

# Spring



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

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## National Infant Immunization Week (NIIW) is April 24 – May 1, 2021.

Each year, NIIW celebrates the critical role vaccination plays in protecting the health of our children and families. This year we're reminding parents of the importance of staying up to date with routinely recommended vaccines, even during COVID-19.



As a parent, you want to protect your little one from harm. Vaccinating your child according to the recommended immunization schedule gives them the best protection against 14 serious childhood illnesses before the age of 2.

As warmer weather brings more opportunities for in-person, physically distanced activities, the Seneca County Health Department encourages you to make sure your child is up to date on vaccines by ensuring that they haven't missed any check-ups. Well-child visits are essential even during the pandemic.

Seneca County Health Department provides immunizations by appointment only for uninsured and under insured children. Please call **(315)539-1920** for more information or to schedule an appointment.

## COVID-19 VACCINE:

**mRNA vaccines teach our cells how to make a piece of a protein, without interacting with our DNA, to trigger an immune response and build immunity to the virus that causes COVID-19.**

**Schedule your COVID-19 vaccination today by registering at <https://senecacountyhealthdepartment.com/covid-19-vaccination-clinic/>**





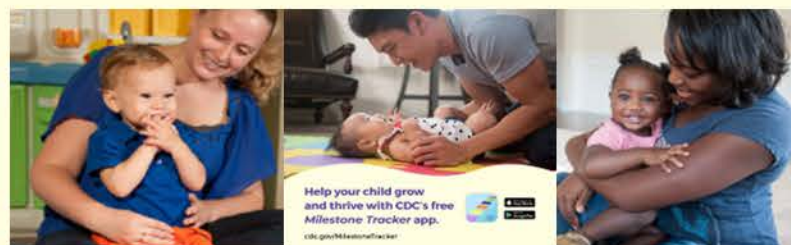
## Make the most of check-ups for your little one!

Is your baby's or young child's development on track for his or her age? Young children grow so fast it can be hard to know what to expect. With the newly updated FREE Milestone Tracker app from the Centers for Disease Control and Prevention (CDC), you can learn how children play, learn, speak, act, and move as they grow and how you can support your child's development. Learn more at [www.cdc.gov/MilestoneTracker](http://www.cdc.gov/MilestoneTracker).

CDC's **FREE** app for parents and care providers offers:

- Interactive milestone checklists in English and Spanish for children ages 2 months through 5 years
- The ability to adjust the checklist age if your child was born prematurely
- Photos and videos that illustrate each milestone and make tracking them for your child easy and fun
- Your child's milestone summary to share with others, like your child's health care provider
- Tips and activities that can help your child's development
- Information on what to do if you have a concern about your child's development
- Reminders for appointments and developmental screening
- New milestone countdowns and custom user profiles

Learn more at:  
[www.cdc.gov/MilestoneTracker](http://www.cdc.gov/MilestoneTracker).



**THE COVID-19 VACCINE  
HELPS PROTECT YOU  
& YOUR FAMILY.**

A safe and effective vaccine to protect against COVID-19 is now available.


[www.cdc.gov](http://www.cdc.gov)



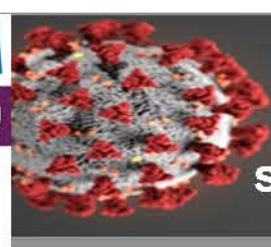
**Getting a COVID-19 vaccine adds another layer of protection.**

Learn how you can get a COVID-19 vaccine.

[www.cdc.gov](http://www.cdc.gov)



**COVID-19 vaccine:  
It's our turn to roll up our  
sleeves and get vaccinated!**



It's hard to imagine a time when we didn't know COVID-19 existed. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives, our work, our activities, and our freedom has affected us all.

