



Seneca County Local Law #7 of 2021, the Seneca County Watershed Protection



In 2021, the Seneca County Board of Supervisors passed Local Law #7, the Seneca County Watershed Protection Law. The major goals of the law are:

- To protect the waterbodies, watersheds, and drinking water sources in the county from residential wastewater containing harmful bacteria, viruses and excess nutrients.
- To help prevent people from unknowingly purchasing properties with a septic system that is failing or that is likely to fail.
- To bring Seneca County in-line with other municipalities in the region and across NYS that have enacted septic system inspection laws or regulations in recent years.
- To standardize a set of minimum requirements for septic inspections within the county so that buyers and sellers alike know what to expect.

The proposed law aims to work towards these goals through a program of routine inspections (on a cycle) for properties that border the major water bodies in the county.



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Instructions for a Routine Inspection

- Hire a Seneca County certified inspector to do an inspection of the septic system.
- As part of the inspection, the inspector will add dye to some of your fixtures, such as your toilet, and run 20 gallons of water per bedroom with a maximum of 100 gallons.
- Once the inspection is completed, the inspector will turn the paperwork into the Health Department.

If the septic system fails the inspection, the system owner will be required to repair the septic system.

Instructions for a Property Transfer Inspection

Prior to all property transfers in Seneca County, Seneca County Local Law #7 of 2021 requires that the septic system be inspected and the septic tank pumped. The septic system should be inspected prior to the pumping of the tank. If the tank is pumped first, it will be necessary to wait 30 days before the septic system can be inspected.

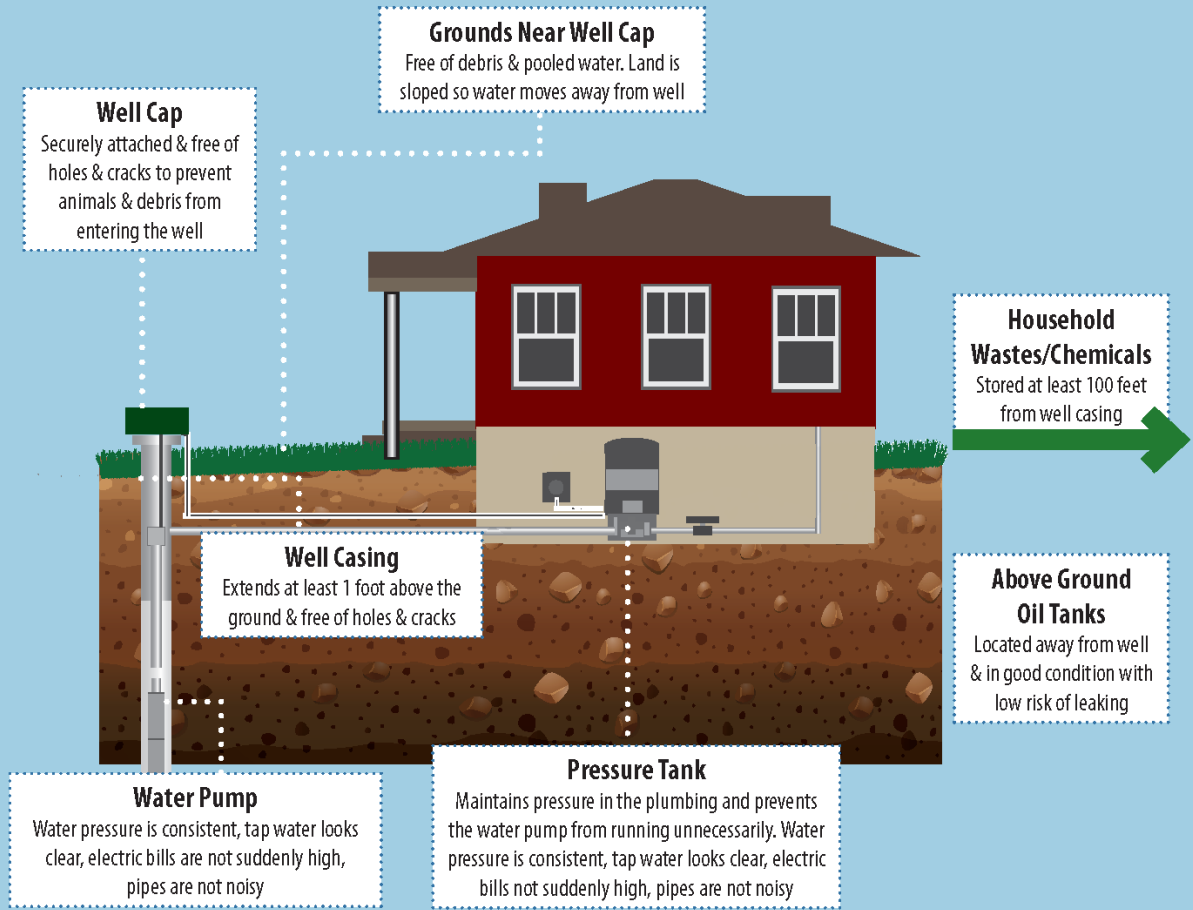
Note: If you are due for a routine sanitary code inspection, but plan on selling your home soon, you may want to consider getting the property transfer inspection done instead of the routine inspection. The property transfer inspection is valid for one year and would count for the routine inspection.

