

# **SENECA COUNTY**

# **HEALTH NEWS**



**Public Health**  
Prevent. Promote. Protect.

Seneca County, NY

**WINTER**  
**2023-2024**

**Kidz**  
**Korner**  
**Pg.17**

## **SENECA COUNTY HEALTHY NEIGHBORHOODS**

DISCOVER HOW THIS PROGRAM  
IS IMPROVING SENECA  
COUNTY'S HOMES

## **DEER HUNTERS: CHOOSE NON LEAD AMMUNITION**

DISCOVER THE EFFECTS OF  
LEAD AMMUNITION ON YOUR  
HEALTH

## **WHY READING TO YOUR CHILD IS IMPORTANT FOR DEVELOPMENT**

LEARN THE IMPACT READING &  
SINGING TO YOUR CHILD HAS  
ON DEVELOPMENT





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 [HEALTHEDUCATION@CO.SENECA.NY.US](mailto:HEALTHEDUCATION@CO.SENECA.NY.US)

 [WWW.SENECACOUNTYHEALTHDEPARTMENT.COM](http://WWW.SENECACOUNTYHEALTHDEPARTMENT.COM)



# Your Health Department In Action!



Seneca County Health Department



@SenecaCountyDOH



@SenecaCountyDOH



SenecaCountyHealthDepartment.com



# **Learn More About the Health Department!**

## **Public Health Nurses**

The Seneca County Health Department's Public Health Nurses operate various essential programs that benefit the local community:

### **Maternal Child Health Program:**

Expecting and new parents can receive education and support, such as lactation support and counseling, pre-natal and post-partum support, and referral services.

### **Lead Poisoning Prevention Program:**

This full-service program emphasizes prevention and case management of lead poisoning in the county.

### **Vaccines for Children (VFC):**

The VFC program provides free childhood vaccinations to eligible children who are uninsured, underinsured, receive Child Health Plus, Medicaid, or are Native American, or Alaskan native.

### **STI Testing and Treatment:**

Seneca County Health Department collaborates with Finger Lakes Community Health & Seneca Falls Urgent Care to offer free STI testing and treatment to eligible residents.

### **COVID-19 Monitoring & Vaccination:**

The Seneca County Health Department has a team of registered nurses who closely monitor the prevalence and severity of COVID-19 in the county. In addition, they offer COVID-19 vaccines to qualified children through the Vaccines for Children (VFC) program and qualified adults through the Vaccines for Adults (VFA) program.

### **Tuberculosis (TB) Control:**

To combat TB disease and latent TB within our community, we have implemented the TB Control Program. This involves various measures, including screening programs, health education, outreach to high-risk individuals, and treatment at our clinics. Additionally, we leverage targeted testing strategies to identify those at highest risk of TB infection.

### **Communicable Disease Control & Prevention:**

Public Health Nurses are responsible for keeping track of communicable disease outbreaks, performing case investigations, tracking down contacts, and providing education to patients and healthcare providers about prevention measures.



# WINTER WEATHER PREPAREDNESS TIPS

Prepared By: Seneca County Emergency Preparedness  
Source: Ready.Gov

## PREPARING YOUR HOME FOR WINTER

To keep your home warm during winter, it's important to insulate, caulk and weather-strip your home. You should also learn how to prevent pipes from freezing. In case of a power outage, make sure you have a supply of essentials such as non-perishable snacks, bottled water, warm clothes, and blankets. Additionally, ensure you have extra batteries for flashlights and radios. Don't forget to plan for your specific needs, including medication and those of your pets. If you're unable to afford your heating costs, consider reaching out to the Low Income Home Energy Assistance Program (LIHEAP) for help.



## Be Prepared At All Times

It's important to be ready for winter weather, whether you're at home, work or in your car. To prepare, create an emergency supply kit and keep it in your car. This kit should contain jumper cables, sand, non-perishable snacks, bottled water, blankets, warm clothes, and a flashlight. Also, ensure that your gas tank is always full.



To learn more about preparing for winter weather, please visit [Ready.Gov](https://www.ready.gov).

## Generators: A Great Tool If Used Properly

Generators are a useful alternative power source during power outages. However, they can be dangerous if not used safely. When using a generator, ensure that it's placed at least 20 feet away from windows, doors, and attached garages, to prevent carbon monoxide (CO) poisoning. Install working carbon monoxide detectors on every level of your home, as CO is a colorless, odorless gas that can cause harm or even death. Keep the generator dry and away from rain or flooding. Always connect it to appliances with heavy-duty extension cords, and let it cool before refueling. Finally, follow the manufacturer's instructions carefully.







# ATTENTION DEER HUNTERS

Please consider donating a deer this year to the Venison Donation Coalition to ensure that healthy deer meat is donated directly to Seneca County Food Pantries to support our neighbors dealing with food insecurity.

Freshly harvested and field dressed deer can be brought to:

- **Finger Lakes Meat Processing** (315-549-8258) 2094 Rte. 336. Romulus, NY
- **Jim's Deer Cutting** (607-379-2936) Trumansburg, NY

For recipes and nutrition information about venison, wild game, and fish, check out [www.wildharvesttable.com](http://www.wildharvesttable.com).



