



SUMMER



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COVID Vaccination for Finger Lakes Residents by County | Data Last Updated May 27, 2021

Source: NYSIIS/GRRHIO vaccine administration data, updated May 27, 2021. Data may differ from NYS summary figures due to different geographic bounds and inclusion criteria. Use the header menus to select a county and measure of interest.

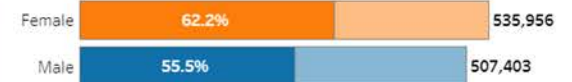
At Least One Dose
 (All)



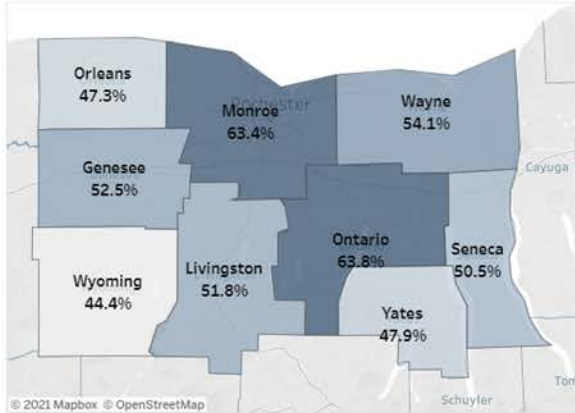
Percent of People with At Least One Dose by Vaccine Type



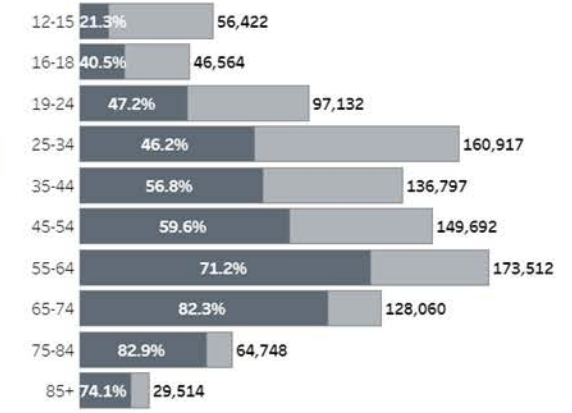
Percent of Population (12+) with At Least One Dose by Sex



Percent of Population (12+) with At Least One Dose by County



Percent of Population (12+) with At Least One Dose by Age Group



Category	People with First Dose but No Second in 6 weeks	% in Category with Incomplete Second Dose
Overall	14,629	3.0%
County		
Genesee	837	4.2%
Livingston	734	3.3%
Monroe	8,831	2.8%
Ontario	1,768	3.6%
Orleans	433	3.7%
Seneca	345	3.1%
Wayne	870	2.8%
Wyoming	421	3.5%
Yates	390	4.5%

The dashboard uses data from the New York State Immunization Information System (NYSIIS) that is refined by the Rochester RHIO and the Finger Lakes COVID-19 Vaccine Hub.

<https://www.flvaccinehub.com/regional-data>



Parents, is your child up to date with their vaccinations?

Summer is right around the corner and while it's too soon to start back to school shopping, now is the perfect time to make sure your child has the vaccinations required for school.

According to the CDC, fewer childhood vaccines were given during the COVID-19 pandemic. To avoid outbreaks of vaccine preventable diseases and keep children protected, vaccinations and well-child visits are essential. If your child is due for a well-child visit, call the doctor's office and ask about the special measures they have in place and ways they are safely offering well-child visits. Many medical offices and clinics are taking extra steps to see children safely during this time.



Need to find free vaccines for your child?

The Vaccines for Children (VFC) program provides vaccines to eligible children at no cost. This program provides free vaccines to children who are Medicaid-eligible, uninsured, underinsured or American Indian/Alaskan Native. The Seneca County Health Department provides free vaccines to VFC-eligible children.

