Seneca County General Health District

Monthly Newsletter

MARCH 7, 2025 | VOLUME 24

WHAT'S GOING AROUND

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

In January, a total of 143 disease cases were investigated by SCGHD's epidemiologist. Of these, 127 were probable or confirmed and counted as cases.

Sixty of the 127 cases (47%) were COVID-19, with 6 of the cases requiring hospitalization.

There were 54 (43%) influenza-associated hospitalizations, 8 cases (6%) of chlamydia, and 5 cases (4%) of enteric diseases.

Influenza activity in the county is currently MODERATE TO HIGH.

To help prevent respiratory illnesses such as influenza:

- *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.

NATIONAL NUTRITION MONTH

March is National Nutrition Month!

Celebrate throughout the month with 50 fun ideas for the office, home or school. Click here to check them out!

EMPLOYEE OF THE MONTH

Colten Sours has been selected as SCGHD's Employee of the Month.

Colten is a clerk in the Environmental Health Division and was nominated by a co-worker for adhering to the SCGHD Core Values. Colten's co-worker said he shows compassion when working with clients on the phone and in person, and shows up to work every day with a good attitude and commitment.

"Colten is willing to help out wherever he is needed which helps our division operate more smoothly on a day-to-day basis," his co-worker said.

Congratulations Colten!

SCGHD DIVISION SPOTLIGHT

This month, our WIC (Women, Infants & Children) Division is in the spotlight!

WIC is a special supplemental nutrition program for income-eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to age five who face health risks due to inadequate nutrition. It provides nutrition education, nutritious foods, and breastfeeding support and education.

Want to learn more about WIC? Call our Tiffin office at (419) 447-3691 ext. 6316 or our Fostoria office at (419) 435-4401.

HERE ARE SOME INTERESTING FACTS ABOUT SENECA COUNTY WIC:

In 2024, Seneca County WIC's average monthly caseload was 1,002.

The breastfeeding initiation rate at Seneca County WIC was 51 percent last year.

In 2024, the program "Urgent Maternal Warning Signs" provided education to 160 pregnant and postpartum women at Seneca County WIC. This program teaches women how to recognize warning signs of maternal complications.

FREE VISION SCREENINGS

for adults 65 years and older

Wednesday, March 12
1 p.m. - 3 p.m.

Elmwood Assisted Living
54 S. Washington St. Tiffin

Public is Welcome!

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

OHIO INJURY PREVENTION PARTNERSHIP
Older Adults Falls Prevention Coalition

Why Get Vaccinated at Seneca County General Health District?

- WE VACCINATE ALL AGES
- SPECIALLY TRAINED STAFF
- CDC RECCOMMENDED VACCINES ARE READILY AVAILABLE
- VACCINE RECORD ADDED TO STATEWIDE IMMUNIZATION INFORMATION SYSTEM
- MEDICAID AND MOST PRIVATE INSURANCES ACCEPTED

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

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