You've kept our company and industry running through one of the most challenging times in our history. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe, and effective tool to help us do that ... **COVID-19 VACCINES.**



If you are in crisis call 211 or text 741741



### Coping with Stress

Everyone at some point from adults, teens, and even children, experiences stress. Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g. preparing for a wedding) or negative (e.g. dealing with a natural disaster). Learning healthy ways to cope and seeking the right care and support can help reduce stressful feelings and symptoms.

Someone who experiences a traumatic event can have strong and lingering reactions. These events may include personal or environmental disasters, or physical and emotional threats. Common reactions to a stressful event can include:

- disbelief, shock, and numbness
- feeling sad, frustrated, and helpless
- difficulty concentrating and making decisions
- headaches, back pains, and stomach problems
- smoking or use of alcohol or drugs

There are healthy ways to manage stress. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

#### Take care of yourself.

- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Get plenty of sleep
- Give yourself a break if you feel stressed out

#### Talk to others.

Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.

**Avoid drugs and alcohol.** These may seem to help, but they can create additional problems and increase the stress you are already feeling.

**Take a break.** If news events are causing your stress, take a break from listening or watching the news.

**Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.



**The Seneca County  
Suicide Prevention  
Coalition would  
like to remind you**

**You are not alone!  
HELP IS AVAILABLE**

### Sudden Loss Support Group

**Grief has no timeline. A safe space is available.**  
Walk-ins welcome. Registration encouraged (315) 651-0043

**1st Monday of every month**  
**Waterloo Library**  
**31 E. Williams St, Waterloo**  
**6:30pm-8pm**

**3rd Monday of every month**  
**Ovid Federated Church**  
**7137 Main Street, Ovid**  
**6:30pm-8pm**

**Crisis Hotline**  
**Call 211**  
**Text 741741**

**For more information about the coalition, call (315) 539-1135**



# COVID-19 Vaccination ... A Safer Way to Help Build Protection!

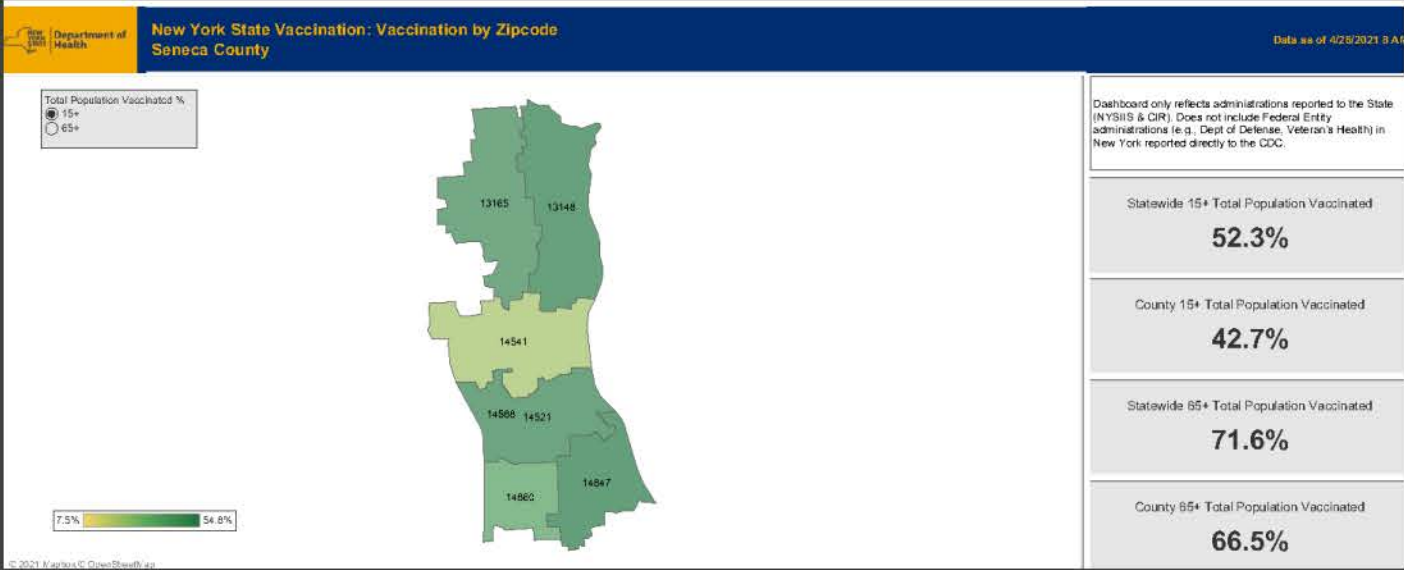
- COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.
- Clinical trials for all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine before it is used under what is known as an Emergency Use Authorization (EUA).
- Getting COVID-19 may offer some protection, known as natural immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the months after initial infection, but may increase with time. The risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.
- Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

