

Seneca County

Health News

Winter 2024-2025



Seneca County Health Department



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SenecaCountyHealthDepartment.com



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SENECA COUNTY HEALTH NEWS



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Meet two of our newest additions to the health department and what the New York State Public Health Corps Fellowship program is all about!

6-11 ENCOURAGING CHILD DEVELOPMENT

A child's development is key in setting them up for success later in life but can often be confusing for parents. This section provides key milestones, tips, and resources for parents with young children. Give your children the best future.

12 SENECA COUNTY HEALTHY NEIGHBORHOODS PROGRAM

The Seneca County Healthy Neighborhoods Program has been helping residents across the county for nearly three years. With a recent eligibility expansion, check out how much help the program has given in just a few short years.

13 CARBON MONOXIDE & HOLIDAY SAFETY

Carbon monoxide poisoning is a serious, but silent problem. With the colder months upon us it is important to keep everyone protected from this silent killer and keep your house safe from fires during the holiday season!

18-20 FOOD SAFETY & NUTRITION

With the holiday season upon us, our kitchens will be busy preparing meals for friends & family. In this section you'll find important tips and reminders to help avoid any food-borne illnesses. Trying to enjoy a healthier holiday season? Check out some ways to have a nutritious and delicious meal this year!

21-23 KIDZ KORNER

Need a break from playing in the snow? Check out the Kidz Korner! You'll find fun crafts, the new Winter Word Search, and even a delicious recipe!



Message from the Director

Dear Readers,
The holiday season has arrived, a time for many of us to gather with family and friends and to renew our holiday traditions. Unfortunately, increased time spent indoors this time of year can also increase our chances of catching a respiratory illness like the flu, or even of getting sick from improper food handling and preparation. Lucky for you, our Winter Newsletter is packed with tips and tricks to help keep you and your family healthy and safe during the holiday season and beyond. Information about how to easily separate raw and prepared foods, hygiene tips to reduce the chances of spreading germs, information about fire safety and reducing the risk from carbon monoxide, a great new holiday recipe and lots more to help you maintain a healthy lifestyle while still enjoying this wonderful time of year. QR Codes are found throughout the newsletter to link you to additional information about the topics that interest you the most. You will also find lots of great photos of our staff happily working to make our community healthier and safer for us all, and I encourage you to check out a spotlight article introducing two of our newest staff members.



We are always looking for new ways to improve the health and wellness of our community so feel free to reach out to us through our website, social media, or by phone if you have thoughts or ideas you would like to share.

Here's wishing you an enjoyable and healthy Winter season!

Scott King
Public Health Director



Older adults (65yrs+) and young children (<5yrs) are most at risk.

Respiratory Virus Season is Here

Symptoms

- Fever
- Chills
- Cough
- Runny Nose
- Sore Throat
- Headache
- Body Aches

Prevention

- Immunizations - immunizations are the #1 and most important way to prevent getting sick
- Hand hygiene
- Covering your cough
- Distancing and masks

Many respiratory viruses circulate in the fall and winter seasons, causing illnesses with varying severity. The three main viruses include the flu, COVID-19, and RSV.

Did you know the Seneca County Health Department offers free vaccines for eligible children and adults?

Call us to see if your family is eligible!
315-539-1920



Meet Your Health Department: New York State Public Health Corps Fellows

The Seneca County Health Department has two New York State Public Health Corps Fellows, Nick and Isaac. The New York State Public Health Corps (NYSPHC) Fellowship Program goal is to provide opportunities for new professionals to learn about the Public Health field and increase the public health workforce.



Nick Blowers works in our Environmental Health Division. Since joining the Seneca County Health Department, Nick has been involved the Seneca County Healthy Neighborhoods Program, the Watershed Protection & Septic Program, and others.

Nick also partners with our Public Health Sanitarians to observe and learn about the food inspections and water sampling our department is responsible for.

“New York State launched the program for people like me looking to get a start in public service or public health. Along with getting hands on experience in the real world, there are plenty, and I do mean plenty, of training opportunities.”

