Seneca County General Health District

Monthly Newsletter

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

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SCGHD TO RETURN TO EAST PERRY STREET LOCATION

Seneca County General Health District will be closed to the public Monday, Nov. 6 through Wednesday, Nov. 8 as we move back to our East Perry Street location.
The health district has been operating at a temporary location on Fair Lane following the discovery of mold in ductwork at 92 E. Perry St.
Recent air quality tests show the issue has been remediated and final air quality clearance was given.
During the upcoming closure, SCGHD will still be able to assist residents over the phone. Please leave a voicemail at (419) 447-3691 and allow 24 hours for staff to return your phone call. Messages may also be sent to our Facebook page at www.facebook.com/SCGHD.

WINTER WEATHER SAFETY

Brrr! Winter weather is quickly approaching. To stay safe (and warm) outdoors, check out these winter weather safety tips from Centers for Disease Control and Prevention:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

EMPLOYEE OF THE MONTH

Lisa England has been selected as November's Employee of the Month.
Lisa was nominated by a co-worker for her positive attitude, especially during SCGHD's move to its temporary location on Fair Lane. She has a great sense of teamwork and has successfully trained several new employees. Lisa also is always helpful in getting residents what they need from SCGHD's Vital Statistics Division.

Congratulations

LISA!

PREVENTING THE FLU

Flu viruses are thought to spread mainly from person to person through droplets made when people with a flu virus cough, sneeze, or talk. Less often, a person might become infected by touching a surface or object that has a flu virus on it and then touching their own mouth, nose, or possibly eyes. Many other viruses spread the same way. People infected with the flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. The flu vaccine is the first step in protecting against flu viruses.

If you'd like to schedule an appointment for a flu vaccine, call our nursing division at (419) 447-3691 ext. 6333

Along with a flu vaccine, these preventative steps can also help reduce the spread of influenza:

- Avoid close contact with people who are sick. If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine.

SOLAR ECLIPSE

On April 8, 2024, people within a 124-mile-wide band in the state of Ohio will experience a total solar eclipse.

Areas in Ohio, including Seneca County, will experience this rare and spectacular event.

Due to the rare occurrence, it's expected that Seneca County will experience a large influx of visitors to the area.

If you are planning to host visitors to the area by offering camping on your property or preparing food for sale, please visit our website at www.senecahealthdept.org/solar-eclipse-2024. There, you'll find information on how to plan and obtain a temporary food and/or campground license for these activities.

THANKSGIVING FOOD SAFETY

Feasting with family is one of the best parts of holiday celebrations. To help prevent foodborne illness this Thanksgiving, follow these food safety tips:

Handwashing is the first step to protect you and everyone around your Thanksgiving table. It's also the best way to keep uninvited guests like bacteria out of your kitchen.

Make sure food preparation surfaces and utensils are clean and sanitized before you start cooking. Keep raw meat and poultry separate from produce and cooked foods.

Consider not washing or rinsing raw turkey. USDA research found that one in four people who wash or rinse poultry cross-contaminate other food items being prepared with germs from the poultry.

The only way to kill bacteria is to cook meat and poultry to a safe internal temperature. Use a food thermometer to make sure the internal temperature of your turkey is at least 165°F.

Make sure you put out just enough food for your guests and place the rest in your refrigerator. When cooked food is out at room temperature, it only has two hours before it becomes unsafe.