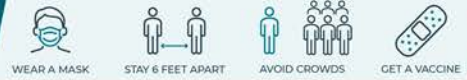




FALL



After 30 years of service to Seneca County, Vickie Swinehart will be retiring this October. In 1981, Vickie graduated from Niagara University with a BS degree in Nursing and a Master's degree in Management in 2009 from Keuka College. In 1992, Vickie took a job with Seneca County as a Public Health Nurse until 2003 when she became the Director of the Seneca County Department of Health. Throughout her tenure, Vickie has seen many achievements and accomplishments. Most notable would be achieving accreditation status from the Public Health Accreditation Board (PHAB) in 2020.

Under her guidance, the Seneca County Health Department became one of six counties (Seneca, Wayne, Yates, Schuyler, Steuben and Ontario) who achieved National Public Health Accreditation through a multiyear collaboration of efforts. It was during the COVID-19 pandemic that she and her staff received notification that their application was approved.

Vickie also navigated a Hepatitis A outbreak in 2015 where she led her department in activating the first inter-municipal agreement. Within 3 days, clinics were established and over 3,000 people received post-exposure treatment. Due to her leadership and quick response efforts, the New York State Health Commissioner visited Seneca County to recognize the staff and distribute certificates after Gov. Andrew Cuomo issued a declaration recognizing SCHD efforts during the outbreak.

In 2018, a State of Emergency was issued in response to flash flooding that affected Lodi, Interlaken, Covert, and Romulus. From the Emergency Management Command Center Vickie was able to lead county assistance by providing assets, information and materials to first responders and the community for the closing of roads, evacuations and water rescues.

In 2020 COVID-19 shocked the world. As the pandemic caused a global social and economic disruption, Vickie and her staff worked tirelessly to implement safety measures and provide vaccinations to the public. In July of 2020, Dr. Timothy Ryan and the Seneca Falls Rotary Club presented Vickie and the Health Department staff with the Paul Harris Heroes Award for the leadership and service they provided throughout the COVID-19 pandemic. This award is the highest form of recognition that the Rotary can bestow.

Throughout her career as Director, Vickie Swinehart has led the Seneca County Health Department through many challenges, adversity and Public Health emergencies. Without her steadfast leadership, these accomplishments and growth would not have been possible. We appreciate all Vickie has done and wish her the best in retirement.

INSIDE THIS ISSUE:

RETIREMENT ANNOUNCEMENT	1
VACCINE INFORMATION	2
COVID-19 VACCINE FAQ	3
DEVELOPMENTAL MILESTONES	4
QUESTIONS ABOUT BREASTFEEDING?	4
CHILDREN WITH SPECIAL NEEDS PROGRAM	4
THANKSGIVING DAY SAFETY TIPS	5
MARIJUANA— IS LEGAL SAFE?	6
SELF CARE TIPS	7
RABIES CLINICS	8
TICK INFORMATION	9
HWY DAY 2021	10
WHAT DO YOU DO WITH OLD PAINT?	11



Vaccination Available



Vaccination Available

WEAR MASK AND
MAINTAIN SOCIAL
DISTANCING

GET YOURSELF VACCINATED

Get yourself
vaccinated for
yourself and others

How was the COVID-19 vaccine developed so quickly?

- Scientists had a head start. Other coronaviruses had already been studied for 50 years.
- The vaccine technology was already in place.
- Participants quickly enrolled in trials.
- Facilities were ready to make the vaccine – even before vaccine approval.
- The FDA's teams worked around the clock to review the vaccines.



COVID-19 Vaccination – Frequently Asked Questions

Do COVID-19 vaccines contain microchips?

No. COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement. Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.



Can receiving a COVID-19 vaccine cause you to be magnetic?

No. Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.



Is it safe for me to get a COVID-19 vaccine if I would like to have a baby?

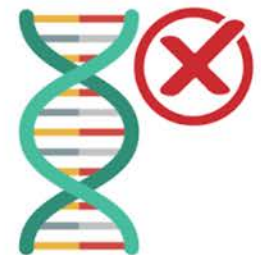
Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that female or male fertility problems are a side effect of any vaccine, including COVID-19 vaccines.



