Seneca County General Health District

Monthly Newsletter

APRIL 5, 2024 | VOLUME 13

WHAT'S GOING AROUND

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

In the last month, infectious diseases most reported to Seneca County General Health District included influenza and COVID-19.

According to data collected by SCGHD's epidemiologist, roughly 55 percent of disease reports received by SCGHD in the last month were COVID-19, and approximately 25 percent of the disease reports were influenza-associated hospitalizations.

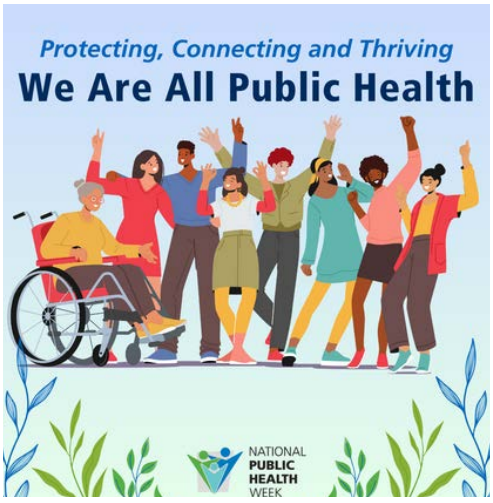
Diseases that make up the other 20 percent of those reported include hepatitis C, chlamydia, gonorrhea, and food-borne illnesses.

To help prevent respiratory illnesses such as 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.

NATIONAL PUBLIC HEALTH WEEK

During the first full week of April each year, National Public Health Week is celebrated to recognize the contributions of public health and highlight issues that are important to improving our nation's health. This year, NPHW's theme is "Protecting, Connecting and Thriving: We Are All Public Health." Seneca County General Health District is proud to serve the residents of Fostoria, Tiffin and Seneca County, and to work diligently in preventing disease, promoting wellness, and protecting the environment.



Click here to learn more about National Public Health Week!

EMPLOYEE OF THE MONTH

Betsy Miller has been selected as SCGHD's April Employee of the Month.

Betsy is a public health nurse at SCGHD and was nominated by a co-worker for exemplifying all of SCGHD's core values.

Betsy's co-worker said Betsy has a compassionate nature and is everyone's "go-to" when it comes to questions, concerns or ideas. She also said that Betsy treats everyone with respect and is always a team player.

Congratulations

BETSY!

2023 ANNUAL REPORT

Seneca County General Health District's 2023 Annual Report is now available to view!
The annual report is a summary of the health district's year and highlights all of the divisions at SCGHD. Within the report, you'll find information about our programs, our accomplishments, and community health data.

To see more pictures from 2023 and to view the entire 2023 Annual Report, click here

TICK SAFETY

Did you know ticks are active in Ohio from early spring until late fall and can cause many diseases?
Preventing tick bites is the best way to prevent tickborne diseases, including the most common diseases Lyme and Rocky Mountain spotted fever.

Protect against tick bites by avoiding areas where ticks live, such as wooded and brushy areas with high grass and leaf litter.

Check for ticks by examining your whole body after coming indoors.

Remove ticks as soon as you can. The best way to remove a tick is to use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull away from your skin with steady, even pressure.

Watch for symptoms. The most common symptoms of tick-related illnesses are fever, chills, aches and pains, and a rash.

Click here to learn more about tick safety!

SOLAR ECLIPSE EYEWEAR TIPS

The total solar eclipse is just days away! Make sure you and your family are safe when viewing this once-in-a-lifetime event by following these solar eclipse eyewear tips:

- Always inspect your solar filter before use; if scratched, punctured, torn, or otherwise damaged, discard it. Read and follow any instructions printed on or packaged with the filter.
- If you normally wear eyeglasses, keep them on. Put your eclipse glasses on over them, or hold your handheld viewer in front of them.
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright sun. After looking at the sun, turn away and remove your filter — do not remove it while looking at the sun.
- Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device.
- Similarly, do not look at the sun through an unfiltered camera, telescope, binoculars, or any other optical device while using your eclipse glasses or handheld solar viewer in front of your eyes — the concentrated solar rays could damage the filter and enter your eyes, causing serious injury.
- Always supervise children using solar filters.