The Venison Donation Coalitions was started by sportsmen and women in 1999 and is a not-for-profit organization helping to get NYS deer to those in need and support hunting in the state. Please consider donating a deer this year or making a tax-deductible charitable contribution to support the program.

Western & Central NY Pantry Project (WCNYPP)  
3 East Pulteney Square, Bath, NY 14810  
607-664-2538  
[venisondonation@gmail.com](mailto:venisondonation@gmail.com)  
<http://venisondonation.com>



Creating Healthy Schools  
and Communities  
in Seneca County

Cornell Cooperative Extension | Seneca County











**Public Health**  
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# CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS (CYSHCN) PROGRAM

\*including but not limited to the 27 health conditions listed below

ADD or ADHD	Allergies	Anxiety	Arthritis/ Joint Problem	
Asthma	Autism or ASD	Behavioral /Conduct Problem	Blood Disorder	Cerebral Palsy
Cystic Fibrosis	Depression	Develop- mental Delay	Diabetes	Down Syndrome
Epilepsy /Seizure Disorder	Genetic or Inherited Condition	Head Injury	Hearing Problem	Heart Problem
Intellec- tual Disabili- ty	Learning Difficulty	Migraines	Other mental health condition	Speech or Language Disorder
	Substance Use Disorder	Tourette Syndrome	Vision Problems	

Find us on

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Visit our website


"Funded by the New York State Department of Health using federal Health Resources and Services Administration Title V funding. The opinions, results, findings and/or interpretations of content contained therein are the responsibility of the Contractor and do not necessarily represent the opinions, interpretations or policy of the State or Federal funding agency."

The CYSHCN program is a no-cost resource and referral program.

The CYSHCN program is for children from birth to 21 years who have, or are suspected of having, a serious or chronic physical, developmental, behavioral, and/or emotional condition.

The CYSHCN program provides resources for families to improve the health and care of children who need special assistance.

Contact info:  
Chersti Kuhlmann

 315-539-1938

 [ckuhlmann@co.seneca.ny.us](mailto:ckuhlmann@co.seneca.ny.us)

**SenecaCountyHealthDepartment.com**





# CHECKLIST FOR GROWING CHILDREN

## 3 Months

- Turn their Head toward bright colors and light
- No longer "cross their eyes" while trying to focus. They move both their eyes in the same direction at one time.
- Recognize bottle or breast.
- Respond to their mother's voice
- Make cooing sounds
- Bring their hands together
- Wiggle and kick their arms and legs
- Lift their head while lying on their stomach
- Become quiet in response to sound, especially speech
- Smile

## 6 Months

- Follow moving objects with their eyes
- Turn toward the source of normal sound
- Reach for objects and pick them up
- Switch toys from one hand to the other
- Play with their toes
- Help hold the bottle during feeding
- Recognize familiar faces
- Imitate speech sounds
- Respond to soft sounds, especially talking
- Roll over



## 12 Months

- Get to a sitting position
- Pull to a standing position
- Stand briefly without support
- Crawl
- Imitate adults using a cup or a telephone
- Play peek-a-boo and patty cake
- Wave goodbye
- Put objects in a container
- Say at least one word
- Make "ma-ma" or "da-da" sounds



## 18 Months

- Likes to push and pull objects
- Tries to say at least six words
- Follows simple directions ("Bring the ball")
- Pull off their shoes and socks
- Can point to a picture you name in a book
- Feed themselves
- Makes marks on paper with crayon
- Walk without help
- Walk backwards
- Point, make sounds or try to use words to ask for things
- Say "no", shake their head, or push things away they don't want



## 2 Years

- Use two- to three-word sentences
- Says about 50 words (30 months)
- Recognize familiar pictures
- Kick a ball forward
- Feed themselves with a spoon
- Demand a lot of your attention
- Turn two or three pages together
- Like to imitate with parent
- Identify their hair, eyes, ears, and nose by pointing
- Build a tower of four blocks
- Show affection



## 3 Years

- Throw a ball overhand
- Ride a bicycle
- Put on their shoes
- Open the door
- Turn one page at a time
- Play with other children for a few minutes
- Repeat common rhymes
- Use three- to five-word sentences
- Name at least one color correctly





## Creating Healthy Schools and Communities (CHSC): An Update

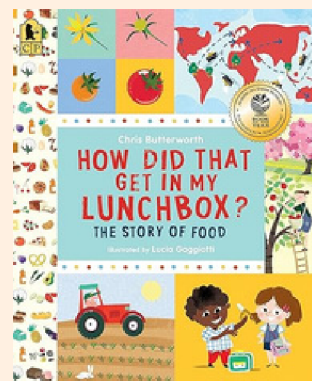
One strategy area of the Creating Healthy Schools and Communities (CHSC) grant is Food Service Guidelines in Worksites and Communities. The focus of the FSG strategy is to assist worksites and community settings to increase the availability of healthy foods. FSGs are specific food and nutrition standards and sustainability standards for food service operations that can be used to create a food environment that makes healthier choices easier for consumers. Throughout the course of the grant the County has been able to work with many of our local food pantries to provide additional storage and refrigeration units. We have also worked with the Lodi Community Garden, who grows specifically for the Lodi Food4All pantry, to increase their composting efforts and produce variety. This October the CHSC team hosted FoodLink to provide their Healthy Choice training to our Food Pantry Network attendees. Northeastern College also hosted a local food showcase to staff and students in support of increasing sourcing efforts of locally produced foods.