Updated Apr. 12, 2021 CDC

# COVID-19 Vaccination are Safe and Effective!

Some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

Updated Apr. 12, 2021 CDC



# COVID-19 Vaccination ... Important to Stop the Pandemic!

- Wearing masks and staying 6 feet apart from others help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are.
- A growing body of evidence suggests that fully vaccinated people are less likely to be infected without showing symptoms (called an asymptomatic infection) and potentially less likely to spread the virus that causes COVID-19 to others. However, further investigation is ongoing.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the virus that causes COVID-19, CDC will continue to update its recommendations to protect communities using the latest science.

Updated Apr. 12, 2021 CDC

The table below includes zip-code level detail on vaccination coverage in your county. It consists of three sections:

1. Equity access: as defined by CDC's Social Vulnerability Index, which considers socioeconomic status, race/ethnicity & other factors. SVI ranges from 0 to 1, with 1 representing the most vulnerable populations across the State. The equity section also includes the % of the zip code's population that is Black, Asian, and Hispanic.
2. Overall vaccination progress: zip code's vaccination rate and comparison vs. the county-wide average
3. 65+ vaccination progress: zip code's vaccination rate for seniors (65+)

Region	County	Zipcode	City	SVI	High-SVI (>0.5)?	% of Black population	% of Asian population	% of Hispanic population	Population vaccinated to-date (1+ dose)	15+ Zipcode Population	% of 15+ population vaccinated	% zip code vaccinated vs. % county vaccinated for 15+	65+ Zipcode Population	% of 65+ population vaccinated
Finger Lakes	Seneca	13148	Seneca Falls	0.5	No	1.8%	2.1%	2.3%	4,663	8,694	53.6%	11%	2,026	78.8%
		13165	Waterloo	0.49	No	1.0%	0.6%	3.3%	4,159	8,545	48.7%	6%	1,895	83.2%
		14521	Ovid	0.63	Yes	1.8%	0.0%	1.9%	991	1,945	51.0%	8%	441	82.5%
		14541	Romulus	0.63	Yes	27.9%	0.0%	9.0%	777	3,617	21.5%	-21%	502	61.0%
		14588	Willard	Null	No	36.2%	0.0%	8.0%	59	785	7.5%	-35%	30	86.7%
		14847	Interlaken	0.51	Yes	0.6%	0.6%	2.5%	1,089	1,986	54.8%	12%	588	69.2%
		14860	Lodi	0.63	Yes	0.6%	0.4%	0.4%	405	1,046	38.7%	-4%	294	55.8%

1. Dashboard only reflects administrations reported to the State (NYSIIS & CIR). Does not include Federal Entity administrations (e.g., Dept of Defense, Veteran's Health) in New York reported directly to the CDC.  
2. Zip-code data may not perfectly align with county-level data and some smaller zip codes may reflect a 100%+ vaccination rate, this is due to inaccurate and/or incomplete self-reporting from patients and providers.  
3. While this dashboard shows data for 15+ populations in each zip code, due to data availability, only New Yorkers 16 and older are currently eligible per the CDC.  
4. For more detail on SVI, please visit the CDC's website at: <https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>  
5. Data sources: CDC (for SVI data), NYSIIS & CIR (for vaccine administration records / statistics) and Census Bureau (for 2019 population data)



