

Seneca County General Health District Monthly Newsletter







FEBRUARY 2, 2024 | VOLUME 11

WHAT'S GOING AROUND

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

Both flu and COVID-19 continue to be the most reported illnesses in Seneca County. According to data collected by Centers for Disease Control and Prevention through Jan. 26, 2024, respiratory illness activity remains high in the county, but COVID-19 and influenza cases are beginning to decline. Respiratory Syncytial Virus (RSV) cases also are on the downfall.

To help prevent respiratory illnesses, 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.

DRESSING FOR THE WEATHER

If you're planning to venture outdoors during extreme cold this winter, make sure to dress for the weather! Wear layers and cover exposed skin to reduce your risk of frostbite or hypothermia. Also try to seek shelter from the wind as much as possible. Once inside again, change into dry clothing immediately if you are wet. Watch for signs of frostbite and hypothermia and take immediate action upon the first detection of either.

EMPLOYEE OF THE MONTH

Caitlin Dennison has been selected as SCGHD's February Employee of the Month. Caitlin is the epidemiologist at SCGHD and was nominated by a co-worker for her focus on SCGHD's core mission of disease prevention and wellness promotion. Caitlin's co-worker said Caitlin is consistently engaging with colleges and community members throughout the county and does so with the utmost respect and kindness.



Congratulations
CAITLIN!



AMERICAN HEART MONTH

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

This Heart Month, the Division for Heart Disease and Stroke Prevention (DHSDSP) is encouraging women to listen to their hearts and speak up for their health. Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.



 For heart healthy tips, [click here](https://www.cdc.gov/MyHeartMyVoice)

SPILLED MILK CAFE

Seneca County WIC and Mercy Health - Tiffin Hospital are teaming up to offer a new breastfeeding support group called "Spilled Milk Cafe." The group meets at 10:30 a.m. on the third Thursday of each month at Tiffin Community Kitchen, 45 S. Washington St. Join them to learn about breastfeeding, meet with health professionals and so much more!

SPILLED MILK Cafe

Join us for our breastfeeding group where you will get to meet new moms, learn new information about breastfeeding, have the opportunity to make crafts, meet with health professionals, ask questions, have snacks and so much more!




FEBRUARY'S MENU

- ♥ SPECIAL GUEST: MARGIE HARRIS WITH HELP ME GROW
- SUPPORTING YOU FROM PREGNANCY TO PRESCHOOL
- ♥ DOOR PRIZES AND REFRESHMENTS
- ♥ PROVIDING DIAPERS AND STORAGE BAGS IF YOU ARE IN NEED
- ♥ OPEN DISCUSSION TO HELP WITH YOUR SPECIFIC NEEDS

 **THIRD THURSDAY OF THE MONTH**

 **10:30 AM**

 **45 WASHINGTON ST
TIFFIN, OH**

SENIOR HEALTH CLINICS

Throughout the year, SCGHD's nursing division hosts Senior Health Clinics at convenient locations in both Tiffin and Fostoria. At the clinics, a variety of FREE health screenings are available for adults over the age of 60.

Senior Health Clinics

9:30 a.m. to 11:15 a.m.
AGES 60 +

Monday, February 12

Fostoria Senior Citizens Center

Wednesday, February 14

Allen Eiry Senior Center

Monday, March 11

Fostoria Senior Citizens Center

Wednesday, March 13

Seneca County Commission on Aging



FREE Health Screenings Include:

- ✓ Vital signs
- ✓ Edema
- ✓ Glucose
- ✓ Urinalysis
- ✓ Hemoglobin
- ✓ Weight/medication review
- ✓ Lung sounds
- and education

