Seneca County General Health District

Monthly Newsletter

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HOLIDAY FOOD SAFETY

When celebrating the holidays with friends and family, food is often part of the celebration.
Follow these tips from SCGHD's Environmental Health Division to help prevent food poisoning during the holidays:

- Keep food out of the "danger zone," which is the range of temperatures where bacteria grow fastest. After food is prepared, keep hot food hot (135°F or above) and cold food cold (41°F or below).
- Cook food thoroughly. Use a food thermometer to make sure poultry and seafood have been cooked to safe internal temperatures to kill germs.
- Wash your hands with soap and water before preparing any foods. Use utensils as much as possible during food preparation to limit contact with hands.
- Serve food safely throughout the event. Use slow cookers or chafing dishes for hot food, or place ice baths under cold food.
- Leftovers should be put away once the meal is completed. After the meal, hot foods that have been below 135°F for more than two hours should be thrown away. Cold foods that have been above 41°F for more than two hours should be thrown away. Remember, when in doubt, throw it out!

PREVENT ANTIBIOTIC RESISTANCE

Imagine your medicine stops working. This can happen when antibiotic medication is misused, and disease-causing bacteria become resistant to drugs. Some of our best medicines could stop working due to Antimicrobial Resistance (AMR), which contributes to nearly 5 million deaths annually. Let's work together to prevent AMR!

EMPLOYEE OF THE MONTH

Kelly Thom has been selected as December's Employee of the Month.
Kelly was nominated by a co-worker for her attention to detail and her fastidious approach in overseeing SCGHD's budget.
Kelly is part of SCGHD's fiscal team, which is rarely shown appreciation, but they are a vital component in the health district's operations!

Congratulations

KELLY!

MEET CAITLIN DENNISON, SCGHD'S NEW EPIDEMIOLOGIST

Where did you attend college?

I earned my bachelor's degree focusing on Epidemiology and Human Diseases from Miami University in 2021 and recently graduated with my Master of Public Health with a concentration in Applied Epidemiology from the University of North Carolina at Chapel Hill in May of 2023.

Why did you choose to go into the field of epidemiology?

I chose to go into epidemiology because I am passionate about making positive change at the community level. I get to look into all sorts of community health data to see what problems are facing our population, and I get to brainstorm how we can impact those issues in a big way. I also love statistics and the science behind disease, and my job allows me to explore these areas every day.

What is an epidemiologist's role at a health department?

The primary role of an epidemiologist at a health department is disease investigation. Ohio has a list of mandatory reportable diseases, so when we have a case of one of those, I am one of the people who investigates it. I like to describe my role as the "puzzle solver" because I am looking at different diseases or conditions that we have in Seneca County and trying to piece together what may have caused it. I also create reports about different aspects of our county's health.

What are your hobbies?

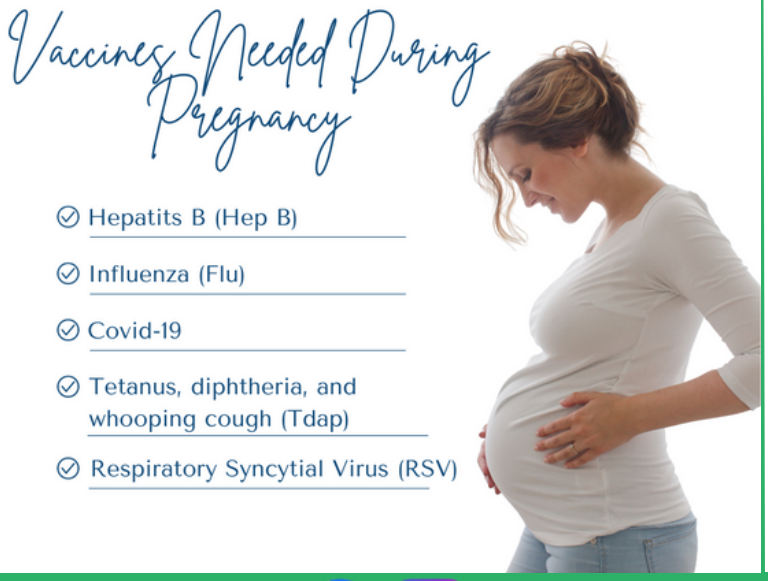
I enjoy reading, running, jamming out to music, and exploring! One of my bucket list goals is to hike every National Park. I have a water bottle with stickers of each park to keep track of my progress!

VACCINES DURING PREGNANCY

Vaccines help protect you and your baby against serious diseases. When you get vaccines, you aren't just protecting yourself — you're giving your baby some early protection, too.

SCGHD currently offers Hepatitis B, Influenza, and TDAP vaccines.

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



HOLIDAY TRAVEL SAFETY

'Tis the season of traveling to loved ones near and far. If you're traveling this holiday season, follow these tips to help arrive safely to your destination.

- Be weather wise, know the weather forecast during your travel.
- Learn the weather/climate risks for the area you are traveling to, and know what to do before, during and after such events.
- During the winter, keep the proper emergency winter road tools in the trunk of your vehicle such as an ice scraper, shovel, gloves, blanket, emergency flares or reflectors, rock salt, first aid kit, extra windshield washer, etc.
- Stay off the road during and right after a winter storm.