Will a COVID-19 vaccine alter my DNA?

COVID-19 vaccines do not change or interact with your DNA in any way. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept.



Will getting a COVID-19 vaccine cause me to test positive for COVID-19 on a viral test?

No. None of the authorized and recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a **current infection**.



If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus.

Have questions about Breastfeeding or Infant Child Health?



Seneca County's Maternal Child Health program offers education for infant safety and connection to local resources.

If interested please call **315-539-1920**
Monday through Friday 8:30 -5 pm.



MILESTONES MATTER: LET'S TALK ABOUT THEM!

MILESTONES AT 4 MONTHS

- Begins to babble
- Responds to affection



MILESTONES AT 6 MONTHS

- Likes to play with others
- Responds to own name



MILESTONES AT 9 MONTHS

- Has favorite toys
- Understands "no"



MILESTONES AT 1 YEAR

- Tries to say words you say
- Waves "bye-bye"



MILESTONES AT 2 YEARS

- Begins to run
- Begins to sort shapes, colors



MILESTONES AT 3 YEARS

- Knows name and age
- Climbs and runs well



Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).



Public Health
Prevent. Promote. Protect.
Seneca County, NY

Seneca County Children with Special Needs Program

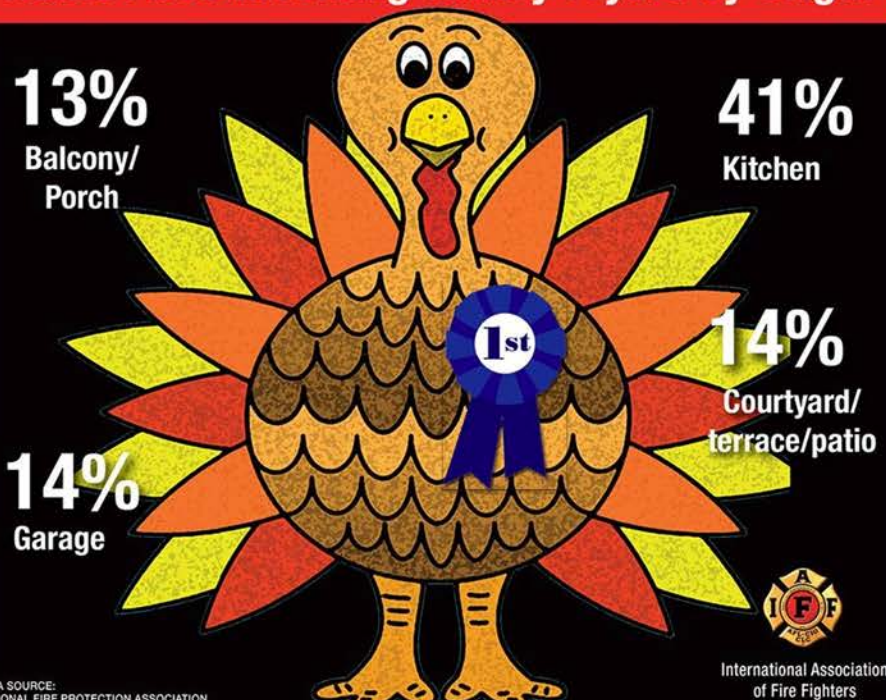
The goal of the program is to work with families to help them meet the medical and non medical needs of children with special needs.

We Can:

- Connect families with health care providers
- Offer information regarding health insurance
- Make referrals to other County agencies such as Preschool and Early Intervention Programs as well as other agencies to accommodate the child's needs.
- Advocate on behalf of the families to help them meet their Childs needs.

Thanksgiving Wins First Place for Home Fires Involving Cooking Equipment

Home Fires Involving Turkey Fryers by Origin



Turkey safety

The turkey is the biggest star. Make sure he evokes a round of applause—not a round of visits to the bathroom or, worse, the hospital.

