Seneca County General Health District

Monthly Newsletter

JANUARY 2, 2026 | VOLUME 33

WHAT'S GOING AROUND

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

In December, a total of 50 disease cases were reported to SCGHD. Of these, 41 were confirmed as cases.

Of the 41 probable/confirmed cases, 14 were COVID-19 hospitalizations, 13 were influenza-associated hospitalizations, and four were RSV hospitalizations. This means that roughly 76% of cases reported in December were hospitalizations from various respiratory diseases.

Last month there were also five cases of chlamydia, three different enteric (food or water-borne) diseases, and two cases of different bacterial and viral diseases.

To help prevent respiratory illnesses:

- 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. Cough and sneeze into a tissue or your elbow to prevent the spread of respiratory droplets that could make others sick.

Influenza activity in the county is currently HIGH

EMPLOYEE OF THE MONTH

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

Corinna serves as support staff for the Nursing Division and was nominated by a co-worker for her positive attitude and kindness.

"Each day Corinna reports to work with an extremely positive attitude and engages clients and co-workers with genuine kindness and respect," Corinna's co-worker said. "She consistently provides support and useful input in cross-disciplinary projects that serve to propel the agency to exceed even more."

Congratulations Corinna!

BINGOCIZE

Are you looking for a fun, new way to be active? Bingocize is a fall prevention program that combines the game of bingo with inclusive exercises for everyone!

Our trained staff offers 10-week, on-site sessions that meet twice a week and encourage older adults to engage in regular physical activity. Many seniors may find traditional exercise routines boring or intimidating, but by incorporating exercise and music into a fun and familiar activity like bingo, Bingocize makes it more accessible and enjoyable!

Want to learn more about SCGHD's Bingocize program? Call (419)447-3691 ext. 6326 or email: abarrell@senecahealthdept.org

Senior Health Clinics

9:30 a.m. to 11:15 a.m.

AGES 60 +

Wednesday, January 14
Kiwanis Manor of Tiffin

Wednesday, January 21
Fostoria Senior Citizens Center

Wednesday, February 11
Allen Eiry Senior Center

Wednesday, February 18
Fostoria Senior Citizens Center

FREE Health Screenings Include:

- ✓ Vital signs
- ✓ Glucose
- ✓ Vision
- ✓ Hemoglobin
- ✓ Edema
- ✓ Urinalysis
- ✓ Weight /medication review
- ✓ Lung sounds

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

DRESSING FOR COLD WEATHER

Cold outside? Avoid the risk of frostbite and hypothermia by dressing in layers, covering exposed skin, and limiting time outdoors. If someone might be experiencing either condition, seek medical attention immediately — and know your actions.

Photo courtesy of weather.gov