

# Seneca County General Health District Monthly Newsletter



MARCH 1, 2024

| VOLUME 12

## WHAT'S GOING AROUND

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

Influenza cases are on the rise in Seneca County. According to data collected by SCGHD, 27 influenza-related hospitalizations were reported Feb. 1 through Feb. 28 in Seneca County. In January, a total of 11 hospitalizations were reported.

Ohio Department of Health also reports "very high" influenza activity throughout the state, with increases in hospitalizations, emergency department visits and outpatient visits. According to ODH, COVID-19 cases are declining.

*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.

## NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. It also describes the various ways we eat and includes sustainability.



Click [here](#) for healthy eating tips and more information on National Nutrition Month!

## EMPLOYEE OF THE MONTH

Sarah Clouse has been selected as SCGHD's March Employee of the Month.

Sarah is a public health nurse at SCGHD and was nominated by a co-worker for her eagerness to always lend a helping hand when needed.

Sarah's co-worker said Sarah is a wonderful asset to the health department and not only helps in times of need, but also puts a lot of hard work into the Children with Medical Handicaps (CMH) program.

*Congratulations*

# SARAH!



CHECK US OUT!



WWW.SENECAHEALTHDEPT.ORG

# BINGOCIZE

Our first 10-week session of Bingocize has begun at Kiwanis Manor of Tiffin. Join us for these fun classes that combine the game of bingo with inclusive exercises for everyone!

## Ten-week sessions of Bingocize:

- ➡ Every Tuesday and Friday at 2 p.m. at Kiwanis Manor of Tiffin.
- ➡ Every Monday and Tuesday at 11 a.m. at Fostoria Senior Citizens Center (Classes begin Monday, March 25).



*SCGHD's Nursing Division had a blast leading Bingocize at Kiwanis Manor of Tiffin on Feb. 27.*

# OVERDOSE EMERGENCY KITS

Overdose Emergency Kits are now available at SCGHD. To further our efforts in supporting local organizations in the fight against the opioid crisis, we are offering FREE Overdose Emergency Kits. SCGHD will install, re-stock and provide education at no charge.

### The kits include:

- 2 NARCAN kits
- Disposable gloves
- CPR shield
- Contact information to re-supply the kit



If you'd like an Overdose Emergency Kit installed at your organization, call (419) 447-3691 ext. 6330.

# MEASLES

Measles cases have recently been identified in Ohio. There are currently no cases or associated contacts in Seneca County. Measles can be especially dangerous for babies and young children, but it is preventable with the MMR vaccine.

# Measles

IT ISN'T JUST A LITTLE RASH

Measles can be dangerous, especially for babies and young children.

### MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



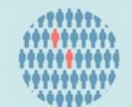
### Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.



### You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

[WWW.CDC.GOV/MEASLES](http://WWW.CDC.GOV/MEASLES)

Call our nursing division to schedule your MMR vaccine: (419) 447-3691 ext. 6333