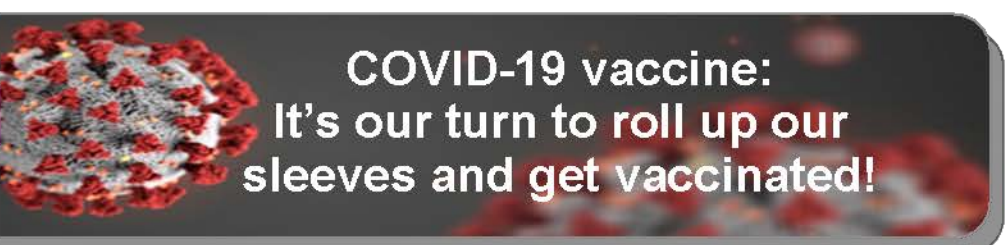
Questions? Talk to a Public Health Nurse at 315-539-1920.



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



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



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

Learn how you can get a COVID-19 vaccine.

www.cdc.gov

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



Waterloo

Saturday's 9am-1pm (6/19-10/2) at 22 Locust Street

<https://www.facebook.com/rotaryfarmarket/>

Seneca Falls

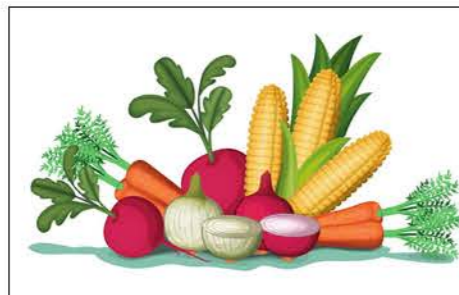
Tuesday's 3pm-7pm (6/16-10/13) at People's Park

<http://senecamarket.com/>

Ovid

Friday's 3pm-7pm (6/18-10/8) at Three Bears Complex Lawn

<https://www.facebook.com/ovidfarmersmarket/> OR <https://www.nyfarmersmarket.com/market-list/>



GRILLIN' like a...

P = Place the Thermometer!
Place the food thermometer into the **thickest** part of the meat.

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**

145 °F W/ 3 MIN REST	STEAKS
145 °F W/ 3 MIN REST	PORK CHOPS
165 °F	CHICKEN
160 °F	GROUND BEEF

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.



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.

Cooking for Groups

Reheating Food
Reheat cooked food to at least **165 °F**
In the microwave
On the stove top

Keep Hot Food Hot
Cooked food should be held at or above **140 °F**
Use heated chafing dishes, warming trays, or slow cookers to keep hot food hot

Keep Cold Food Cold
Store food in the refrigerator at **40 °F** or below
Place cold food in containers on ice to keep food below **40 °F**

Serving Food
Use clean containers and utensils to serve food

Two-Hour Rule
If perishable food is kept at room temperature, do not leave it out for more than **2 hours**

What is the DANGER ZONE?
Temperature range (between 40 °F and 140 °F) where bacteria multiplies quickly.

Do not use a chafing dish, warming tray, or slow cooker to reheat food - this leads to **too much time in the Danger Zone!**

USDA | Ad Council | ADDITIONAL SOURCE: CDC | FoodSafety.gov





Tips for Helping Your Child During the Pandemic



With the increasing prevalence of the Coronavirus, you might be feeling vulnerable, concerned, or anxious about the spread of the virus and the effects on your family. Your child might also be feeling this way in response to changes in your mood, information they are hearing, or changes in their daily routine or environment. The following suggestions and resources are designed to help you support your child at this time.



#1: Be available

Your child might hear information about the coronavirus in school, from the media, or from other adults or children in their lives. It is important to let your child know that you are there to listen or help them when they feel anxious, scared or worried:

- ▶ Listen to your child's feelings, questions, thoughts or beliefs.
- ▶ Use age appropriate language when responding to your child's questions or concerns.



#2: Let them know they are safe

Make sure you are calm when talking with your child. Tell them that you and other adults in their lives are doing your best to make sure they are safe. Let them know that you can

listen and help if they start to feel worried, anxious or scared.