### Recommended Nutrition Books for Toddler-Preschool

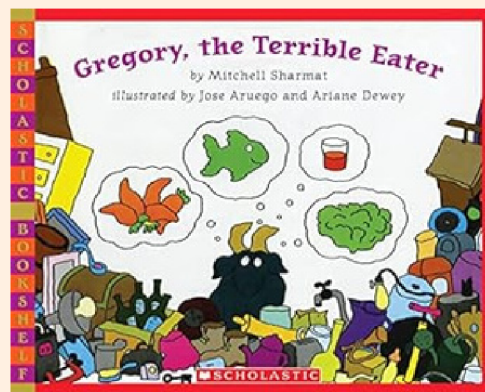
#### ***“How Did That Get In My Lunchbox? The Story of Food” by Chris Butterworth***

One of the best parts of a young child’s day is opening a lunchbox and diving in. But how did that delicious food get there? From planting wheat to mixing dough, climbing trees to machine-squeezing fruit, picking cocoa pods to stirring a vat of melted bliss, here is a clear, engaging look at the steps involved in producing some common foods. Health tips and a peek at basic food groups complete the menu.



#### ***“Gregory, the Terrible Eater” by Mitchell Sharmat***

Gregory isn't like most goats. Instead of indulging in delicacies like old shoes, boxes, and bottle caps, he prefers to eat fruits, vegetables, eggs, and fish. Mother Goat and Father Goat are disgusted, and after several attempts to get Gregory to eat like a proper goat, they finally take him to see Dr. Ram. But when Gregory finally develops a taste for flat tires and broken violins, he's not just eating like a goat---he's eating like a pig! Will Gregory be able to find a healthy balance before he eats everything in the house?



**Creating Healthy Schools  
and Communities  
in Seneca County**



# Many teens have dangerous misperceptions that lead them to believe that vaping is harmless.

## Common myths believed about vaping, along with the facts.

"It's just flavoring."

Vapes get their flavors from chemicals. While these flavorings are safe to eat in food, they're not safe to inhale. Inhaling flavor chemicals can harm your lungs.<sup>11</sup>

Want an example?

Some buttery-flavored vapes like caramel contain diacetyl and acetoin. Inhaling diacetyl has been linked to popcorn lung, a lung disease that doesn't have a cure.<sup>11</sup>

"It's just water vapor."

But it's not.

Vaping can expose the user's lungs to harmful chemicals like formaldehyde, diacetyl and acrolein, as well as toxic metal particles like nickel, tin and lead.<sup>4,8-10,11-13</sup>

Some vapes that claim they are nicotine-free are not.<sup>8,17-22</sup>

"My vape says it's nicotine-free. There's no way I'll become addicted."

Vaping delivers nicotine to the brain in as little as 10 seconds.<sup>14,15</sup>

A teen's brain is still developing, making it more vulnerable to nicotine addiction.<sup>14</sup>

"I don't have an addictive personality—I won't get hooked on vapes."

"Nicotine isn't that bad for me."

Nicotine exposure during the teen years can disrupt normal brain development. It can have long-lasting effects, like increased impulsivity and mood disorders.<sup>23-25</sup>

"Just because I vape doesn't mean I'm going to smoke cigarettes."

Research shows teens who vape are more likely to try smoking cigarettes.<sup>26</sup>

### FDA's Efforts to Curb Youth E-Cigarette Use

FDA is committed to protecting youth from the dangers of e-cigarettes. In addition to our national peer-to-peer public education campaign called "The Real Cost," we're joining forces with Scholastic to provide teachers and school administrators with the resources they need to educate their students about e-cigarettes.

Together, we've created a **free lesson plan and research activity** for teachers to educate their students on the health risks of e-cigarette use. Please visit the [Scholastic youth-vaping-risks site](#) to access these resources.

### Share This Information



Please share this infographic with other teachers and school administrators. In addition, if you'd like to learn more about e-cigarettes, check out these resources:

- » [Surgeon General Fact Sheet](#) – E-cigarette use among youth and young adults
- » [Parent Tip Sheet](#) – How parents can talk with their teen about vaping
- » [CDC Infographic](#) – E-cigarette ads and youth infographics
- » [Smokefree Teen](#) – If you know a teen who is addicted to any tobacco product, including cigarettes and e-cigarettes, there are resources to help them quit







# HEALTHY NEIGHBORHOODS: CREATING A HEALTHIER SENECA COUNTY ONE HOME AT A TIME

**By Andrew Rude**

*Public Health Educator & HNP Coordinator*

The Seneca County Healthy Neighborhoods Program (HNP) is a New York State funded program that is designed to reduce household injuries and hospitalizations in Seneca County.

Seneca County HNP is currently in its second year, which runs from April 2023 to March 2024. The program has a goal of 100 initial visits for the year, and an additional 25 follow-up, or re-visits.