**Schedule your COVID-19 vaccination today by registering at**  
**<https://senecacountyhealthdepartment.com/covid-19-vaccination-clinic/>**





## Teach Self-Care Skills to Children

By Lisa Jo Rudy | Medically reviewed by Joel Forman, MD, Updated October 07, 2018

In the special needs world, the most basic skills are called Adaptive Living Skills (ADLs). Other skills, such as doing laundry, catching a bus, or following a daily schedule are known as Life Skills. These skills are extremely important for anyone who plans to work and recreate in a modern community.

Skills related to eating, dressing, and personal hygiene are necessary for anyone wishing to live even a semi-independent life. In addition to these very basic skills are the many skills we use each day to navigate daily life.

Most people learn many of the skills of daily living at a young age. They learn through a combination of instruction, imitation, and trial and error. For example, a child may learn to bathe themselves by remembering the experience of being bathed, by imitating a parent's actions, and by discovering for their self that if you run very hot water for too long the water will be too hot for comfort.



### Why Life Skills Are Taught Differently to Children with Special Needs

Children with special needs such as autism, learning disabilities or ADHD, learn differently from typical children. That's because children with special needs:

- May not develop imitation skills until much later than average or not at all.
- May not develop the ability to understand and express their self with spoken language until much later than average or not at all.
- May not develop the desire to "be just like" or impress someone else with their skills and abilities.
- May find it difficult to follow spoken instruction, particularly when the instruction includes multiples steps.
- May be unaware of what is "expected" or "normal" behavior.
- May lack the ability to focus on a task for extended periods of time.
- May be easily frustrated.
- May have sensory or cognitive challenges that stand in the way of success.

If your child has some or all of these challenges, they may not just "get" daily living skills as their typically developing peers do. But that doesn't mean they can't learn most or even all of those skills with the right teaching approach.

*Continued on Page 7*

For more information visit <https://www.apta.org> or contact the Seneca County Health Department at 315-539-1920

## GRILLIN' like a...

P  
R  
O

### P = Place the Thermometer!

Place the food thermometer into the **thickest** part of the meat.

145 °F w/ 3 min rest	STEAKS
145 °F w/ 3 min rest	PORK CHOPS
165 °F	CHICKEN
160 °F	GROUND BEEF

### R = Read the Temp!

Wait about 10-20 secs for the temperature to be accurately displayed. Foods must reach the safe internal temps listed here for safety.

O = Off the Grill!  
Once the meat is at a safe temperature, take it off the grill.

Put cooked food on a CLEAN PLATE!



## 6 NATURAL ALTERNATIVES TO YOUR CLEANING PRODUCTS

Do you know what's in your toilet bowl cleaner? How about your disinfecting wipes? Swapping out your current cleaning products with all natural alternatives can be just as easy to find and use. You can even make your own!

"Replacing some of the harsh chemicals many of us have in our households and use on a daily basis can create a safer environment, especially for children," says Dr. Sonia Virparia, a family medicine physician at Advocate Christ Medical Center in Oak Lawn, Illinois. "It also has the potential to improve the quality of the air over time, putting your family less at risk for asthma and other respiratory issues."

### ALL-PURPOSE CLEANER

Combine vinegar, water and a generous amount of your favorite essential oil - tea tree, lavender or citrus work best - in a spray bottle. Shake generously until the solution is mixed.

### WOOD DUSTING SPRAY

Combine water, vinegar and little bit of (coconut or olive) oil in a spray bottle. Shake well before adding a few drops of your favorite essential oil scents. Citrus and cedarwood work best, especially together!

