Seneca County General Health District

Monthly Newsletter

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SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

WHAT'S GOING AROUND

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

In October, 33 disease cases were reported to SCGHD. Of these, 23 were confirmed as cases. Of the 23 probable/confirmed cases, 13 (56%) were chlamydia and 6 (26%) were enteric (food or water-borne) diseases. Four cases of different bacterial and viral diseases also were reported.

Influenza activity in the county is currently LOW

To help prevent sexually transmitted infections like chlamydia and to protect your health, Talk. Test. Treat.

- **TALK with your partners and healthcare providers about sexual health and STIs**
- **TEST It's the only way to know if you have an STI.**
- **TREAT If you test positive for an STI, work with your healthcare provider to get the correct treatment.**

THANKSGIVING FOOD SAFETY

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the joy can change to misery if food makes you or others ill.

Typical symptoms of foodborne illness, also known as food poisoning, are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

In some cases, foodborne illness can be severe and even life-threatening to anyone, especially those most at risk.

EMPLOYEE OF THE MONTH

Joann Florence has been selected as SCGHD's Employee of the Month.

Joann serves as support staff for the nursing division at SCGHD and was nominated by a co-worker for her smile and approachable demeanor.

"Her warm smile and approachable demeanor make her a go-to person for anyone needing assistance or a friendly chat," Joann's co-worker said. "Despite the frigid conditions in the office, Joann never lets the cold dampen her spirits!"

Congratulations Joann!

NARCAN VENDING MACHINES

Seneca County General Health District is proud to announce the addition of FREE NARCAN vending machines in Seneca County.

The machines were purchased through a grant with the Toledo-Lucas County Health Department and are located at Seneca County General Health District and the Fostoria Municipal Building. Machines also are located at Heidelberg University and Tiffin University, and are intended to serve the universities' students, faculty, and staff.

NARCAN is a life-saving opioid overdose reversal drug and works by acting as an opioid antagonist to reverse the effects of an overdose. Commonly used opioids include heroin, fentanyl, and prescription painkillers. NARCAN is administered as a nasal spray and can restore normal breathing if given promptly with no risk of harm or addiction to those without opioids in their system.

"NARCAN is a life-saving tool that is now available for free at vending machines throughout the county," Seneca County Commissioner Julie Richards said. "Overdoses are preventable, and having vending machines that are easily accessible to the public will help us continue to combat overdose deaths."

ANTIBIOTIC AWARENESS WEEK

U.S. Antibiotic Awareness Week (USAAW) is November 18-24 and raises awareness of the importance of appropriate antibiotic and antifungal use and the threat antimicrobial resistance (AR) poses to people, animals, plants, and their shared environment.

Each year in the United States, at least 2.8 million people are infected with antibiotic-resistant germs, and at least 35,000 die.

Infections caused by antibiotic-resistant germs are difficult, and sometimes impossible, to treat—but we can prevent infections by first stopping the spread of these germs.

- ***Wash Your Hands***
- ***Prepare Food Safely***
- ***Prevent STIs***
- ***Practice Healthy Habits Around Animals***

GREAT AMERICAN SMOKEOUT

The Great American Smokeout, a day many Americans use as the beginning of their smoke-free journey, is Nov. 20. 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.