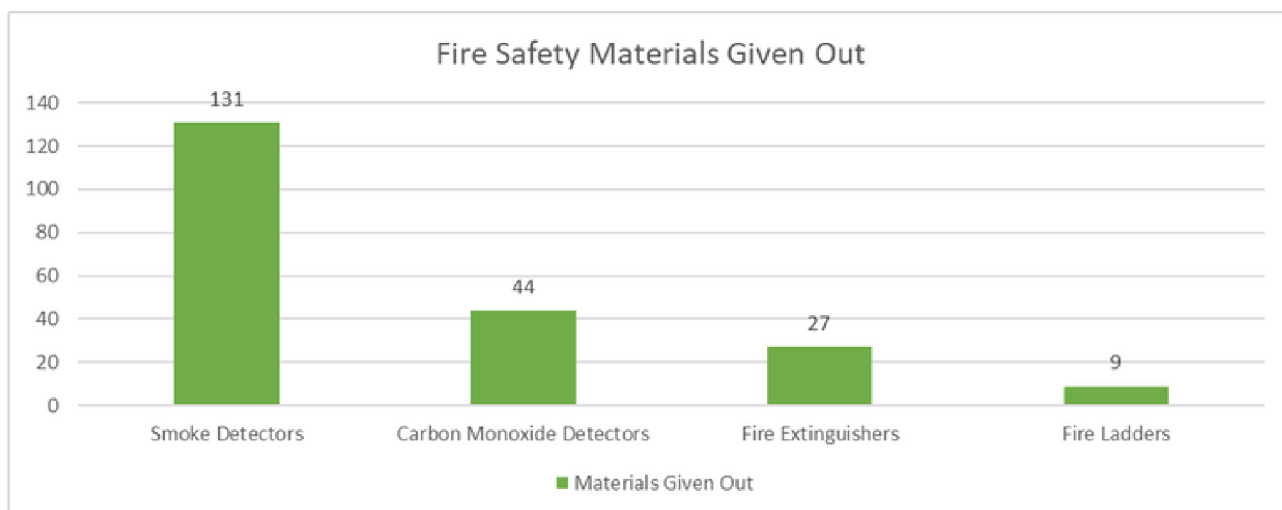
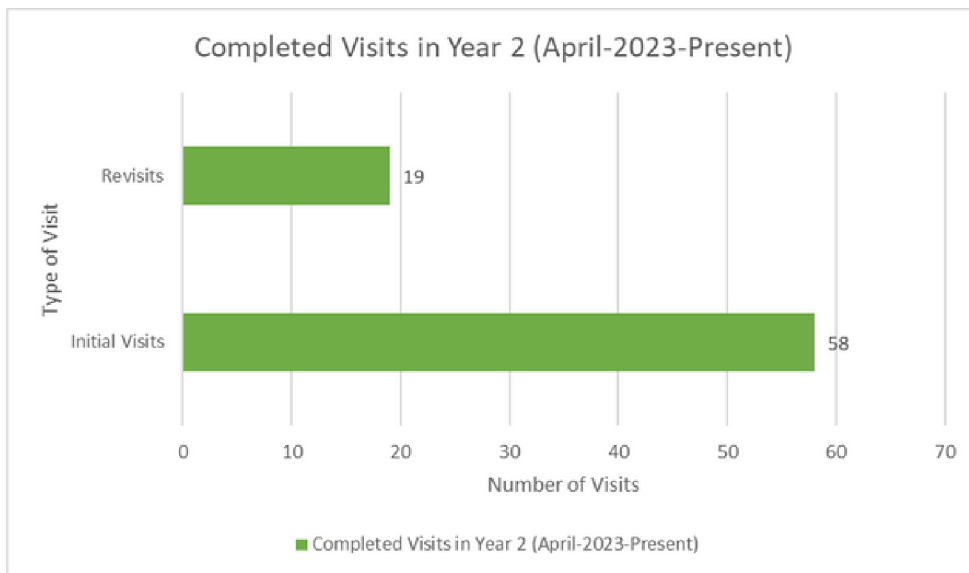
So far through October 2023, the Seneca County Healthy Neighborhoods Program has conducted 58 initial visits and 19 re-visits. The breakdown of visits by quarter is shown in the chart below titled "Home Visits By Quarter."

To be eligible for the Seneca County Healthy Neighborhoods Program, you must live the following zip codes: 14521 (Ovid), 14860 (Lodi), 14541 (Romulus), 14847 (Interlaken), or 13165 (Waterloo).

Home visits are free to eligible residents and require no income guidelines. Residents who are eligible receive free products that target common household areas of concern like; fire hazards, slip & falling concerns, pests, asthma, water quality, and child injury prevention.

All residents who participate in the program receive a basic kit that contains items such as: multi-surface disinfectant spray, glass cleaner, floor cleaner, multi-use cleaning towel, a broom & dustpan, a mop, general first aid kit, among other products.

If you are interested in signing up for a home visit, or would like information on the program, you can call **(315)-539-1638** or visit our website at [SenecaCountyHealthDepartment.com](http://SenecaCountyHealthDepartment.com)







Many people choose raw milk thinking it will improve their health, but it can cause serious illness in anyone.



### WHAT IS RAW MILK ANYWAY?



**Raw milk** has not been pasteurized to kill harmful, disease-causing germs, including bacteria, viruses, and parasites.



**Pasteurization** is the process of heating milk to kill harmful bacteria.



Before most milk in the U.S. was pasteurized, raw milk was a common source of foodborne illness.

