

MARSHALL COUNTY HEALTH DEPARTMENT

APRIL 2024
UPDATE

APRIL IS STRESS AWARENESS MONTH

WHAT IS STRESS?

Stress is a natural human response that prompts us to address challenges and threats in our lives. While a little bit of stress is good and can help us with daily activities, too much stress can cause physical and mental health problems.

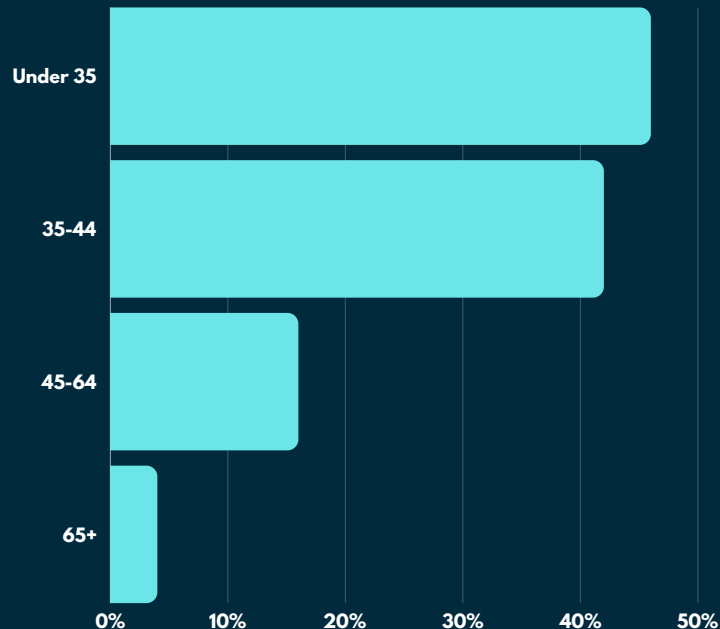
Long-term stress can cause inflammation, wearing on the immune system, and increasing the risk of:

- » Digestive Problems
- » Heart Disease
- » Weight Gain
- » Strokes

62% of American adults report not talking about their stress because they do not want to burden others.



% OF AMERICANS REPORTING THEY ARE SO STRESSED THEY CAN'T FUNCTION



How To Manage Stress:

- » Learn stress management techniques
- » Keep a daily routine
- » Get plenty of sleep
- » Connect with others
- » Eat healthy
- » Exercise regularly
- » Limit time following news



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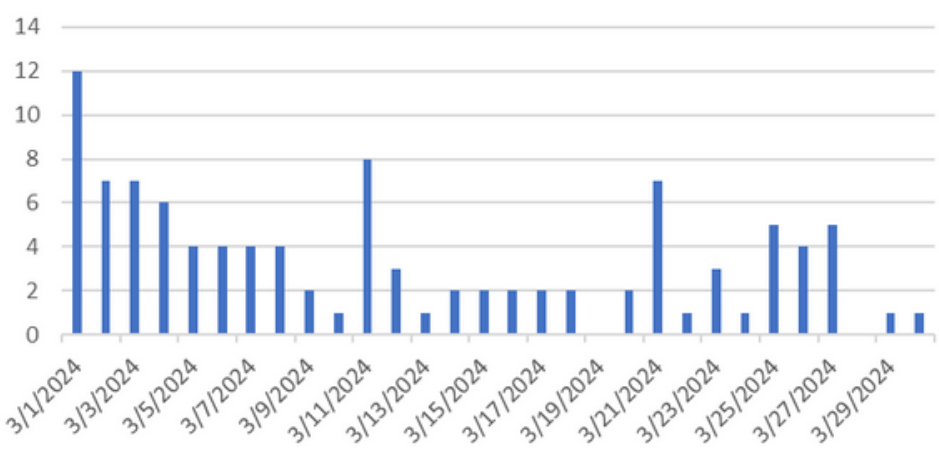
>>> HAN ALERTS