### COOKWARE CLEANER

Sea salt and lemon juice will do the trick. If you need a stronger substance to get rid of coffee and tea stained mugs, add a little baking soda and water too.

### GROUT CLEANER

One part water, three parts baking soda is all you need for this scrubbing paste. After scrubbing with a toothbrush, wipe away with a damp sponge.

### TOILET CLEANER

Pouring white vinegar around the bowl before scrubbing is more than enough to get a shiny results.

### GLASS CLEANER

A mixture of vinegar and water will wipe away dirt easily. The best part? No streaks!

Disclaimer: Natural cleaners might not always be as good as conventional chemicals for cleaning up particularly hazardous messes.

SOURCE: HARVARD SCHOOL OF PUBLIC HEALTH & GOOD HOUSEKEEPING MAGAZINE



## 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.



# What's on my dishes?



Astonishingly, a lot of our plates and dishes we use every day contain lead or cadmium. Did you ever stop to think that those plates with the pretty and colorful designs on them or your grandmother's expensive antique china could leach a lot of lead or cadmium during meals where food is being served in them? WTHR, Indianapolis News did the investigation of lead in plates, bowls and mugs. One out ten dishes they tested contained more than 10,000 ppm of lead and several of them had 100,000 ppm (levels in the 90 ppm range or below are considered lead-safe although it is still not lead-free). So eating out of these dishes for a long period of time can cause lead to accumulate in the body and can actually cause lead poisoning.

Why is it there in the first place? Lead is often used in the glazes and or decorations on the surface of dishes to make the dishes more durable and to make colored glazes bright and shiny. Cadmium is used to give dishes bright colors such as bright yellow or orange color to glazes. There is also a high chance that ceramic, porcelain, china or bone china will contain lead or cadmium since they all use glaze and often lead and cadmium are used in the glaze. Lead and cadmium are easily found in vintage china, Mexican terra cotta, decorated Asian plates, handcrafted or brightly colored dinnerware or dinnerware with decals on the surface.

These dishes with lead or cadmium in them can leach lead or cadmium while food is served in them. They will leach more and faster if acidic food is being served. Food items such as soy sauce, apples, citrus fruits, tomatoes, pasta dishes with tomato sauce and salad dressing are considered to be acidic enough to cause the leaching process. If a dish has a chip in it or the glaze on it is worn out due to frequent washing, it will leach more as well. Microwaving food in the dishes that may contain lead will also accelerate leaching of the lead.

So your question might be, "Which pretty/colorful/patterned dishes are Lead-free?" Unfortunately the more decorative they are the more likely they are to contain lead and/or cadmium. The thought process behind choosing your plates and dishes should be to rely on your food to decorate your table, not your dishes.

## Lead Free Dinnerware

(testing done by Tamara Rubin, the founder of the Lead Safe America Foundation):

- Corelle Livingware Winter Frost White Glass Dinner Set
- Corelle Winter Frost White Dinnerware Set with Storage Lids
- Corelle Embossed Bella Faenza 16 Piece Dinnerware Set
- Lenox Opal Innocence Platinum-Banded Bone China
- Sur La Table Bistro 24-Piece Dinnerware Set
- Libbey Crisa Modemo Dinner Plate



## Teach Self-Care Skills to Children with Special Needs (cont'd)

### How to Teach Life Skills to Children with Special Needs

Teachers, therapists, and parents have developed a set of techniques that, together or separately, can be very effective in teaching life skills to children with special needs. And the good news is that these techniques can be equally effective for teaching just about any skill to just about anyone—no matter what their abilities or challenges.

**Step One: Task Analysis.** Task analysis is a process for breaking down any given task into its component parts. For example, brushing teeth includes finding a toothbrush, toothpaste, and cup, putting toothpaste on the brush, brushing the bottom teeth, rinsing, brushing the top teeth, rinsing again, cleaning the brush, and putting all the equipment away properly.