- Hire a Seneca County certified inspector to do an inspection of the septic system.
- As part of the inspection, if the home is currently occupied, the inspector will add dye to some of your fixtures, such as your toilet, and run 55 gallons of water per bedroom. If the home is not occupied, 110 gallons of water per bedroom over a 6 hour period will be added.
- Once the inspection is completed, the inspector will turn the paperwork into the Health Department.
- As part of a property transfer, it is also necessary that the septic tank be pumped and a "Waste Transporter Certification" form be turned into the Health Department.
- If the septic system fails the inspection, the system owner will be required to repair or modify the septic system.
- If the septic system passes the inspection and proof that the tank has been pumped is submitted to the Health Department, a discharge permit will be issued.

Inspect & Maintain Your Well and Water System

Have a well contractor inspect your well at least once a year to stay ahead of maintenance issues. Regular inspections help prevent contaminants from getting into your tap water from a poorly maintained well. The NYS Department of Environmental Conservation (DEC) has a list of registered well contractors at www.dec.ny.gov/lands/33317.html.

Use this diagram to keep an eye out for problems. If you suspect issues and need help, contact a professional. Stop using your tap water for drinking, preparing food and making ice, and switch to bottled until your water is tested and the problem is addressed.



This diagram shows a drilled well. If you have a dug well, your well cap and casing may look different. Learn more about **Standards for Water Wells** at www.health.ny.gov/regulations/nycrr/title_10/part_5/appendix_5b.htm.



Seneca County
Health Department



Has Your Child Gotten Their HPV Vaccine?

Early vaccination works best and protects your child long before they ever have contact with the virus.



Seneca County
Health Department

Don't wait...Vaccinate!



Immunization Clinics:

The 2nd and 4th Tuesday of each month

While we encourage all children to see their primary care physician, we can provide vaccinations for the following:
No insurance, underinsured, Medicaid, Child Health Plus, Native American

Appointments necessary – call (315)539-1920

It's not too soon to get ready for school!

Set up your child's summer immunization appointment now



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Seneca County, NY

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).



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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
- Provide information regarding health insurance
- Make referrals to other County agencies such as Preschool and Early Intervention Programs as well as to other agencies to accommodate the child's needs.



Here Are The Facts

- Women aged 20-24 years of age are 10.7% more likely to smoke during pregnancy compared to women in other age groups.
- Women with a high school education or less are 12% more likely to smoke during pregnancy compared to women who have completed high school.

Smoking during pregnancy can increase risks for mom and baby:

- Chance of problems with the placenta
- Chance of Pre-term birth (having your baby before their due date) increases by 5-8%
- Chance of Low birth weight-very low birth weight increases by 13-19%
- Chance of fetal death before birth increases by 5-7%
- Chances of your child dying of Sudden Infant Death Syndrome (SIDS) increases by 22-34%.



