Seneca County General Health District

Monthly Newsletter

NOVEMBER 1, 2024 | VOLUME 20

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.

According to data from SCGHD's epidemiologist, a total of 102 disease cases were investigated and confirmed in the last month.

Of the 102 cases, 86 were COVID-19, 11 were chlamydia, and 3 were intestinal illnesses. Influenza activity is currently low.

To help prevent respiratory illnesses such as COVID-19:

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.

Schedule your COVID-19, flu and RSV vaccine now! Call (419) 447-3691 ext. 6333 to schedule an appointment, or visit a walk-in clinic on Wednesdays from 8:10 a.m. to 3:15 p.m. at our Tiffin location, 92 E. Perry St.

GREAT AMERICAN SMOKEOUT

The Great American Smokeout, a day many Americans use as the beginning of their smoke-free journey, is Nov. 21.

No matter your age or how long you've been smoking, quitting improves some aspects of your health immediately and even more over the long term.

Check out how your body recovers from smoking in just minutes!

20 minutes
Your heart rate and blood pressure drop.

2 weeks to 3 months
Your circulation improves, and your lung function increases.

1–2 years
Your risk of heart attack drops dramatically.

5–10 years
Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.

EMPLOYEE OF THE MONTH

Ryan Sendelbach has been selected as SCGHD's November Employee of the Month.

Ryan is a Registered Environmental Health Specialist and will be taking on the role of Director of Environmental Health this month.

He was nominated by a co-worker for exemplifying SCGHD's core values of honesty, compassion, teamwork, and dependability.

Ryan's co-worker said Ryan has been handling many duties of the Director of Environmental Health along with his normal duties, and has done so while treating his co-workers and others with respect and kindness.

Congrats RYAN!

PREVENTING FOOD POISONING

Did you know that an estimated 1 in 6 Americans will get sick from food poisoning this year alone? Food poisoning not only sends 128,000 Americans to the hospital each year—it can also cause long-term health problems. You can help keep your family safe from food poisoning at home by following these four simple steps: clean, separate, cook and, chill.

Clean: Wash Hands, Utensils, and Surfaces Often

Germs that can make you sick can survive in many places around your kitchen, including your food, hands, utensils, cutting boards, and countertops. Wash your hands often, and wash utensils and surfaces after each use.

Separate: Don't Cross Contaminate

Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs.

Cook to the Right Temperature

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick.

Chill: Refrigerate and Freeze Food Properly

Refrigerate perishable foods within 2 hours.

SANDUSKY AND SENECA COUNTIES'

REPRODUCTIVE HEALTH & WELLNESS CLINIC

MONDAYS

9:00 A.M. TO 3:30 P.M.

92 E. PERRY ST. TIFFIN

Services available for men & women of all ages!

TO MAKE AN APPOINTMENT, CALL:
1 (800) 524-7171

SERVICES INCLUDE:

- *Examinations by Licensed Healthcare Professionals*
- *Pap Tests & Screening for Cervical Cancer*
- *Birth Control Options*
- *STD Testing & Treatment*
- *HIV Testing & Counseling*
- *PrEP – HIV pre-exposure protection*
- *Patient Education & Counseling*
- *Pregnancy Testing*

BINGOcize

BINGO + EXERCISE = BINGOCIZE

LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Bingocize is a fall prevention program that combines the game of bingo with inclusive exercises for everyone!

Join us for an informational session:
Friday, Nov. 8
2 p.m. - 3 p.m.
Junior Homeroom at
Tiffin-Seneca Public Library

Classes will begin Friday, Nov. 15 and continue each Monday and Friday (except Nov. 29 and Jan. 20) from 2 p.m. to 3 p.m. in the Junior Homeroom.

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SENECA COUNTY General Health District

CHECK US OUT!

WWW.SENECAHEALTHDEPT.ORG