Seneca County General Health District

Monthly Newsletter

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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 64 disease cases were investigated and confirmed.

Forty-five of the cases were COVID-19 and 16 were either chlamydia or gonorrhea. Two cases were gastointestinal diseases and one case of hepatits B was confirmed. Influenza activity in the county 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.

HANDWASHING AWARENESS WEEK

Did you know the global rate for washing hands after using the bathroom is under 20 percent?

Following simple handwashing practices is one of the most effective ways to prevent the spread of many types of infection and illness at home, at school and elsewhere.

Don't be a part of the statistics.
Wash your hands!

EMPLOYEE OF THE MONTH

Corinna Feasel has been selected as SCGHD's December Employee of the Month.

Corinna is a nursing clerk at SCGHD and was nominated by a co-worker for being a great asset to the nursing division. Corinna's co-worker said Corinna helps keep the nursing division in line and moving in a forward direction. She also helps maintain and update important policies. "Corinna's laughter and smile always brings cheer to our day. The nursing department is lucky to have her and thanks her for all the little things she does each day to keep them running efficiently," Corinna's co-worker said.

Congrats CORINNA!

HEALTHFUL EATING DURING THE HOLIDAYS

Holidays are not only a time of celebration, but also a chance to catch up with loved ones near and far while preparing and enjoying healthy, delicious dishes. Follow these tips from myplate.gov to help make your holidays festive and healthy!

Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.

Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.

Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.

Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of nuts, dark chocolate chips, and dried fruits.

Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.

Try a twist on a dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

For more tips on healthful eating, visit: myplate.gov

MEDICAL RESERVE CORPS

Are you interested in personal preparedness, community engagement, and crisis response? Join Seneca County MRC and be part of a national network of more than 300,000 volunteers organized locally to improve the health and safety of their communities!

Seneca County MRC provides free hand-on trainings across the county and is seeking both medical and non-medical volunteers.

medical reserve corps

SENECA COUNTY UNIT 406

To join, visit www.ohioresponds.odh.ohio.gov and click "Register Now!"

BINGOCIZE

Are you looking for a fun, new way to be active?

Join us for Bingocize at Tiffin-Seneca Public Library and Kaubisch Public Library!

At Tiffin-Seneca Public Library, classes run through Feb. 3 and are Mondays and Fridays (except Jan. 20) from 2 p.m. to 3 p.m. in the Junior Homeroom.

Classes at Kaubisch Public Libaray begin Friday, Jan. 10 and continue each Monday and Friday (except Jan. 20 and Feb. 17) from 10 a.m. to 11 a.m. in the McClean Room. An informational session about Bingocize will be Friday, Jan 3 at 10 a.m. in the McClean Room. The program is geared toward elders, but anyone is welcome to join!