Quitting smoking is one of the most important actions women who smoke can take for a healthy pregnancy and a healthy baby. The best time for women to quit smoking is before they try to get pregnant, but quitting at any time during pregnancy can benefit a mother and baby's health.

Quitting Smoking:

- During pregnancy reduces the risk of delivering a low birth weight baby.
- Early in pregnancy eliminates the adverse effects of smoking on fetal growth.
- Before pregnancy or early in pregnancy may reduce the risk of preterm delivery.

HEALTH BENEFITS OF QUITTING SMOKING

- IMPROVES** health and **INCREASES** life expectancy
- LOWERS** risk of 12 types of cancer
- LOWERS** risk of cardiovascular diseases
- LOWERS** risk of chronic obstructive pulmonary disease (COPD)
- LOWERS** risk of some poor reproductive health outcomes
- BENEFITS** people who have already been diagnosed with coronary heart disease or COPD
- BENEFITS** people at any age - even people who have smoked for years or have smoked heavily will benefit from quitting

Do you need help quitting?

- ⇒ **Call 1-866-NY-QUITS or go to www.nysmokefree.com**
- ⇒ **Text MOM to 222888 and you will receive daily messages to support you**

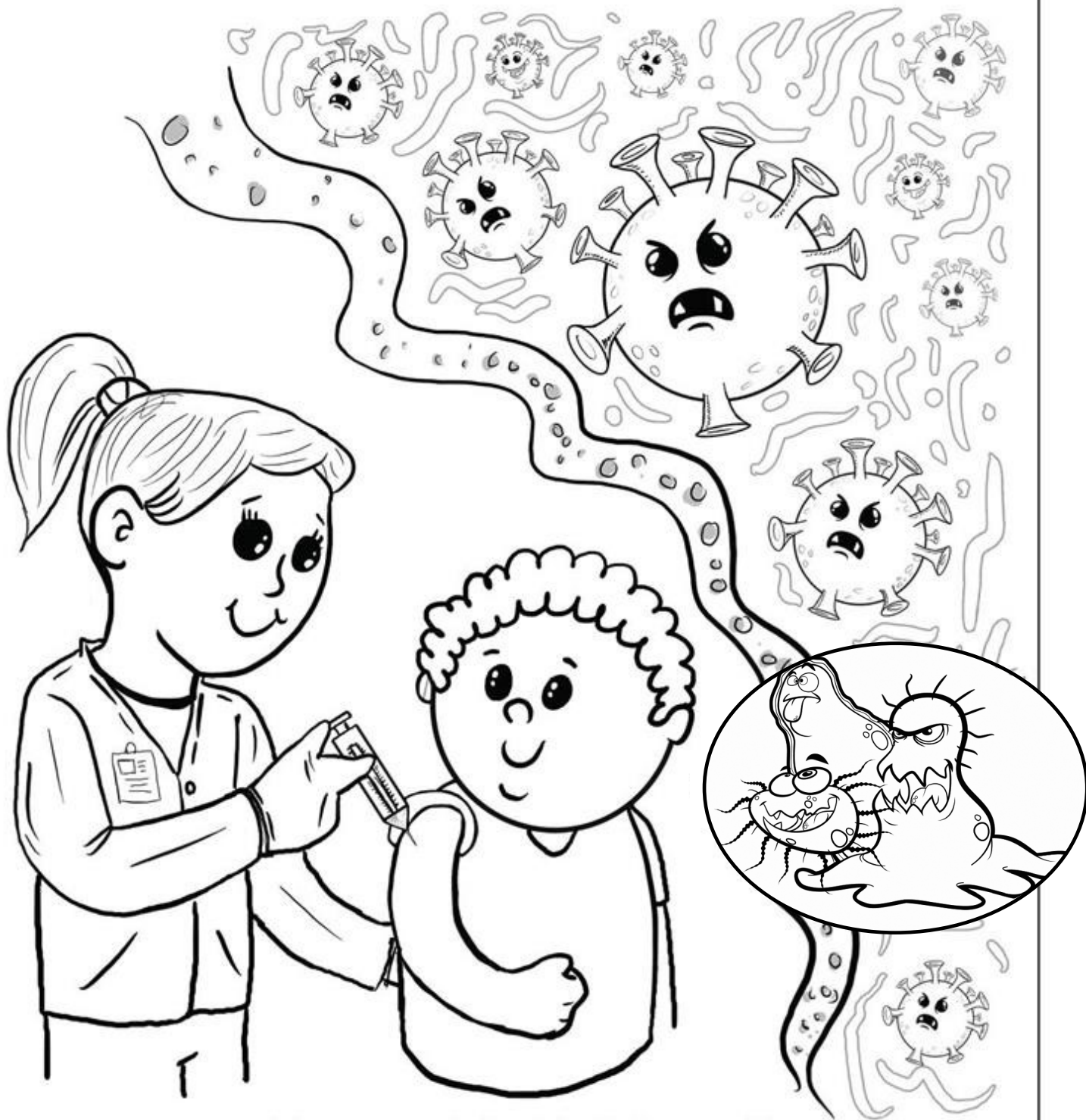


Seneca County
Health Department



Public Health
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Seneca County, NY

Vaccines Do I Need One?



Vaccines help prepare your body to fight off infections and disease.

Many times, people are given vaccines before getting sick to help strengthen their immune systems.

DON'T ROLL THE DICE

Prepare ✓

BEFORE YOU'RE THERE

#SaferSexGamePlan
#STDweek



**APRIL -
STD AWARENESS MONTH**

STDs are at an all-time high and prevention is critical. The good news: there are many ways to get STD care! Seneca County Health Dept. provides free and confidential STD testing through Urgent Care in Seneca Falls and Finger Lakes Community Health in Ovid.