### Some germs linked to raw milk outbreaks



*Campylobacter*



*E. coli*



*Salmonella*



*Listeria*

### WHAT CAN YOU DO TO LOWER YOUR RISK OF GETTING SICK?



Choose **pasteurized** milk and dairy products.

Buy and eat products that say "pasteurized" on the label. If in doubt, don't buy it!



Refrigerate dairy products at 40°F or below.



Throw away any expired product.

**BE WISE. ONLY DRINK MILK THAT'S PASTEURIZED!**



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CS328611-B



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

For more information on raw milk, please visit [www.cdc.gov/foodsafety/rawmilk](http://www.cdc.gov/foodsafety/rawmilk)



## DEER HUNTERS: CHOOSE NON-LEAD AMMUNITION



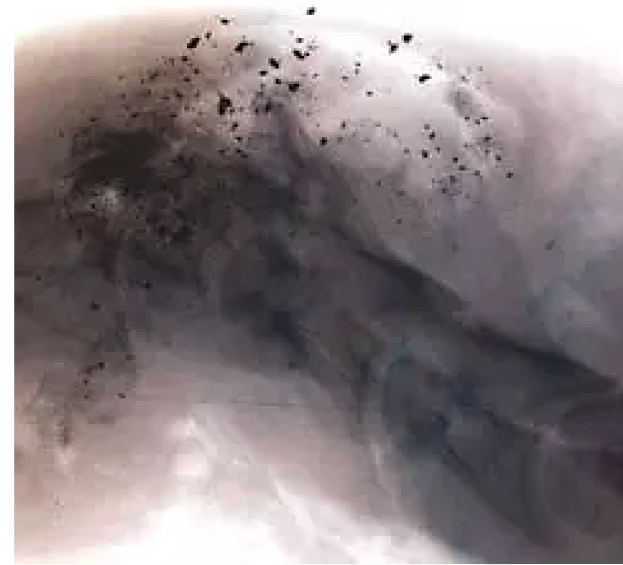
### As Deer Season Approaches

As deer season in NY gets into full swing, here is a reminder from the NYS Department of Health Lead Poisoning Prevention website: "People can be exposed to lead by eating venison and small game harvested with lead shot and lead bullets. Recent research indicates that small lead fragments are often present in venison from deer harvested with lead bullets."

Here is more info from the New York State Department of Environmental Conservation: Development of alternative non-lead ammunition allows hunters the same performance and accuracy of traditional lead-based ammunition without fragmentation. Non-lead ammunition consists of solid copper or copper alloys (90-95% copper and 5-10% zinc) and is available in a large variety of calibers and bullet weights for rifles, shotguns, and muzzleloaders.

Lead bullets are dangerous due to the fragmentation that occurs when the bullet strikes an animal. This kind of ammunition can fragment into hundreds of smaller pieces after entering an animal. The fragments can spread beyond the wound channel, the main path of the bullet through the animal. Even if a hunter attempts to remove the largest remaining piece of the bullet from the animal, the tiny fragments of lead will remain in the meat and gut piles that are left behind in the field. These fragments can be enough to poison both humans and wildlife.

Lead has been studied extensively for over 100 years because of its negative impacts. Lead causes widespread damage to cells and organs when it is ingested, inhaled, or absorbed in surprisingly small quantities.



***X-Ray of a Mule Deer after it was shot with lead ammunition. The dark spots are lead fragments from the ammunition. There are over 450 lead bullet fragments in this x-ray***

### Benefits of Non-Lead Ammunition

- Less prone to fragmenting as it is harder than traditional lead.
- Eliminates bullet fragments in the wound channel as it forms a "mushroom" or peels back upon impact.
- Delivers devastating hydrostatic energy and shock to a game animal.
- Yields more high-quality meat as it retains 95-100% of the original bullet weight.
- Reduces risk of harming other wildlife, particularly eagles, from getting sick and dying from lead consumption.



# STOP DWI **New York**

Community Focused. Saving Lives.™



## Governor's Traffic Safety Committee

Always have a plan to get home safe.

# Cook Holiday Meat to a Safe Temperature

165°F



**Turkey**

145°F



**Fish Fillet**

Reheat to  
140°F



**Cooked Ham**  
(Packaged in  
USDA-inspected plants)

Reheat to  
165°F



**Cooked Ham**  
(Not packaged in  
USDA-inspected plants)

145°F



**Beef Brisket**



**Pork Roast**



**Raw/Fresh Ham**



**Rack of Lamb**

After cooking, let meat rest for 3 minutes before serving.