- ▶ Provide extra positive attention: provide hugs, cuddles, high fives, or positive comments to connect with your child and reassure them that they (and those they love) are OK.



#3: Teach your child things they can do to feel safe

Help your child know what they can do to feel safe if they start to feel anxious, scared or worried:

- ▶ Explain new safety routines:
 - "We are going to wash our hands for 20 seconds when we come home to get rid of the germs that could make us sick. Do you want to sing a song or count?"
 - "When you cough/sneeze, you should cover your mouth with your elbow (model). This will help keep me, your family, friends and teachers safe too."

- ▶ Help them think of strategies to use when they start to feel emotional.
 - Create a safe place where they can go or activities they can do to feel calm.

- Use the **Tucker Turtle technique**.
English: https://challengingbehavior.org/docs/TuckerTurtle_Story_Home.pdf
Spanish: https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home_SP.pdf

- Practice **breathing exercises**.
English: <https://challengingbehavior.cbcs.usf.edu/docs/Smell-Blow.pdf>
Spanish: https://challengingbehavior.cbcs.usf.edu/docs/Smell-Blow_SP.pdf

- ▶ Teach them to talk to an adult about their feelings.



#4: Keep daily routines as normal as you can

Just like us, children find safety in their daily routine. When you are staying at home, here are some things you can do:

- ▶ Keep a predictable schedule for meals, sleep, and nap times.
- ▶ Keep routines the same (e.g., if you read a book before bed every night, continue to do this routine the same way).
- ▶ Provide choices when you can. Providing children with choices can give them some feeling of control, and will help ease anxiety.
 - Do you want to wear your blue shirt or red shirt today?
 - Do you want to play with the puzzle or build with blocks?
- ▶ Communicate when things might look different and why. For example, take time to explain new hygiene routines, that you or your partner are working from home, or that you or your partner might need to help siblings with their school work.
- ▶ Recognize and affirm your child's feelings of fear, disappointment, frustration, or other strong emotions in response to the changes in routines.
- ▶ If you have a plan in place for addressing challenging behavior, follow it. It provides consistency for your child and family.

Tips for Helping Your Child During the Pandemic



#5: Create a "Plan B"

Let your child know that some activities might be postponed or look different (e.g., going to school, food). Prepare some backup activities if there is a change in plans:

- ▶ Find ways to provide movement activities for your child:
 - Take a walk.
 - Ride bikes.
 - Have a dance party.
 - Go on a scavenger hunt around the house or on a walk.
 - **ABC walk**—find items for each letter of the alphabet.
 - **Rainbow walk**—find items for each color in the rainbow.
 - Play movement games like Simon Says.
- ▶ If your child's school or childcare closes, prepare engaging, yet simple, activities your child can do at home. If family members are available, they can join in too!
- ▶ Have some distraction games ready to play at a moment's notice. For example: "I spy something in the shape of a circle, I spy something that is a type of fruit, etc."
- ▶ Create a "When Dad is busy, I can..." poster so your child can select their own activity. Create the poster with your child by finding pictures of activity options online or by drawing pictures together.
- ▶ Help your child create an activity bin filled with things your child enjoys and can do independently.
- ▶ Set out two or three activities or toys your child enjoys and offer those activities or toys when you need to do other things.



#6: Build family time into the routine

Set aside family time or schedule a time for everyone in the house to connect.

You might:

- ▶ Color or paint.
- ▶ Play board games.
- ▶ Do puzzles.
- ▶ Bake or prepare snacks together.
- ▶ Take a virtual field trip together.
- ▶ Spend extra time doing the things your child loves to do.
- ▶ Plan time in your schedule to connect your children virtually with familiar adults such as grandparents, family members, and close friends.



#7: Be aware of changes in your child's behavior

Just like adults, in tough situations, children's anxiety or fear might show up as a new behavior. These behaviors might be challenging (e.g., temper tantrums, hitting their siblings) or more subtle (e.g., withdrawing, seeking comfort or attention).

