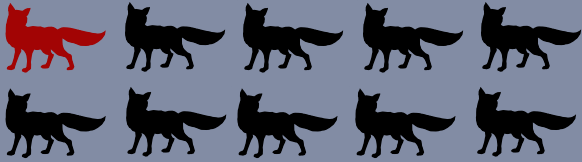
# Rise in Rabies

Dr. Marshall Anderson

## Dangers of Rabies



About 1 in 10 Specimen sent out for testing at ATCPHD had rabies.



The Centers for Disease Control and Prevention (CDC) reported roughly 5000 animal rabies tests; more than 90% of the cases were from wildlife. Rabies is very common in bats, raccoons, skunks, and foxes in the United States. Overall, the number of cases in Abilene-Taylor County has increased since 2021.



In the United States, 70% of all rabies cases were attributed to bat exposure. In Abilene, one case requiring post-exposure preventative treatment was due to the person picking up a hurt bat from a sidewalk; the bat tested positive for rabies. Often, people try to help an injured animal, and the hurting animal bites or scratches them. This requires the animal to be euthanized and tested for rabies. If the animal is able to run away after the encounter, the person has to be treated as if the animal were positive for rabies. This is because rabies is deadly once people begin showing symptoms.

## Keep Pets Updated on Rabies Vaccines

Keeping pets up to date on their rabies vaccine decreases concern and the need for euthanasia after a bite or scratch.

Once symptoms appear, rabies has a 100% mortality rate.

Information from WHO



# Emergency Supply Kit



- Water and Non-Perishable Food
- First Aid Kit
- Cell Phone Battery or Charger
- Flashlight and Extra Batteries
- Battery Powered Radio
- Whistle (to signal for help)
- Dust Mask, Plastic Sheet, and Duct Tape for Sheltering in Place
- Personal Sanitation Items (moist towelettes, garbage bags, etc.)
- Cash and Change

## Be prepared for emergencies.

Gather emergency supplies so that you're ready if an emergency strikes.

You may also need:

- Prescription Medication
- Formula and Diapers
- Pet Food
- Sleeping Bag or Blankets
- Change of Clothing
- Matches
- Feminine Supplies
- Paper and Pencil

Visit [Ready.gov](https://www.ready.gov) to learn more about emergency preparedness.



FEMA



# Benefits of Breastfeeding

## Did you know...

There are many health benefits to breastfeeding for both mother and baby!



## Health Benefits of Breastfeeding

Women who breastfeed have a reduced lifetime risk of breast and ovarian cancer, type 2 diabetes, and cardiovascular disease. Breastfed babies are healthier and have a reduced risk of ear infections, respiratory infections, SIDS, and other chronic conditions.



## Mother Friendly Worksites

Texas is encouraging local businesses to become Mother-Friendly Worksites because there are many benefits to having mothers in the workplace.

By being Mother-Friendly, businesses improve employee health and nurture the community that supplies their future employees and managers.

Article Courtesy of Tara Kinslow



# Yoga \_\_\_\_\_

# Self Care Practice



## All About Yoga

It can be intimidating to start something new, especially when it comes to exercising. However, if you're interested in strengthening your body, working on your flexibility, and moving more, it may be time for you to give yoga a try.

Yoga is a practice that was developed over 5,000 years ago and comes with a ton of health benefits for both your body and your mind.

## Benefits of Yoga

- Weight Management
- Improved Cardiovascular Health
- Stress and Sleep Management
- Increased Flexibility
- Arthritis Symptoms Management
- Strength and Balance Improvement

Article Courtesy of Kara Pitney

If you are a beginner at yoga, take a look at this [New York Times article](#) to get yourself started on your path to wellness!

Yoga for Everyone: <https://www.nytimes.com/guides/well/beginner-yoga>