- >>> CDCHAN-00504- 03/18/2024 Increase in Global and Domestic Measles Cases and Outbreaks: Ensure Children in the United States and Those Traveling Internationally 6 Months and Older are Current on MMR Vaccination. [Click here to read the entire HAN alert.](#)**
- >>> Between January 1 and March 14, 2024, CDC has been notified of 58 confirmed U.S. cases of measles across 17 jurisdictions, including seven outbreaks in seven jurisdictions compared to 58 total cases and four outbreaks reported the entire year of 2023.**
- >>> Measles is a very contagious infectious that causes a total-body rash, fever, runny nose, and cough. Symptoms typically appear 7-14 days after exposure to an infected person. The best method to protect yourself again Measles is the MMR vaccine. This vaccine is a 2-dose series, typically given at 12-15 months and then 4-6 years old.**
- >>> Check with your primary care or local health department for copies of your vaccine record or access the KYIR public portal by clicking [HERE](#). If you do not have access to your vaccination record and are unsure if you've received an MMR series, talk to your primary care or local health department about testing for titers using a simple blood test.**

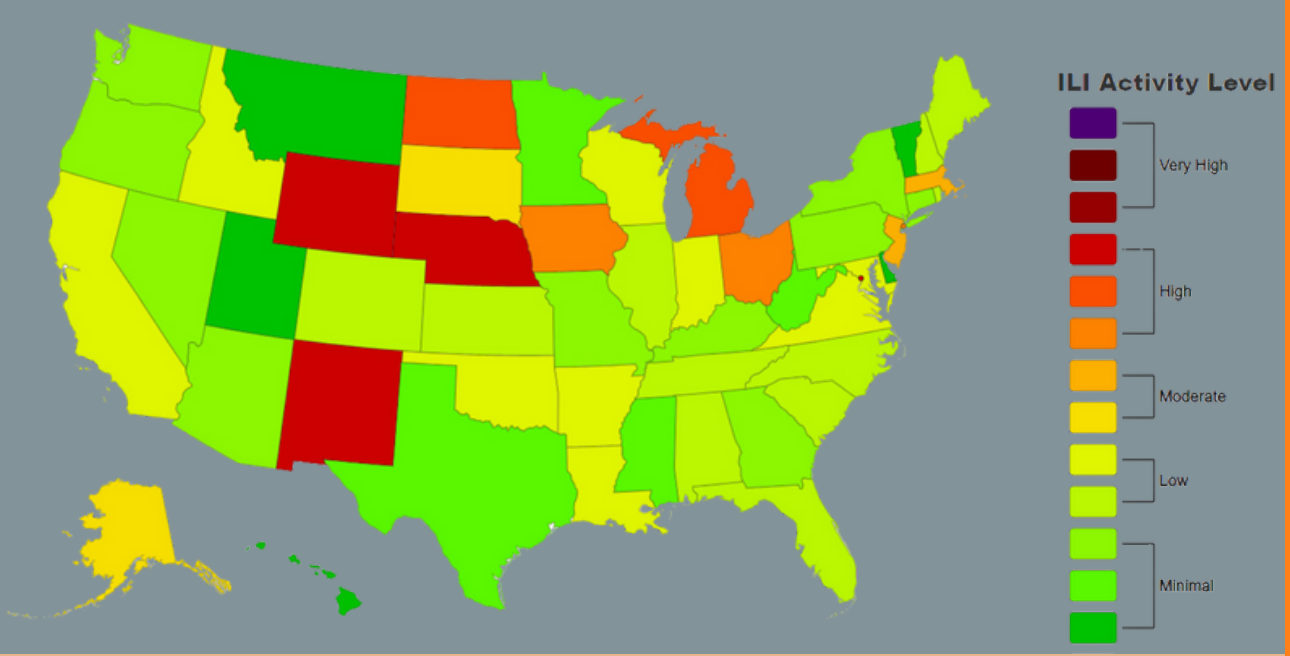
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APRIL 2024 UPDATE

Marshall County Covid Cases, March
n=103



Statewide:
Respiratory virus activity is **LOW** and **DECLINING**.
Hospitalizations for respiratory illnesses are **MODERATE** and **DECLINING**.
(Data is as of March 28, 2024)



FOR ANY QUESTIONS, PLEASE CALL THE MARSHALL COUNTY HEALTH DEPARTMENT AT 270-527-1496.