- ▶ Validate your child's feelings and offer support. For example, if your child whines or starts crying, you might say something like, "It looks like you are feeling sad. I noticed you are crying a lot today. When I feel sad, a hug makes me feel better. Would you like a hug?"
- ▶ Look for patterns in behavior. Does your child start whining when you start talking about missing school? Does your child start hitting siblings when you start work on your computer? Paying attention to when the new behavior occurs might help you anticipate when they will occur.
- ▶ Set aside a "quiet" place in your home where your child can go when they need to calm down. Use this place as a way to help your child calm and feel safe with their feelings while at home.
 - Offer materials such as books, squishy toys, blankets, or stuffed animals.
 - Invite your child to choose the location and materials.
 - Redirect your child to the quiet place when you see them experiencing strong emotions.
 - Do not use this space as a punishment.
- ▶ Provide extra positive attention to your child when they are not displaying the challenging behavior. If your child has started whining more, provide additional attention when they are using their "big kid" voice to ask for things.
- ▶ Encourage your child to talk about their feelings, especially around the subtle changes (e.g., withdrawing, change in sleep patterns). Use feeling cards or books to talk about emotions.
- ▶ As children spend more time at home, develop a set of expectations and rules.
 - Write the rules down in a place where all family members can view.
 - Make sure to include a simple visual or picture for each rule.
 - Select rules your child will understand that might help with the new changes in behavior. For example, if your child has started yelling or hitting, family rules that might be helpful for the child are, "gentle hands, kind words, and inside voices."
- ▶ Remind children frequently of the expectations and rules. "I know you are feeling angry right now. But we need to use gentle hands when you play with your sister."

For more resources to support families and young children in coping with stressful emergency or disaster situations, visit:

ChallengingBehavior.org/Emergency



National Center for Pyramid Model Innovations | ChallengingBehavior.org

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Pub: 04/06/20



CAPTURE THE BAT

Protect Yourself from Rabies



If there is any chance that a bat has had contact with a person or pet **DO NOT RELEASE THE BAT!** The bat should be captured and brought to the Seneca County Health Department to be tested for rabies.

If a bat is found in the room of a sleeping person and the bat is released, the person will be advised to undergo rabies post-exposure treatment. Bats have small sharp teeth, which may not leave a visible bite mark, and a bite from a bat during the night may not awaken a sleeping person. Although in most instances bats do not have rabies, if the bat is released and not available for testing, it has to be assumed that the bat was rabid. Every year, many Seneca County residents need to undergo rabies post-exposure treatment because they released a bat from their home instead of capturing it and having it tested.

How to capture a bat:

- Close all windows, room and closet doors, turn on the lights and wait for the bat to land.
- Wearing heavy gloves and cover the bat with a pail, coffee can or similar container.
- Slide cardboard under the container to trap the bat inside and tape the cardboard to the container.
- Contact Seneca County Department of Health 315-539-1945

You cannot tell if a bat has rabies by looking at it. Rabies can only be confirmed in a lab. But any bat that is active by day, or is unable to fly and is easily approached could very well have rabies. During spring and summer, bats roost in attics, behind shutters and in other sheltered areas of homes and buildings. If you suspect bats are roosting in your house, watch for them leaving at dusk or entering before dawn.



#immunizeB4Usocialize

Weddings, Graduations, Concerts, Family Vacations

Wear your mask, watch your distance, wash your hands

Seneca County Public Health is now holding COVID19 vaccine clinics EVERY Thursday!

At these clinics will be using the Moderna vaccine.