**Step Two: Creating a Visual Guide.** Many parents create visual guides to help their children with special needs to make sense of, remember, and get comfortable with the steps involved in a task. The visual guide can include photos or clip-art style images of each step in the process.

**Step Three: Prompting and Fading.** At first, a child with special needs may need a lot of help in remembering and properly completing each step in a task. Prompting may involve physical, hand-over-hand help. As they learn, parents will start to "fade" the prompts. First, they'll stop using hand-over-hand help, and instead provide only verbal prompts ("don't forget to rinse the toothbrush"). Then they'll start to fade even the verbal prompts. When no prompts are required, the child has learned the task.

### Additional Teaching Tools

**Chaining.** Every task involves a series of steps that work like links in a chain. For example, you can't brush your teeth until you put toothpaste on the brush. Some people prompt their child for each step in the chain, and then start removing links as the child learns. Finally, the child may be able to complete the task with just a simple reminder.

**Social Stories.** Social stories are a step up from the visual guide described above. Rather than simply listing steps, parents use pictures and words to describe "expected behavior." Most social stories are customized to the individual. For example: "Every morning after breakfast, Johnny brushes his teeth. First, Johnny knocks on the bathroom door. If no one is inside, Johnny can go in" and so forth. Parents can read the social story with Johnny as often as needed until Johnny knows it by heart and can complete all the steps without prompting.

**Video Modeling.** Many children with special needs are visual learners, and most learn well through videos. Video models can be purchased off the shelf, downloaded from the Internet, or created for an individual child. They can feature actors doing a task, or they can actually show the child himself as he goes through the process. It can also be helpful to make a video of your child so that he can watch and identify any mistakes he's made.

## 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.



# Vaccinating on Time is Important for Disease Protection

Parents agree that feeding and sleep schedules are important to help keep their children healthy. The same goes for childhood immunizations. Vaccinating children on time is the best way to protect them against 14 serious and potentially deadly diseases before their second birthday.

“The recommended immunization schedule is designed to protect babies early in life, when they are vulnerable and before it’s likely that they will be exposed to diseases,” said Dr. Nancy Messonnier, Director of the National Center for Immunization and Respiratory Diseases (NCIRD), Centers for Disease Control and Prevention (CDC).

Public health and medical experts base their vaccine recommendations on many factors. They study information about diseases and vaccines very carefully to decide which vaccines kids should get and when they should get them for best protection.

Although the number of vaccines a child needs in the first two years may seem like a lot, doctors know a great deal about the human immune system, and they know that a healthy baby’s immune system can handle getting all vaccines when they are recommended. Dr. Messonnier cautions against parents delaying vaccination. “There is no known benefit to delaying vaccination. In fact, it puts babies at risk of getting sick because they are left vulnerable to catch serious diseases during the time they are not protected by vaccines.”

When parents choose not to vaccinate or to follow a delayed schedule, children are left unprotected against diseases that still circulate in this country, like measles and whooping cough. Since 2010, we have seen between 10,000 and 50,000 cases of whooping cough each year in the United States. And, up to 20 babies die from whooping cough each year in the United States. Most whooping cough deaths are among babies who are too young to be protected by their own vaccination.

“I make sure my kids are vaccinated on time,” said Dr. Andrew Kroger, medical officer, NCIRD, and father of two. “Getting children all the vaccines they need by age two is one of the best things parents can do to help keep their children safe and healthy.”

If you have questions about the childhood immunization schedule, talk with your child’s doctor or nurse. For more information about vaccines, go to [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents).

Source: CDC



# Test Your Spring Food Safety Savvy with this Short Quiz

**Q 1:** Unwashed hands are a prime cause of foodborne illness. How many seconds are recommended for hand washing?

- A. 10 seconds
- B. 15 seconds
- C. 20 seconds
- D. 25 seconds

**Q 2:** You’re having a cookout in the backyard, and the hamburgers are ready for the grill. How can you tell if the burgers are done and safe to eat?

