Seneca County General Health District

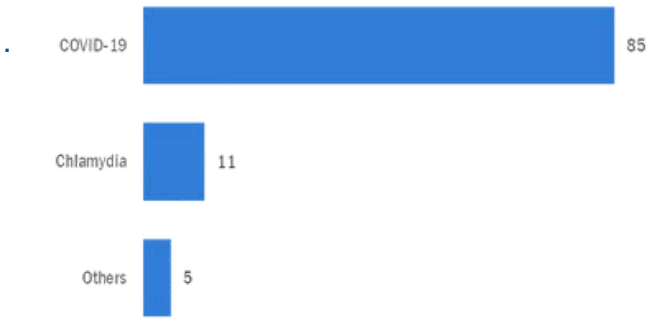
Monthly Newsletter

JANUARY 3, 2025 | VOLUME 22

WHAT'S GOING AROUND

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

In December, a total of 101 disease cases were investigated and confirmed by SCGHD's epidemiologist. Eighty-five cases were COVID-19 and 11 were chlamydia. Five other cases encompassed different respiratory and bacterial diseases. 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.

CERVICAL CANCER AWARENESS

January is Cervical Cancer Awareness Month. Did you know that more than 14,000 women in the United States are diagnosed with invasive cervical cancer each year? Fortunately, the disease is preventable with vaccination and appropriate screening.

Vaccines, pap tests, and HPV tests are all tools that can help fight cervical cancer!

Visit one of our Reproductive Health and Wellness Clinics held each Monday from 9 a.m. to 3:30 p.m. Cervical cancer screenings and other sexual health services are available! To make an appointment, call (800) 524-7171

CHECK US OUT!

WWW.SENECAHEALTHDEPT.ORG

NOROVIRUS

Norovirus is a highly contagious virus that causes vomiting, diarrhea, and stomach pain. It can also cause body aches, headache and fever.

It's currently circulating in the United States and is present in Seneca County. Washing your hands is the best and most effective way to prevent norovirus. It's especially important to wash your hands with soap and water for at least 20 seconds

- After using the toilet or changing diapers.
- Before eating, preparing, or handling food.
- Before giving yourself or someone else medicine.

It's important to note that hand sanitizer alone does not work well against norovirus.

Norovirus is a very contagious virus that causes vomiting and diarrhea.

VERY important that you do not prepare, handle food, or care for others when you are sick.

Wash hands well with soap and water; hand sanitizer alone does not work well against norovirus.

Call your healthcare provider if you have concerns, severe vomiting or diarrhea, or dehydration.

Symptoms usually develop 12 to 48 hours after being exposed to norovirus. Symptoms can last 1-3 days.

Most common:
- Nausea.
- Vomiting.
- Stomach Pain.
- Diarrhea.

Other possible symptoms:
- Body Aches.
- Fever.
- Headaches.

! Watch for symptoms of dehydration.

Norovirus can be spread through food, water, or contaminated surfaces.

You are most contagious:
- When you have symptoms of norovirus illness, especially vomiting.
- During the first few days after you feel better.

Studies have shown that you can still spread norovirus for 2 weeks after you feel better.

Wait at least 2 days (48 hours) after symptoms stop to handle food or take care of others.

- Wash your hands well and often with soap and water.
- Wash fruits and vegetables well.
- Clean and sanitize kitchen utensils, cutting boards, counters, and surfaces often.
- Clean and disinfect surfaces often.
- Immediately remove and washing clothing, blankets, sheets that may have bodily fluids on them.

To disinfect, use an EPA-registered disinfecting product against norovirus

Ohio Department of Health

Internship Opportunities

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

- Emergency Preparedness
- Fiscal and Human Resources
- Health Education
- Public Health

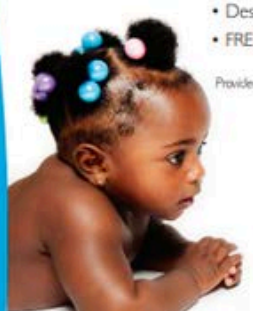
Are you a college student looking for an internship opportunity? Check out the internships available at SCGHD!
FOR MORE INFORMATION, CLICK HERE

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

FREE Immunization EDUCATION WITH CME

- One hour, in-office training by public health nurse educators focused on childhood (MOBI) and adolescent immunizations (TIES)
- The latest vaccine information and resources
- Quality improvement strategies to improve rates in your practice
- Designed to fit into the busy workday
- FREE IQIP assessment to determine your rates

Provided through a partnership with the Ohio Department of Health's Immunization Program



TIES Teen Immunization Education Sessions

MOBI

Sign up now for FREE immunization education provided by one of our public health nurses!
To schedule a training, email: jwahrer@senecahealthdept.org

CHECK US OUT!

WWW.SENECAHEALTHDEPT.ORG