Seneca County General Health District

Monthly Newsletter

MARCH 6, 2026 | VOLUME 35

WHAT'S GOING AROUND

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

In February, a total of 58 disease cases were reported to SCGHD. Of these, 43 were confirmed as cases and three investigations are ongoing.

Of the 43 probable/confirmed cases, 16 were chlamydia, five were COVID-19 hospitalizations, eight were influenza-associated hospitalizations, and seven were RSV hospitalizations. This means that roughly 47% of cases reported in February were hospitalizations from various respiratory diseases.

Last month there were also two different enteric (food or water-borne) diseases, and four 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 LOW

EMPLOYEE OF THE MONTH

Heather Panuto has been selected as SCGHD's Employee of the Month.

Heather is a clerk in the Environmental Health Division and was nominated by a co-worker for demonstrating exceptional professionalism.

Heather's co-worker said Heather is also able to successfully help Seneca County residents even when they are stressed or anxious.

"She is a shining example for how active listening and professionalism can turn a difficult situation into a great outcome," her co-worker said.

HEALTH EVENTS

In February and March, SCGHD hosted health events in Fostoria and Tiffin. The events featured the Ohio Department of Health Mobile Health Unit and provided free physical and mental health screenings to residents. Linkages to local medical professionals also were provided, and other highlights included free clothing, free health supplies, and free lunch. Sixty-five residents were served through both events. SCGHD would like to thank the many organizations and volunteers who made these events a success!

THANK YOU
to our local partners & volunteers!

Senior Health Clinics

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

AGES 60 +

Wednesday, March 11
Seneca County Commission on Aging

Wednesday, March 18
Fostoria Senior Citizens Center

Wednesday, April 8
Kiwanis Manor of Tiffin

Wednesday, April 15
Fostoria Senior Citizens Center

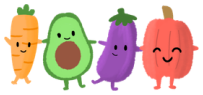
FREE Health Screenings Include:

- ✓ Vital Signs
- ✓ Glucose
- ✓ Vision
- ✓ Hemoglobin
- ✓ Edema
- ✓ Urinalysis
- ✓ Weight/Medication Review
- ✓ Lung Sounds

SENECA COUNTY General Health District
PREVENT. PROMOTE. PROTECT.

NATIONAL NUTRITION MONTH

March is National Nutrition Month!



Celebrate the month by boosting healthy habits at work, home, or school. One way to boost nutrition is to add a variety of colors to your plate. Fruits and vegetables like oranges, tomatoes, and dark, leafy greens—and even fresh herbs—are loaded with vitamins, fiber, and minerals.

To get a variety of healthy, colorful foods, try this:

- Add fresh herbs to salads or meat dishes.
- Make a red sauce with fresh tomatoes, fresh herbs, and spices.
- Add diced vegetables to stews and omelets to boost color and nutrients. Peppers, broccoli, and onions are great options.
- Top unsweetened yogurt with your favorite fruit.