- Buy carefully.
 - Avoid fresh, stuffed turkeys; buy your turkey at least 1-2 days before you cook it, and keep it in the fridge; keep it in the freezer if you've bought it earlier.
- Defrost properly.
 - Thaw in the refrigerator (every 4-5 lbs. needs one day to thaw).
 - Submerge the turkey (wrapped in leak-proof packaging) in cold water (every 1 lb. needs 30 minutes to thaw) that should be changed every half hour.
 - Microwave in a microwave-safe pan, removing any packaging and following the manufacturer's instructions.
- Cook immediately after thawing.
 - Avoid slow cooking or partially cooking the turkey.
 - At 165 degrees F at least.
 - Opt to cook the stuffing separately.
- Use a thermometer on the innermost part of the thigh and wing, as well as the thickest portion of the breast, to ensure that the turkey is well cooked.
- Don't carve at once; give the juices time (20 min.) to settle.
- Keep Clean!
 - Wash your hands with soap and water before and after handling food.
 - Keep all surfaces and utensils clean.
 - Never handle cooked and raw food together, in order to avoid cross-contamination.
- Keep raw meat away from vegetables or other uncooked food.



Legal ~~NOT~~ Safe

Now that recreational marijuana is legal in New York, here are some things you need to know:

IF YOU'RE UNDER 21 IT IS ILLEGAL TO USE OR POSSESS MARIJUANA.

Who is allowed to use marijuana?

Anyone age 21 and older can legally possess or consume marijuana. It is illegal to give anyone under the age of 21 marijuana.

HIGHER THAN YOU MIGHT THINK.

Careful, it can sneak up on you

The potency level of marijuana has increased over the years and the concentration is often unknown.

YOU CAN'T DRIVE IMPAIRED. DRIVING HIGH IS A DUI!

Don't consume and drive

Driving while impaired is illegal. It doesn't matter what substance you are using. If you are not sure if you are impaired, don't drive.

MARIJUANA CAN AFFECT PEOPLE DIFFERENTLY

Know your risks

Marijuana affects people differently based on body type, health conditions, type of marijuana used and prior history of use.

THE YOUNGER YOU START, THE MORE PROBLEMS IT CAN CAUSE

Marijuana can be addictive

People who begin using before the age of 18 are at greater odds for addiction to marijuana and other drugs, as well as mental health concerns.

To learn more visit:

