Seneca County General Health District

Monthly Newsletter

JANUARY 5, 2024 | VOLUME 10

WHAT'S GOING AROUND

Each month, SCGHD's epidemiologist outlines illnesses with the highest activity in Seneca County.

Both flu and COVID-19 cases are on the rise in Seneca County.

In November, 178 COVID-19 cases were reported. This number increased to 306 in December, which is roughly a 72% increase. These numbers do not account for individuals who took an at-home test and didn't report the result.

Influenza activity also is increasing in Seneca County, as flu-related hospitalizations and doctor's visits for flu-like symptoms began to uptick significantly last month.

To help prevent influenza and COVID-19, follow these tips from SCGHD:

- Avoid close contact with people who are sick. If you are sick, stay home and limit contact with others as much as possible to keep from infecting them.
- 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.
- Get vaccinated. Walk-in clinics for flu and COVID-19 vaccines are each Wednesday from 8:10 a.m. to 3:15 p.m. at our Tiffin location, 92 E. Perry St.

HANDWASHING

Did you know handwashing can help prevent 1 in 5 respiratory illnesses and 1 in 3 diarrheal illnesses? Germs are everywhere, and your hands carry germs you can't see. Make handwashing with soap and water for at least 20 seconds a healthy habit to protect you and your family from getting sick. Want to learn more? Click here!

EMPLOYEE OF THE MONTH

Sara Brown has been selected as January's Employee of the Month.

Sara, a public health nurse at SCGHD, was nominated by a co-worker for having a great attitude and always asking what she can do to help.

Sara's co-worker said Sara is an amazing and fun staff member.

Congratulations

SARA!

EPA Public Hearing Notice

When: Monday, Feb. 5 at 6 p.m.
Where: Stacy's Place, 625 Plaza Drive, Fostoria

Ohio EPA is seeking public comments regarding three proposed permits for WIN Waste Innovations of Seneca County for expansion of its landfill at 12500 W CR 18, Fostoria

Written comments regarding the proposed permits will be accepted through Feb. 20, 2024. Comments submitted can be emailed to epa.dmwmcomments@epa.ohio.gov or mailed to: Ohio EPA DMWM, P.O. Box 1049, Columbus, Ohio 43216-1049, Attention: Brian Dearth.

If approved, the permits would:

- Increase the landfill's permitted space from 261.3 acres to 479.8 acres. The request also includes a vertical expansion over a 27.4-acre section of the landfill's North Unit and would increase the landfill's allowable daily intake from 7,500 tons to 12,000 tons.
- Require the installation and operation of up to three sulfur removal systems and three enclosed flares to control landfill gases.
- Allow two existing stormwater sedimentation ponds to be moved to new locations.

Keeping Our Residents Informed

ADULT VACCINES

Vaccines aren't just for babies and children. Adults also need vaccines to help protect them from diseases such as hepatitis A and B, influenza, RSV, COVID-19, shingles and pneumonia. SCGHD offers several vaccines for adults - a complete list can be found here. SCGHD also hosts COVID-19 and flu vaccine walk-in clinics every Wednesday at our Tiffin location, 92 E. Perry St., from 8:10 a.m. to 3:15 p.m.

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

OVERDOSE PREVENTION

Knowing the signs of an overdose and carrying Naloxone (Narcan) can save lives. Seneca County General Health District offers FREE Naloxone as well as training on how to administer it. Want more information? **Call (419) 447-3691 ext. 6330.**

SIGNS OF AN OVERDOSE

- ◯ **SMALL, CONSTRICTED "PINPOINT" PUPILS**
- ◯ **FALLING ASLEEP OR LOSING CONSCIOUSNESS**
- ◯ **SLOW, WEAK, OR NO BREATHING**
- ◯ **CHOKING OR GURGLING SOUNDS**
- ◯ **LIMP BODY**
- ◯ **COLD AND/OR CLAMMY SKIN**
- ◯ **DISCOLORED SKIN (ESPECIALLY IN LIPS & NAILS)**