

# Seneca County General Health District Monthly Newsletter



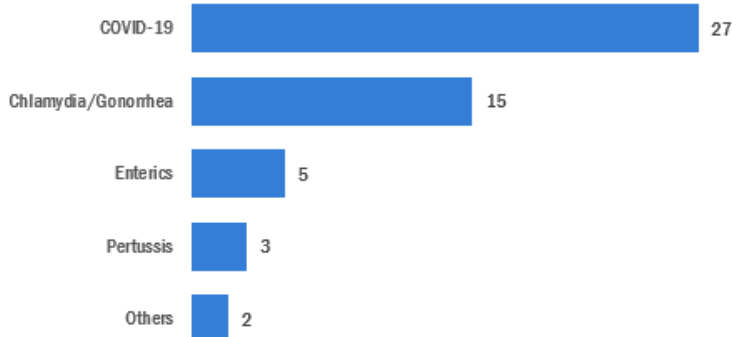
JULY 5, 2024

VOLUME 16

## WHAT'S GOING AROUND

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

Last month, the infectious disease with the most probable and confirmed cases in Seneca County was COVID-19. Several cases of Chlamydia and Gonorrhea also were reported.



To help prevent respiratory illnesses such as 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.

For tips on how help prevent sexually transmitted infections such as chlamydia or gonorrhea, [click here.](#)

## FREE VISION SCREENINGS

for adults 65 years and older

Call now:  
(419) 447-3691 ext. 6333



## EMPLOYEE OF THE MONTH

Sherry Jordan has been selected as SCGHD's July Employee of the Month.

Sherry is a public health nutritionist at Seneca County WIC and was nominated by a co-worker for being a great asset to the WIC program and to SCGHD.

Betsy's co-worker said Sherry is a great example of dependability and works hard to lead our clients and community to better health. Sherry also is compassionate and always does her best to help her team in WIC.

Congrats  
Sherry!

CHECK US OUT!



WWW.SENECAHEALTHDEPT.ORG

# SUMMER FOOD SAFETY

Foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm. People also cook outside, away from refrigerators, thermometers, and sinks more often. Stay healthy and safe by following these food safety guidelines:

### Separate Raw and Cooked Foods

To prevent foodborne illness, do not use the same platter, cutting board or utensils for raw and cooked foods.

### Cook Thoroughly

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Use a food thermometer to be sure the food has reached a safe internal temperature.

### Keep Hot Food Hot

After cooking meat and poultry, keep it hot until served — at 140°F (60°C) or warmer.

### Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. When using a cooler, keep it out of the direct sunlight by placing it in the shade or shelter. Avoid opening the lid too often, which lets cold air out and warm air in.

### Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperature outside is above 90°F/ 32°C).



## SENECA COUNTY WIC

Seneca County WIC (Women, Infants & Children) is committed to its #HealthyStartsHere promise. That's why WIC offers different food packages specifically tailored to suit your family's needs.

WIC offers food packages for:

- ✓ Children 1 through 5 years old
- ✓ Pregnant and partially breastfeeding (up to 1 year postpartum)
- ✓ Postpartum (up to 6 months postpartum)
- ✓ Fully Breastfeeding (up to 1 year postpartum)



Learn more about WIC by visiting [www.signupwic.com](http://www.signupwic.com) or calling (419) 447-3691 ext. 6316

## Why Get Vaccinated at Seneca County General Health District?

SPECIALLY TRAINED STAFF

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VACCINE RECORD ADDED TO STATEWIDE IMMUNIZATION INFORMATION SYSTEM

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WE VACCINATE ALL AGES

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CDC RECOMMENDED VACCINES ARE READILY AVAILABLE

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MEDICAID AND MOST PRIVATE INSURANCES ACCEPTED

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CALL (419) 447-3691 EXT. 6333 TO SCHEDULE AN APPOINTMENT.  
WALK-IN VACCINE CLINICS:  
WEDNESDAYS - 8:10 A.M. TO 3:15 P.M.  
92 E. PERRY ST. TIFFIN