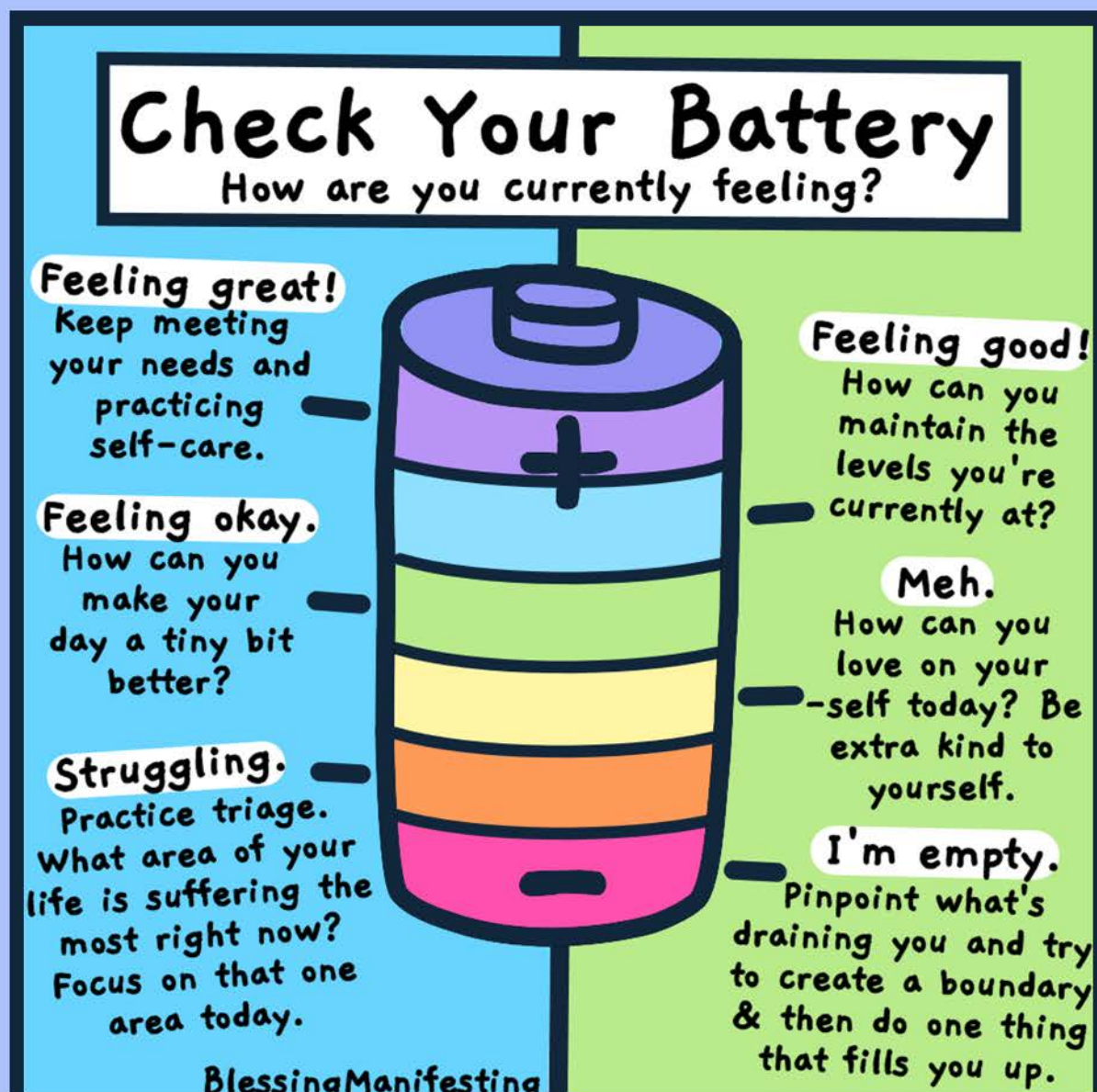
<http://ncadd-ra.org/>



Follow Us!

In a society in which people are expected to work long hours and pass on vacation days, there is an underlying belief that we must always be productive - which can ultimately take away from opportunities for self-care. But by taking some time out to engage in self-care, you may relieve the pressures of everyday life and reset yourself to get back to a healthy point where productivity is once again maximized. Considering the costs associated with mental health services, lost wages and more, spending some time on yourself may ultimately benefit everyone.

Burning the candle at both ends, so-to-speak, comes with significant consequences, which may include but are not limited to burnout, depression, anxiety, resentment and a whole host of other negative implications. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer. Spiritually, it may help keep us in tune with our higher power as well as realize our meaning in life.



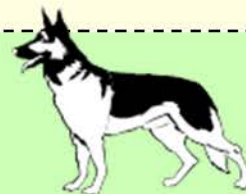
SENECA COUNTY 2021 FREE RABIES CLINICS

- ⇒ Be prepared with prior vaccination proof on hand when registering
- ⇒ If you are NOT preregistered you will be turned away
- ⇒ Donations appreciated but not required

Final Clinic for 2021!

The SCHD is holding a FREE rabies clinic on October 6, 2021 at 6:30pm in Romulus.

- Pre-Registration REQUIRED
- Registration begins 9/22 and ends 10/1 or until full.
- To find out more call 315-539-1920



Oh no, I was bitten by a tick! Now what?

Don't Panic! Remove the tick quickly and carefully

Use fine-tipped tweezers and grasp the tick close to the skin

Pull upward with steady and even pressure. Do not twist, jerk, or crush the tick

After removal, thoroughly clean the bite and your hands

Dispose of the tick by flushing it down the toilet, or placing it in a sealed container. Don't crush the tick!

Public Health
Seneca County, NY

Don't Let a Tick Make You Sick!



Keep ticks away!