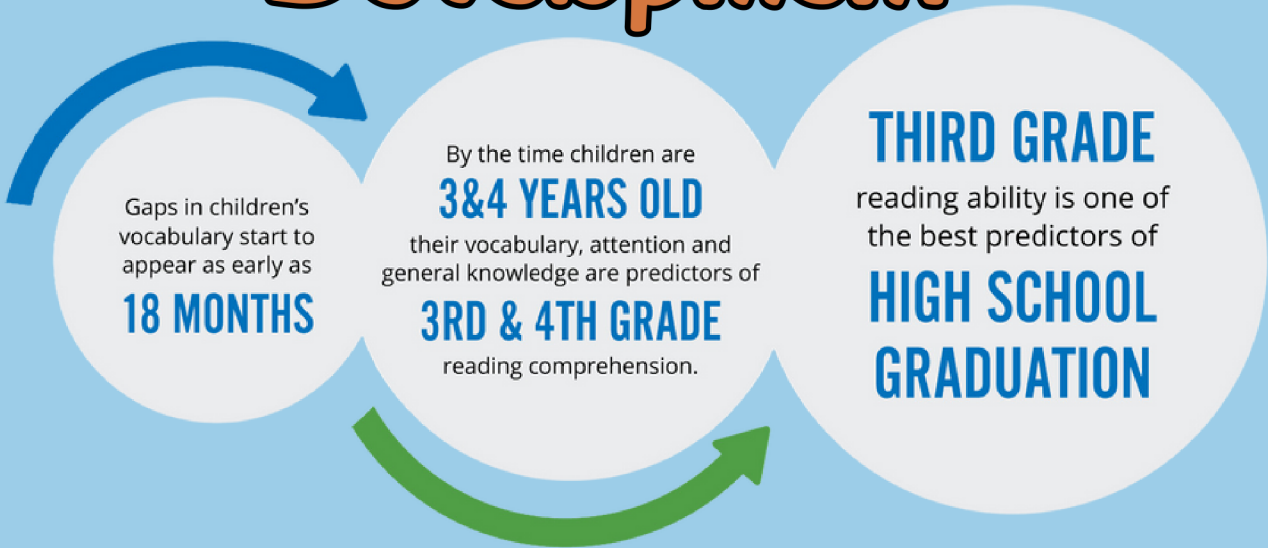


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[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



# Why Reading to Your Child is Important for Speech and Language Development



Research shows that young children whose parents read aloud to them have better language and literacy skills when they enter school. On the other hand, students who fail to read well in early grades may never catch up to their peers.



FOR MORE INFORMATION ON HOW TO HELP YOUR CHILD SCAN THE LINKS BELOW



SENECA COUNTY  
LITERACY  
VOLUNTEERS



TALK, READ, AND  
SING TOGETHER



TALKING IS  
TEACHING  
FAMILY GUIDE



SENECA COUNTY  
EARLY  
INTERVENTION



## BRRREAK INTO SOME FUN THIS WINTER!

### ➔ Santa Countdown!

#### Materials Need:

- 1 Piece of Paper (Regular or Construction)
- Regular Pencil
- Colored Pencils
- Glue
- 25 Cotton Balls

#### Directions:

1. Draw or trace Santa onto your piece of paper
2. Decorate your Santa and the background of your paper
3. Draw 25 circles on your Santa's beard and number each one, starting from #1 up to #25
4. Starting on December 1st, glue 1 cotton ball on the matching day

Watch as your Santa's beard grows!

### ➔ Holiday Charades

#### Materials Needed:

- Timer
- Scoreboard (notepad, dry erase board)
- Small pieces of paper
- Empty jar or bucket
- Holiday spirit!

#### Instructions:

- On small pieces of paper, write names of different holiday themed songs, movies, or phrases
- Divide into teams of 2-3 people
- Each team takes a turn picking a name of a holiday movie/songs/phrase out of the jar
- One person has to act out what is written on the paper without using words
- The other player has 30 seconds to guess what their teammate is acting out
- Switch roles each round (The actor becomes the guesser next turn)



# Kidz Korner

By Seneca County Public Health Education

Take a break from the chilly weather and enjoy some quality indoor time with your loved ones. These fun games and crafts will keep everyone entertained during the holiday season.

Remember, it's all about spending time together, so don't worry too much about winning or losing. Don't forget to check out the bonus craft activity provided below!

Warmest wishes for a joyful holiday season from the Seneca County Health Education Staff!



Snowman Tealight activity here!







MAKES: 7 SERVINGS  
SERVING SIZE: 2 COOKIES

TOTAL TIME: 25 MIN

- Prep: 10 min
- Cook: 15 min

## Banana Oatmeal Cookies

### INGREDIENTS

- 2 very ripe bananas
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

### UTENSILS NEEDED

- baking sheet
- medium mixing bowl
- measuring cups
- measuring spoons
- fork, spoon, and spatula

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mash the bananas in a bowl with a fork until they form a thick, smooth paste.
3. Add all other ingredients and option mix-ins.
4. Drop rounded teaspoonfuls of dough onto a lightly sprayed or greased baking sheet. Cookies will not change shape during baking so shape them however you want!
5. Bake for 15 minutes. They should be firm and slightly browned when done.
6. Let cool completely before storing. Store in a sealed container at room temperature for up to 3 days, in the fridge for up to 1 week or freeze for up to 3 months.