Have questions? Call the Health Department 315-539-1920



What To Do If A Bat is Found Inside Your Home

If a bat is found in the house and there is any chance that contact with a person or a pet occurred, the bat needs to be captured. **Do not** release the bat if there is a reasonable probability of an exposure such as direct physical contact with a bat, a bat found in a room with a sleeping person or unattended child, or a bat found in a room with an individual under the influence of alcohol and drugs or with other sensory or mental impairment.

Submitting Bats for Rabies Testing

The bat should be captured and submitted for rabies testing under the following circumstances:

- ⇒ A person had direct physical contact with a bat
- ⇒ A bat is found in a room with people who are sleeping
- ⇒ A bat is found in a room with an unattended child or impaired adult
- ⇒ A bat is in contact with a domestic pet (dog or cat)
- ⇒ If none of the circumstances above have occurred, the bat can be released outside

Capturing the Bat

- ⇒ Turn on all lights and close all windows and doors to the room, including closet doors
- ⇒ Wait for the bat to land
- ⇒ While wearing a pair of gloves (preferably leather, if possible), place a coffee can, pail, or similar container over the bat
- ⇒ Slide a piece of cardboard under the container to trap the bat
- ⇒ Firmly hold the cardboard in place against the top of the container
- ⇒ Turn the container right side up and tightly seal the cardboard to the container with tape
- ⇒ Contact the Seneca County Environmental Health Department to arrange for the bat to be tested for rabies



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Seneca County Environmental Health Department

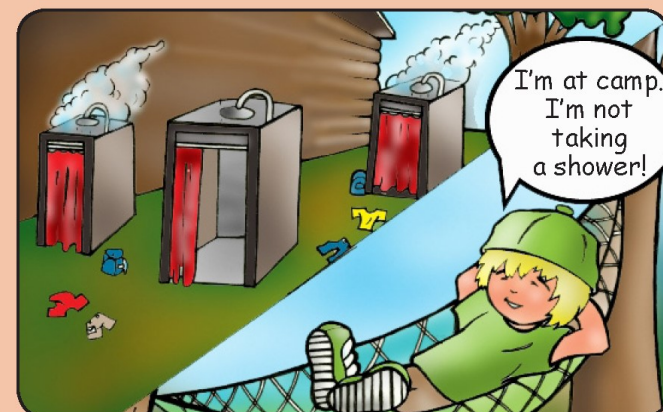
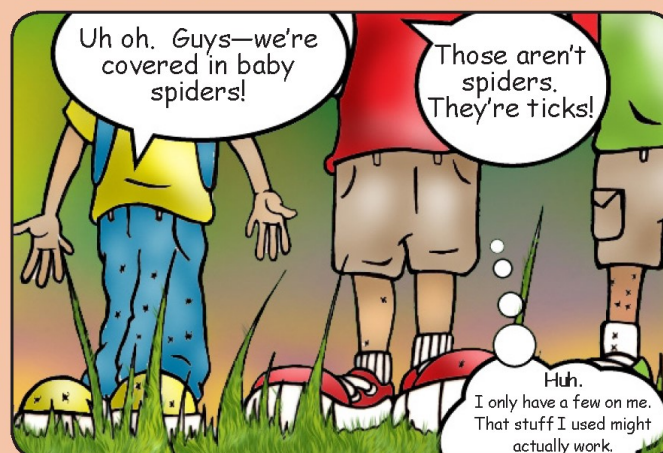
Health & Senior Services Building

