Seneca County General Health District

Monthly Newsletter

SEPTEMBER 5, 2025 | VOLUME 29

WHAT'S GOING AROUND

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

In August, a total of 68 disease cases were reported to SCGHD. Of these, 51 were counted as cases.
Of the 51 probable/confirmed cases, 24 (47%) were COVID-19, 18 (35%) were chlamydia or gonorrhea, and 5 (9.8%) were enteric (food or water-borne) diseases. Three (11%) of the cases were hepatitis C, and there also was 1 additional case of a viral disease.

Want to learn more about communicable diseases and how to report them?
CLICK HERE

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.

WALKING WEDNESDAYS

Walking Wednesdays are continuing through the month of September, so get out and walk!
Walking is one of the simplest ways to improve your overall health, including health challenges like high blood pressure, diabetes, high cholesterol and even mental health struggles. Whether it's a stroll with coworkers, a walk in the park with friends, or a lunchtime lap around the block, Walking Wednesdays encourage you to take a break and take a walk.

EMPLOYEE OF THE MONTH

Mindy Cook has been selected as SCGHD's Employee of the Month.
Mindy works in the Nursing Division and was nominated by a co-worker for bringing precision and heart to everything she does.
Her co-worker said that Mindy's service, dedication, and reliability set a standard to be proud of.
"Whether it's handling daily responsibilities or offering quiet support behind the scenes, Mindy does it all with grace and professionalism," Mindy's co-worker said. "Thank you for being someone we can count on."

Congratulations Mindy!

CHECK US OUT! **WWW.SENECAHEALTHDEPT.ORG**

FLU VACCINES

Flu season is right around the corner, and flu vaccines are the best defense against the worst symptoms of flu!

Flu can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these signs and symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

***It's important to note that not everyone with flu will have a fever**

FLU VACCINE CLINIC

WEDNESDAY, OCT. 15
12:30 P.M. - 2 P.M.
KAUBISCH PUBLIC LIBRARY
205 PERRY ST. FOSTORIA

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

Flu Vaccines also are available at SCGHD by appointment
Call (419) 447-3691 ext. 6333

Sunscreen Safety Initiative

JOIN US FOR THE IMPACT MELANOMA LAUNCH IN OPPORTUNITY PARK!

CELEBRATE SUNSCREEN SAFETY WITH SCOC'S AKTION CLUB, THE SENECA COUNTY GENERAL HEALTH DISTRICT, AND FRIENDS!

Discover new sunscreen dispensers at Opportunity Park on **Friday, September 12th, at noon**!

Thank you to the Seneca County General Health District, the Tiffin Community Foundation, and SCOC Aktion Club for their generous support and for making this possible.

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Kiwanis AKTION CLUB

IMPACT Melanoma is the nation's leading non-profit dedicated to significantly reducing the incidence of melanoma in the United States and saving lives.

LET'S TALK *Public Health!*

Is your business or organization interested in learning about public health and how it affects our communities? Let our knowledgeable staff come to you!

We offer educational sessions on a variety of health-related topics, including:

- Nursing
- Emergency Preparedness
- Epidemiology
- Nutrition & Mental Health
- Environmental Health

WANT TO LEARN MORE?
Email: ehandru@senecahealthdept.org