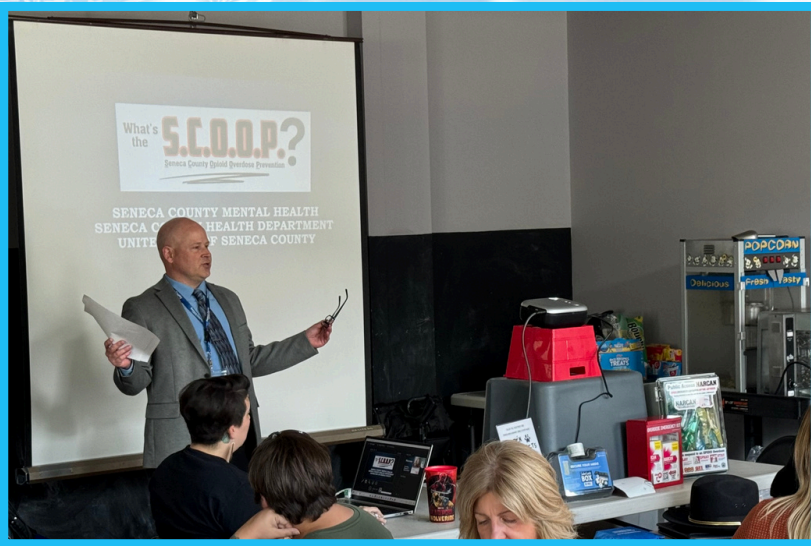
-Nick Blowers



Isaac Beru joined our Public Health Division working closely with the education team. Since joining the Seneca County Health Department, Isaac has helped develop social media campaigns, and the Seneca County Health Newsletter. Isaac also assists with facilitating direct public health education, trainings, and outreach to our community members. Isaac has also been hands on with data collection and program evaluation, working to improve the department’s programs to better serve our residents.

“During my time here, I hope to become an important part of the good work the health department does for the community!”

-Isaac Beru



Public Health Director Scott King speaking at S.C.O.O.P., a community forum on the Opioid Crisis in Seneca County



Public Health Sanitarian Katelynn Jones with a member of the community at the 2024 Household Hazardous Waste Day



Health Department staff making dental health kits for upcoming Trunk-or-Treats



Public Health Nurse Kris Knight & Public Health Educator Andrew Rude at the Frank Knight PTO Trunk-or-Treat



Health Department staff wearing pink in support of Breast Cancer research & Breast Cancer survivors during October

**Your Health
Department
in Action!**



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Seneca County, NY

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	

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Visit our website

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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

NOW ACCEPTING DONATIONS

Durable Medical Equipment Loan Closet

If your special needs child has equipment they have outgrown please consider donating to help other families in our community

ITEMS INCLUDE:

- WHEELCHAIRS
- WALKERS
- STANDERS
- ADAPTED UTENSILS
- TUMBLEFORM POSITIONING EQUIPMENT
- ADAPTED FOOTPLATES FOR TRICYCLES
- COMPRESSION VESTS
- BATH SEATS
- GAIT TRAINERS
- WEIGHTED LAP PADS

CONTACT:

**Chersti Kuhlmann
Children with Special Needs Program
Coordinator
Phone: 315-539-1938
Email: ckuhlmann@co.seneca.ny.us**

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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
- 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.
- **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.

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

www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)

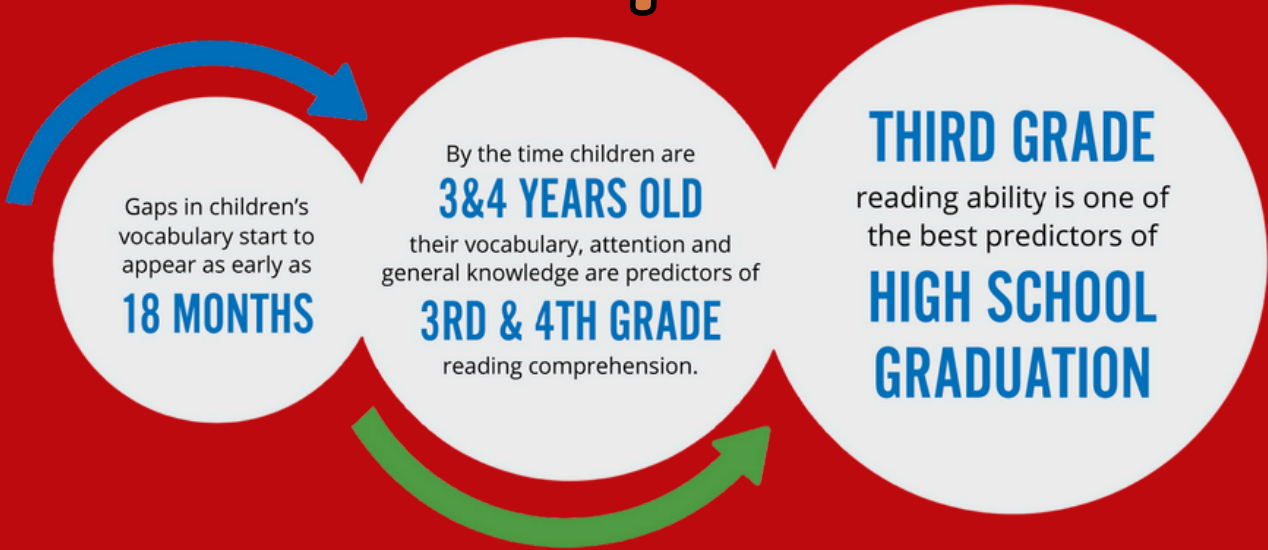


Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

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**



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



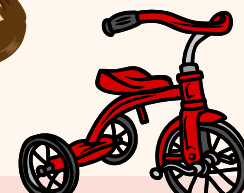
2 Years

- 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





ACCESSING SERVICES & SUPPORTS

CHILDREN & YOUTH WITH SPECIAL HEALTH CARE NEEDS

Raising a child is exciting and challenging at the same time. When a child has a special health care need, challenges can be more complex. Parents and caregivers are often unfamiliar with the health care system and supports they need. Getting services set up as early as possible leads to better outcomes. Here are challenges families face and areas where the Children and Youth with Special Health Care Needs Program can help.

