Seneca County General Health District

Monthly Newsletter

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

AUGUST 4, 2023 | VOLUME 05

NATIONAL WIC BREASTFEEDING WEEK

Each year in the first week of August, National WIC Breastfeeding Week is celebrated in conjunction with World Breastfeeding Week to promote and support breastfeeding as the best source of nutrition for a baby. This year's theme is **"Enabling Breastfeeding: Making a Difference for Working Parents."**
To celebrate the week and National Breastfeeding Month, Seneca County WIC is sharing resources throughout the community from the Ohio Department of Health's initiative, Ohio Workplace PLUS. This program assists both employees and employers to build and improve workplace lactation accommodations and support services.

OHIO WORKPLACE PLUS

For more information about Ohio Workplace Plus, click here.

Have questions about WIC? Call us at (419) 447-3691 ext. 6316

BINGOCIZE

Bingo combined with exercise? Yes, please!
Bingocize, a socially engaging group-based program that combines exerise, health education and the wildly popular game of bingo, is coming soon to Seneca County General Health District.
This evidence-based program is approved through both SNAP-Ed and The National Council on Aging and is a great and fun way to get seniors moving and socializing. Stay tuned for more details!

COMING SOON!

BINGOcize®

Bingo + Exercise = Bingocize®

EMPLOYEE OF THE MONTH

Tina Hufford has been selected by a co-worker as August Employee of the Month.
Tina was nominated because she saw an opportunity to better serve the citizens of Seneca County by establishing an information table at SCGHD. The table is located near the entrance of SCGHD in Tiffin and includes numerous resources as well as COVID-19 at-home tests. Congratulations, Tina!

WATER SAFETY

Did you know drowning is the number one cause of injury-related death among children between the ages of 1 and 5? Drowning incidents are difficult to detect as drowning is a silent event. Contrary to popular perception, there is little or no splashing to be seen, and no sound involved.

To stay safe in the water, follow these tips:

- **Swim in designated areas with a lifeguard present.**
- **Always swim with a buddy.**
- **Avoid areas with moving water, waves or rip currents.**
- **Stay within your fitness and swimming capabilities.**
- **Actively supervise children whenever around the water.**
- **Keep toys not in use away from the pool and out of sight.**
- **Always stay within arm's reach of young children and avoid distractions.**
- **Reach or throw aid to distressed swimmers – don't go!**

BACK-TO-SCHOOL VACCINES

As students prepare to go back to school, keep them healthy by catching up on routine vaccinations. Routine vaccinations are a great tool to keep kids healthy, in school, and ready to learn.

If you're unsure what vaccines your child needs, this Childhood Vaccine Quiz can help.

Have questions or need to make an appointment?
Call our nursing division at: (419) 447-3691 ext. 6333

FOOD SAFETY

While the American food supply is among the safest in the world, the federal government estimates that there are about 48 million cases of foodborne illness annually — the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths, according to the U.S. Food and Drug Administration.
One way to combat foodborne illness is to wash your hands with soap for 20 seconds before and after handling raw meat, poultry and seafood. These foods can carry harmful bacteria that can make you sick.

For more tips on food safety, click here.