Pre-Registration is encouraged, walk-ins are welcome

For more information or to make an appointment, call 315-539-1920 or visit

<https://senecacountyhealthdepartment.com/covid-19-vaccination-clinic/>

If you know someone who is homebound and seeking the vaccine, have them call 315-539-1920

Test Your Food Safety Savvy with this Short Quiz

- Q 1:** Why do foodborne illnesses increase during the summer?
- Bacteria, including those that cause foodborne illness, tend to multiply faster when the temperatures are warm
 - People are cooking and eating outside more, away from the refrigerators, thermometers, and washing facilities of a kitchen.
 - Both (A) and (B)
- Q 2:** Since only the inside of melons (watermelon, cantaloupe, honeydew melons, etc.) is eaten, their outer rind does not need to be washed.
- True
 - False
- Q 3:** It's 3:00 p.m. and you just finished making fresh salsa for a party that begins at 6:00 p.m. Is it safe to leave the salsa out on the counter for 3 hours, until the party begins?
- Yes, because the acid in the tomatoes will keep harmful bacteria from growing
 - No, cut tomatoes have been found to contain the bacteria, *Salmonella* and bacteria grows rapidly in foods stored at room temperature
 - No, because your family might eat it all before the party starts
- Q 4:** You want to make some homemade ice cream, and the recipe calls for eggs. You've heard that raw eggs may be contaminated with Salmonella. What should you do?
- Use an egg substitute product or pasteurized eggs instead of raw eggs.
 - Cook and chill the milk before adding the eggs.
 - Don't worry about it. It's never made you sick in the past, has it

Q1-Answer: C. The combination of warm weather and outdoor meals can lead to increases in foodborne illness
 Q 2- Answer: False Though only the inside of melons is eaten, their outer rind still must be washed. Bacteria present in soil can contaminate the skin of the melon. When melons are cut, these bacteria are transferred to the part we eat and can grow to levels that cause foodborne illness
 Q 3- Answer: B. In recent years cut tomatoes have been implicated in several Salmonella outbreaks within the U.S. Also, perishable foods should never be left of the refrigerator for more than two hours (or one hour if the temperature is over 90°F)
 Q 4 - Answer: A. However, even if you're using pasteurized eggs or egg substitutes for your ice cream, both the FDA and the USDA recommend starting with a cooked egg base for optimal safety.



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

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 of 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



Ensuring The Safety Of Your Water Supply

Your wellhead's primary function is to protect the well casing, which is the lining of your well, and the well cap, which is the tight fitting seal at the top of the well. It's the first defense against contaminants entering your water supply.

- You should regularly inspect your wellhead to ensure that these elements are in good condition.
- Be careful when working or mowing around your well
- When landscaping around your wellhead, make sure that it is at least 12-inches above ground level.
- Slope the ground down and away from the opening to ensure proper drainage.

Along with working or mowing around the wellhead, common household activities can threaten the quality of your drinking water. Even small spills of pesticides, fuels or fertilizers too close to your well can seep into the ground and contaminate your water supply.

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

Or call 315-539-1945

SENECA COUNTY 2021 FREE RABIES CLINICS

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

Additional Rabies Clinics Coming Soon!

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

<https://senecacountyhealthdepartment.com/>

Bring proof of prior vaccination.

Donations Appreciated.





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/>

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

- Fruits** → Apples, Bananas, Grapefruit, Lemons, Oranges, Strawberries, Cantaloupe, 100% Apple Juice, 100% Grape Juice
- Vegetables** → Dark Green Leafy Lettuce, Broccoli, Potatoes, Corn, Butternut Squash, Red Pepper, Garbanzo Beans, Zucchini
- Grains** → Brown Rice, Rolled Oats, Popcorn, Whole-Wheat Flour, Whole-Wheat Spaghetti, Bulgur, Whole Rye, Quinoa
- Protein** → Lean Cuts of Beef, Pork, Chicken, Eggs, Black Beans, Lentils, Soy Beans, Almonds, Walnuts, Haddock, Salmon, Shrimp, Tuna
- Dairy** → Fat-Free or Low-Fat (1%) Milk, Yogurt, and Cheese, Calcium-Fortified Soy Milk
- Physical Activity** → 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