### OPTIONAL ADD-INS

- 1 tablespoon maple syrup or coconut sugar
- chocolate chips or shredded coconut
- dried fruit (apricots, cranberries or dates) in place of raisins
- any variety chopped nuts or seeds (chia, hemp, sunflower, or pumpkin)
- 1/2 cup peanut butter and additional 1 cup of oats



*Family traditions often begin in the kitchen*

Children can help with small tasks as early as 2 years old

#### At 2 years:

- wipe tables
- place things in trash
- help follow directions by turning pages
- rinse fruits and vegetables

#### At 3 years:

All that a 2 year old can do plus:

- add ingredients to mixing bowl
- talk about cooking
- scoop or mash potatoes
- squeeze citrus fruits
- knead and shape dough
- name and count foods
- help put toppings on pizza
- prepare fruits and vegetables that don't need cutting (husk corn, snap beans, tear lettuce)

#### At 4 years:

All that a 3 year old can do plus:

- set the table
- peel hardboiled eggs
- peel fruits and vegetables by hand (orange or banana)
- crack eggs
- help measure dry ingredients
- help make sandwiches and salads

#### At 5 years:

All that a 4 year old can do plus:

- use scrub brush on produce
- use measuring cups and spoons for wet and dry ingredients
- mix ingredients
- use a dull knife for spreading



**Creating Healthy Schools  
and Communities  
in Seneca County**



# Winter Word Search

J O L L Y I M B H W I M E Y D E I I V W B S Z  
 A L E S N I T C O O K I E S K F Z F A C P N E  
 Q R V L I B S N O W F L A K E R H P R L R O L  
 E E G W E N A C Y D N A C S E V O L G O E W G  
 R T I N D T H M I Q C D R A Z Z I L B S S I N  
 E N G O C O C T O H A T U L Y F B L F N E T I  
 I I M O O L G I G I N G E R B R E A D E N U J  
 N W S A M T S I R H C U N H G I E L S T T W V  
 D S Y C O A T Y B E B S A N T A U R M T Z I D  
 E N T Z K W A N Z A A S V Z T I P U S I C K D  
 E O U S R A E Y W E N S T O O B Y O H M R U Z  
 R W C T N I M R E P P E P Z E L V E S A O O F  
 I M O L Y F U C J W G Z T H A K K U N A H P K  
 B A L K Y O F Z O D S H O L L Y J R W Q O N T  
 D N D D M L K L I G H T S B Q H A R O N E M N  
 E Z I E S Y A D I L O H M B G N I D D E L S D

Find the following words in the puzzle.  
 Words are hidden ↑ ↓ → ← and ↘ .

- |            |             |           |            |         |
|------------|-------------|-----------|------------|---------|
| BLIZZARD   | FROST       | IGLOO     | PEPPERMINT | SNOWMAN |
| BOOTS      | GINGERBREAD | JINGLE    | PRESENT    | TINSEL  |
| CANDY CANE | GLOVES      | JOLLY     | REINDEER   | WINTER  |
| CHRISTMAS  | HANUKKAH    | KWANZAA   | SANTA      |         |
| COAT       | HAT         | LIGHTS    | SLEDDING   |         |
| COLD       | HOLIDAYS    | MENORAH   | SLEIGH     |         |
| COOKIES    | HOLLY       | MITTENS   | SNOW       |         |
| ELVES      | HOT COCO    | NEW YEARS | SNOWFLAKE  |         |





# Concerned about Development?

## How to Get Help for Your Child



Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). **Don't wait.** Acting early can make a real difference!

### 1 Make an appointment with your child's doctor

- When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

### 2 Complete a milestone checklist

- Before the appointment, complete a milestone checklist by downloading CDC's free [Milestone Tracker mobile app](#) from the App Store or Google Play or printing a paper checklist from [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones)
- Write down your questions and concerns; take these with you to the doctor's appointment.

### 3 During the doctor's appointment

- **Show the completed milestone checklist to the doctor**
  - > If your child **is** missing milestones, point them out, and share any other concerns that you have.
  - > If your child **is not** missing milestones but you still have concerns, tell the doctor about them.
- **Ask the doctor for developmental screening for your child**
  - > Developmental screening is recommended whenever there is a concern. It gives the doctor more information to figure out how best to help your child.
  - > For more information about developmental screening, go to [www.cdc.gov/DevScreening](http://www.cdc.gov/DevScreening).
- **Ask the doctor if your child needs further developmental evaluation**
  - > If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, let the doctor know.

### 4 Make sure you understand what the doctor tells you, and what to do next

- Before you leave the appointment, check the notes you have written and make sure all of your questions have been answered.
- If you do not understand something, ask the doctor to explain it again or in a different way.
- When you get home, review your notes and follow the steps the doctor has given you. Remember, you can always contact the doctor's office if you have any questions.

## You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with another doctor to get a second opinion

**AND**

Call for a free evaluation to find out if your child can get free or low-cost services that can help.

- **If your child is under age 3:**  
Call Seneca County Health Department, Early Intervention Program 315-539-1938

- **If your child is age 3 or older:**  
Call the local public elementary school.

**You do not need a doctor's referral to have your child evaluated for services.**

Find more information, including what to say when you make these important calls, visit [www.cdc.gov/Concerned](http://www.cdc.gov/Concerned).

**Don't wait.**  
**Acting early can make a real difference!**



[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO (1-800-232-4636)



Download CDC's  
**Milestone Tracker App**



**Learn the Signs. Act Early.**



# HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:

	Rarely
	Sometimes
	Often

	COLD	FLU	COVID-19	RSV
ACHES				
DIFFICULTY BREATHING				
FATIGUE				
FEVER				
LOSS OF TASTE OR SMELL				
SORE THROAT				
WHEEZING				

Symptoms of influenza (flu), respiratory syncytial (sin-SISH-uhl) virus (RSV), and COVID-19 are similar and may include fever, cough, and shortness of breath. Because the symptoms are similar, it can be difficult to distinguish between illnesses caused by respiratory viruses. To diagnose a potential case, healthcare professionals may use a diagnostic test.