- Wear repellent on your bare skin or wear clothes that have repellent built-in.
- Check for ticks at the end of each day.
- Take a shower too! It will help wash off the ticks you can't see.
- Change clothes. Don't put on your old clothes that might have ticks still crawling on them.
- Avoid short cuts through thick brush and grass.

Hey Grown-Ups!

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, or 2-undecanone.
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Illustrations courtesy of Jerome Mayo

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector-Borne Diseases | Bacterial Diseases Branch





21st Annual Seneca County Household Hazardous Waste Drop Off Day October 23, 2021



Now Accepting Tires:



- Limit 10 per household
- Tires must be clean
- Tires ONLY, no rims

Some examples of acceptable waste are:

- Pesticides
- Insecticides
- Herbicides
- Car Batteries
- Oil-Based Paints & Stains
- Paint Thinner
- Resins & Adhesives
- Household Cleaning Products
- Fluorescent & Compact Bulbs
- Automotive Fluids
- Photo Chemicals
- Pool Chemicals
- Driveway Sealer
- Sealants & Solvents
- Wood Stripper
- Nail Polish Remover
- Items Containing Mercury



Seneca County Health Department

You must register to participate
09/27/21 - 10/15/21
315-539-1671

FREE for Seneca County Residents.
Sorry no commercial waste accepted.
Limited to 10 gallons & 20 lbs. of waste per household.

The Seneca County Household Hazardous Waste Day is made possible by:

New York State Department of Environmental Conservation, Seneca County Health Department, Seneca County Highway Department, Seneca Meadows, Clean Harbors Environmental Services, Inc. and Empire Seneca Inc.



Public Health Seneca County, NY



LATEX

PAINT

The Health Department conducts an annual Household Hazardous Waste Collection Day for the residents Seneca County. This years collection will be held on October 23rd at the Seneca County Highway Department, 2017 Co Rte 135A, Romulus, NY 14541.

This collection allows local residents an opportunity to dispose their paint and additional household hazardous wastes properly in a safe environment.

DISPOSAL OPTIONS

Option 1

Allow the paint to dry by removing the lid and allowing liquids to evaporate. This works well for small quantities of paint (an inch or two in the bottom of the can).



Option 2

Latex paint can also be solidified by mixing in an equal amount of an absorbent material and allowing it to dry. Use cat litter, sawdust, plaster of paris, oil dry, or a paint hardener found at a local hardware store.



Option 3

Pour thin layers (about 1 inch of paint) into a cardboard box lined with plastic. Allow the paint to dry one layer at a time until all paint has hardened.



Option 4

When the paint is completely dry it can be discarded with your regular trash. Leave the lid off the container so your waste hauler knows the can is empty.



Option 5

Donate or exchange your left over paint.



DO NOT

- Dump paint on the ground or into sewer/septic systems.
- Pour the paint can contents down the drain.
- Throw paint cans with liquid remaining in your trash. The cans will become compacted and leak onto the street.





2465 Bonadent Drive
Suite 3
Waterloo, New York 13165

Monday - Friday 8:30a-5:00p
Phone: (315) 539-1920
Toll Free: 800-688-7188 x1920
Fax: (315) 539-9493



For more information,
visit Seneca County Department of Health online at:
<https://senecacountyhealthdepartment.com/>
<https://www.facebook.com/SenecaCountyHealth/>

Have questions, give us a call 315.539.1920



When: Monday's 1:30pm-3:30pm, Wednesday's 9am—12 pm, Friday's 10am-11am

Where: Seneca County Health Department

Who: Asymptomatic individuals of any age

Test: BinaxNOW Rapid

Register: [https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?](https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=C136E0AD11B502F6E0530A6C7C152CEB)

COVID-19 VACCINE

When: EVERY THURSDAY *times vary*

Where: Seneca County Health Department

Who: Individuals 18 and older (1st & 2nd dose)

Individuals who are severely immunocompromised (3rd dose)

Vaccine: Moderna

Register: [https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?](https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=C136E0AD11B502F6E0530A6C7C152CEB)

[OpID=C136E0AD11B502F6E0530A6C7C152CEB](https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=C136E0AD11B502F6E0530A6C7C152CEB)