2465 Bonadent Drive, Suite 3

Waterloo, NY 13165

315-539-1945

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!

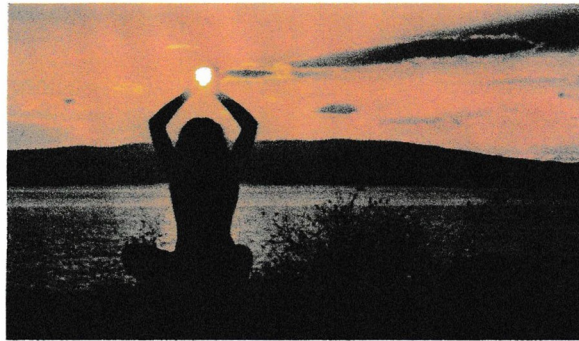
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, or 2-undecanone.
- Help younger kids apply repellent and keep it away from eyes, mouth and hands.

Illustrations courtesy of Jerome Mayo

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



Chair Yoga with GiGi



Seneca County Senior Center
Starting Monday, March 14, 2022
Every Monday Through May 2nd
11:00-11:45 am
315- 539-1780



United Way
of Seneca County



Public Health

Prevent. Promote. Protect.

Seneca County, NY

Seneca County Office for the Aging
Health & Senior Services Building

2465 Bonadent Drive

Waterloo, NY 13165

315-539-1765

Need to talk?

We've got time to listen

Text "Got5" to 741741 to start a conversation

CRISIS TEXT LINE

FREE, 24-7, CONFIDENTIAL

Mental Wellness: Redefining the Meaning of Health



AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Mental health is a critical component of public health. It consists of emotional, psychological and social well-being and is important from childhood through adulthood. But many people live with mental illness – health conditions that change the way we think, feel or behave, which can affect our lives and our work. In the United States, mental illness is one of the most common health conditions. Each year, one in five Americans will experience mental illness. Fifty percent of mental illness starts by the age of 14, and 75% begins by the age of 24. People who identify as being two or more races are more likely to report mental illness than other races, followed by American Indian/Alaska Native, Caucasian and Black populations. For all racial groups, except American Indian/Alaska Native, women are more likely than men to receive mental health services.

There is no single cause for mental illness, and certain childhood risk factors, including growing up in poverty or experiencing abuse, can be an indicator for mental illness later in life. Genetics, isolation and use of alcohol or drugs are other contributing factors as well. Unaddressed mental health challenges can have an impact on employment, housing stability, safety and a range of other issues. This underscores the urgency of access to better treatment and coping options for those most at risk. Prevention, early detection and treatment of mental health conditions can lead to improved physical and community health. Public health can incorporate mental and emotional health development and promotion into prevention strategies and activities. This can make health promotion more effective and protect people from other issues that have lasting physical and mental health impacts, such as community and interpersonal violence, tobacco use and homelessness.

If you or someone you know is experiencing a mental health issue:

- Call or visit Comprehensive Psychiatric Emergency Program (CPEP at Clifton Springs Hospital) at 315-462-1080
- Call Finger Lakes Lifeline 2-1-1
- Call 9-1-1
- Contact the National Crisis Text Line by texting HOME to 741-741



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/>