- A. They have been cooked for at least 4 minutes on each side.
- B. A thermometer inserted in the middle of the patties registers at least 158 °F
- C. They are brown in the middle and no pink is showing

**Q 3:** The burgers are done (158F), and you’re ready to take them off the grill. Is it safe to put the cooked burgers back on the plate that held the raw meat?

- A. Yes, as long as you wipe off the plate with a paper towel
- B. Yes, because the burgers are thoroughly cooked.
- C. No, because any bacteria in the raw meat or juices could contaminate the cooked burgers.

**Q 4:** Which of the following is considered a perishable food item?

- A. Seafood
- B. Dairy products
- C. Cooked vegetables
- D. Peeled and/or cut fruits and vegetables
- E. All of the above



## Cancer prevention and early detection saves lives.

No health insurance? You may be eligible, at **NO COST**, for:



**Easy, take-home colon cancer screenings • Mammograms • Clinical breast exams • Pap tests**

## Get Screened. For you. For your family.

Finger Lakes Region  
Center for Community Health & Prevention

46 Prince Street  
Rochester, NY 14607  
Phone: 585-224-3060 Fax: 585-244-2897

Q1- Answer: C Whenever possible, wash your hands with warm, soapy water for 20 seconds before handling food.  
Q 2 - Answer: B. You can't rely on timing or the appearance of meat to tell that it's done. Hands should be thoroughly washed after handling raw hamburger meat and prior to serving food.  
Q 3 - Answer: C. Be smart. Keep foods apart. Don't cross-contaminate. Once cooked gloves, tongs, or other hand barriers should be used to handle the burgers and buns.  
Q 4 - Answer: E. All of the answers are perishable foods. Some foods contain the right conditions and nutrients to support rapid microbial growth. These foods are called perishable. Never leave perishable food out of the refrigerator for more than two hours (or one hour if the temperature is over 90 °F)



# HUMAN TRAFFICKING

## Signs and Resources



*Human Trafficking is happening in rural, urban, and suburban communities. It's happening here, in our community. Understanding the key types and signs is the first step to help identify victims and provide them with resources for assistance.*

### Sex Trafficking:

Profiting from prostitution by providing drugs, using false or misleading statements, withholding or destroying government documents, debt servicing, force, a plan or pattern of coercive conduct, or other acts. Under the Federal definition of sex trafficking, victims under age 18 are automatically victims regardless of whether or not force, fraud or coercion is present.

### Labor Trafficking:

Compelling or inducing another to engage in labor, or recruiting, enticing, harboring or transporting another by providing drugs, withholding or destroying government documents, debt servicing, force or a plan or pattern of coercive conduct.

*Anyone under the age of 18 engaged in commercial sex acts is a victim of a crime. The New York State Safe Harbour Act recognizes these experiences as Commercial Sexual Exploitation of Children (CSEC) and as a child welfare issue, not a criminal justice issue.*

### Some Possible Indicators & Red Flags

- Runaway/Homeless
- Shows various signs of mental, physical, or sexual abuse
- LGBTQ or questioning youth
- Youth from foster care or juvenile justice system
- Is in a controlling relationship
- Anxious, fearful, timid
- Exhibits signs of depression
- Resides in unsuitable living conditions
- Juvenile who is engaged in commercial sex acts
- Frequently truant from school or not enrolled
- Are refugees, immigrants or non-English speaking

### Possible places where trafficking may occur

- Bars, Clubs
- Internet
- Escort Services
- Hotels, Motels
- Truck stops
- Brothels

### Resources

- If in immediate danger, call 9-1-1
- To request help or report suspected human trafficking, call the [National Human Trafficking Hotline](https://www.nhthotline.org/) at 1-888-373-7888. Or text HELP to: BeFree (233733).
- National Center for Missing and Exploited Children 1-800-843-5678
- National Runaway Safeline 1-800-RUNAWAY
- Department of Homeland Security Tip Line 1-888-347-2423
- National Sexual Assault Hotline (Rape, Abuse & Incest National Network, RAINN) 1-800-656-HOPE
- National Domestic Violence Hotline 1-800-799-SAFE



This information is provided by a grant from NYS Office of Children and Family Services and Seneca County Division of Human Services.