**HELP THEM FIGHT FLU**

**SO THEY CAN DO WHAT THEY DO.**

**IT'S NATIONAL INFLUENZA VACCINATION WEEK**

#FIGHT FLU



**Don't Miss Out on National Influenza Vaccination Week (Dec. 6 - 12)**

**This week marks National Influenza Vaccination Week, a crucial reminder for everyone six months and older to get vaccinated against the flu if they haven't already.**

**With flu activity on the rise, it's more important than ever to take the first and most essential step in preventing the flu and its dangerous complications.**

**Protect yourself and your loved ones by getting your annual flu vaccine today!**



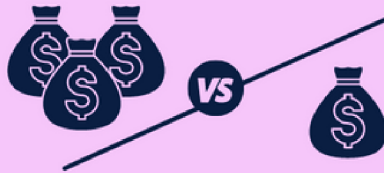
# Prenatal Infections



## 4 common prenatal infections

- Cytomegalovirus (CMV)
- Group B Strep (GBS)
- Listeriosis
- Zika Virus

In high-income countries about **10-25%** of stillbirths are caused by infection



In low and middle-income countries, likely more than **50%** of stillbirths are caused by infection

## Remember the mnemonic **HYGIENE**

- H**andwashing helps
- Y**es to prenatal care
- G**ood food prepared safely
- I**mmunizations
- E**vade others' bodily fluids
- N**o to unnecessary invasive procedures
- E**nvironmental precautions

February is International Prenatal Infection Prevention Month

# JANUARY IS CERVICAL CANCER AWARENESS MONTH

## Prevention is Key!



**Get vaccinated for HPV**

**Pap Testing starting at 21**

**Pap and HPV co-test starting at age 30**





# MESSAGE FROM THE DIRECTOR

As we enter into winter, Seneca County Health Department staff continue to work hard to engage with the community to inform and educate about Health Department programming. This edition of the newsletter has great information about Health Department programs including the Healthy Neighborhoods Program, Early Intervention, Vaccines for Children (VFC), Communicable Disease Control & Prevention, and many others. In addition, you will find some great tips about how to make your vehicle and home winter ready, information about the benefits of reading to your child, details about the Venison Donation Program, and so much more! As always, I encourage you to pass the newsletter along to a friend or neighbor once you have read through it.

Our team of dedicated and experienced professionals care deeply about the community they serve and are always eager to hear your thoughts and ideas about how our community's health and wellness might be improved. Please feel free to reach out to us by email, phone, or stop by our offices and pay us a visit if you have a question, concern, or an idea concerning the health of our community.

Here's wishing you a healthy and safe winter season!

Scott King, Public Health Director



## TALK, READ, AND SING TOGETHER EVERY DAY! IT'S NEVER TOO EARLY TO HELP YOUR CHILD LEARN.

Learn more about your baby by watching for developmental milestones. Smiling, cooing, and babbling are just a few. Your baby will show many more milestones in how he plays, learns, speaks, acts, and moves! Look for your child's milestones regularly and share his progress with the doctor at every well-child visit.

**TIP:** Respond to your baby's first smiles, gurgles, and coos – she's talking to you and wants you to talk too!

### BIRTH TO 2 MONTHS

- Coo, makes gurgling sounds
- Turns head toward sounds

### 4 MONTHS

- Begins to babble
- Babbles with expression and copies sounds he hears

### 6 MONTHS

- Responds to sounds by making sounds
- Responds to own name
- Begins to say consonant sounds (jabbering with "m," "b")



**TIP:** Hold and talk to your baby; smile and be cheerful while you do.



**TIP:** Read books to your baby every day. Praise him when he babbles and "reads" too.

**9 MONTHS**  
• Understands "no"  
• Makes a lot of different sounds like "mamamama" and "bababababa"

### 2 YEARS

- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Follows simple instructions

### 18 MONTHS

- Says several single words
- Points to show someone what he wants

### 12 MONTHS

- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Tries to say words you say

**TIP:** When you read with your child, have her turn the pages. Take turns labeling pictures with your child.



**TIP:** Describe what your baby is looking at: for example, "red, round ball."



### 3 YEARS

- Follows instructions with 2 or 3 steps
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

### 4 YEARS

- Tells stories
- Can say first and last name
- Knows some basic rules of grammar, such as correctly using "he" or "she"

### 5 YEARS

- Speaks very clearly
- Says name and address
- Uses future tense; for example, "Grandma will be here."





**Public Health**  
Prevent. Promote. Protect.

Seneca County, NY

2465 Bonadent Drive  
Suite 3  
Waterloo, NY 13165

Monday-Friday 8:30am-5:00pm

Phone: (315)-539-1920

Toll Free: 800-688-7188 x1920

Fax: (315)-539-9493



**Announcing**

## **VACCINES for ADULTS**

*The Seneca County Health Department  
offers the following vaccines*

**FREE**

*for uninsured adults age 19 and over*

**Influenza**

**Tdap**

**Polio**

**Mpox**

**COVID-19**

**Call us to check for**

**eligibility**

**315-539-1920**