## Be Well Wise



### Did you know that:

- ⇒ If you live in a home with a well, you are responsible for ensuring the safety of your own drinking water
- ⇒ Your well should be tested annually (especially in the spring due to flooding)
- ⇒ You can have your water tested at the Seneca County Environmental Health Department

For more information on well and water safety, visit <https://senecacountyhealthdepartment.com/>

Or call 315-539-1945

### To Do: Well Safety

- Test well water annually
- Test if odor, taste or appearance of water changes
- Be sure sources of contamination are not near the well
- Protect the well from floodwaters
- Don't drink well water or wash with it if well is flooded

## SENECA COUNTY 2021 FREE RABIES CLINICS

### Drive Thru Clinic

Tuesday 4/27/2021

Location: Fayette

Time: 6 pm

Pre-Registration is REQUIRED

315-539-1671

Dogs should be on leashes, cats must be in secure containers, animals MUST be 3 months of age to receive rabies shots.

Bring proof of prior vaccination.

Donations Appreciated.



### Additional Rabies Clinics Coming Soon!

Visit the Seneca County Department of Health website for additional dates and times.

<https://senecacountyhealthdepartment.com/>





# WHAT CAN YOU DO AT HOME?

## CAN YOU FIND:

- A MOUSE
- A PIZZA
- A SOCCERBALL
- A SLEEPING MOON
- A PUPPY

PRACTICE A SKILL!

PLAY A BOARD GAME

SAY HI to FRIENDS!

ACT OUT A PLAY!

WHAT DO YOU DO AT HOME? DRAW IT HERE!

WHO ARE YOU STAYING HOME FOR?

IT'S GOOD TO GO FOR A WALK

#SAFERATHOME  
#ISTAYHOMEFOR

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Created BY WILL SANTINO WITH COLLABORATORS AT UW-MADISON







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

# EAT THE MYPLATE WAY

Enjoy your food  
but eat less.

Avoid oversized portions.

Make half your plate  
fruits and vegetables.

Make at least half  
your grains whole.



Compare sodium in foods  
like soup, bread, and  
frozen meals and choose  
foods with lower numbers.

Drink water instead of  
sugary drinks.

Switch to fat-free  
or low-fat (1%) milk.

Be active your way.

## HOW TO FILL MY PLATE



Apples, Bananas, Grapefruit, Lemons, Oranges, Strawberries, Cantaloupe, 100% Apple Juice, 100% Grape Juice



Dark Green Leafy Lettuce, Broccoli, Potatoes, Corn, Butternut Squash, Red Pepper, Garbanzo Beans, Zucchini



Brown Rice, Rolled Oats, Popcorn, Whole-Wheat Flour, Whole-Wheat Spaghetti, Bulgur, Whole Rye, Quinoa



Lean Cuts of Beef, Pork, Chicken, Eggs, Black Beans, Lentils, Soy Beans, Almonds, Walnuts, Haddock, Salmon, Shrimp, Tuna



Fat-Free or Low-Fat (1%) Milk, Yogurt, and Cheese, Calcium-Fortified Soy Milk



Walking, Jogging, Biking, Hiking, Tennis, Basketball, Soccer, Swimming

## GET STARTED!

1



Use ChooseMyPlate.gov for  
health tips and resources.

2



Select your daily food plan  
on ChooseMyPlate.gov.  
Use it as a guide to building  
a healthy plate.

3



Determine how many  
calories you should  
consume per day using  
SuperTracker.usda.gov



United States  
Department of  
Agriculture

Center for Nutrition Policy and Promotion  
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