COMMON CHALLENGES FACED BY FAMILIES



- Not enough guidance to navigate resources
- Shortages and long wait times for providers
- Accessibility challenges for children/youth with mobility impairment
- Financial hardship to cover all needs
- Difficulty navigating the special education system and finding the right services
- Language barriers increase challenges

CHILDREN & YOUTH WITH SPECIAL HEALTH CARE NEEDS PROGRAM

The Children and Youth with Special Health Care Needs Program is a statewide, no-cost public health program that provides information and referrals for children/youth (birth-21 years) and their families. Your local program coordinator can assess your family's needs and direct you to the appropriate agencies, services, and supports.

HELPFUL RESOURCES

NYS Children & Youth with Special Health Care Needs Program
health.ny.gov/community/special_needs/

Early Intervention
health.ny.gov/community/infants_children/early_intervention

Office for People With Developmental Disabilities (OPWDD)
opwdd.ny.gov

NY Connects
nyconnects.ny.gov

Parent to Parent of NYS
ptopnys.org

NYS Parent Portal
nysparenting.org

Center for Parent Information & Resources
parentcenterhub.org

HEARS (Help, Empower, Advocate, Reassure, Support) Family Line
ocfs.ny.gov/programs/cwcs/hears.php

Family & Community Engagement (FACE)Centers
osepartnership.org/about



Seneca County
Health Department

Seneca County CYSHCN Program
Coordinator: Chersti Kuhlmann
Email: ckuhlmann@co.seneca.ny.us
Phone: 315-539-1938
Visit our website:
www.senecacountyhealthdepartment.com



CREATING A HEALTHIER SENECA COUNTY

SENECA COUNTY HEALTHY NEIGHBORHOODS

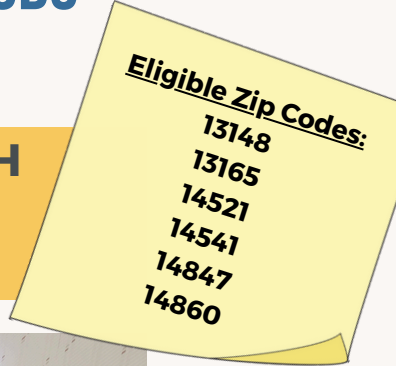
SPOTLIGHT

The Seneca County Healthy Neighborhoods Program (SCHNP) is an injury prevention program available to a majority of county residents. This free program is available in select zip-codes and focuses on major issues like fire & fall prevention, asthma reduction & control, and general safety and cleanliness.

Earlier in 2024, the 13148 zip-code was added to the eligible areas for the program. This expansion now makes the majority of Seneca County eligible for the program, which provides participants with over \$500 in injury prevention & safety materials at no cost to the homeowner.

SCHNP has been operating in Seneca County since 2022, and so far has helped over 375 residents in just over two and a half years.

JUST HOW MUCH HELP HAS BEEN GIVEN?



Since 2022, SCHNP has been helping residents make their homes safer & healthier in a variety of areas. Fire prevention being a major focus. Over the course of the two and a half years of the program, SCHNP has provided residents with:

- 479 Smoke Detectors
- 161 Carbon Monoxide Detectors
- 108 Fire Extinguishers

SCHNP has also provided over 10 shower chairs to prevent falls for older adults in Seneca County.



HOW CAN YOU SIGN-UP?

There are many ways you can sign-up for SCHNP if you are interested. You can call us directly, email us, or submit a request on our website! Our contact information can be found below!



(315) 539-1638



HNP@co.seneca.ny.us



SenecaCountyHealthDepartment.com

INTERVIEW WITH AN EXPERT

CARBON MONOXIDE & HOLIDAY SAFETY

ANDREW RUDE
PUBLIC HEALTH EDUCATOR
SCHNP PROGRAM COORDINATOR



CARBON MONOXIDE 101

Carbon monoxide, or CO, is an odorless & colorless gas that can be extremely deadly to humans & pets. Carbon monoxide has been given the nickname the Silent Killer due to its ability to kill living things without any warning.

Carbon monoxide poisoning can be a result of many things including malfunctioning furnaces, indoor heaters, portable generators, or even charcoal grills.

Carbon monoxide poisoning can range from low CO poisoning, to high-level poisoning with varying symptoms depending on the exposure.

Symptoms of low level CO poisoning can include headaches, dizziness, nausea, fatigue and shortness of breath. Symptoms of high-level CO poisoning can include vomiting, loss of coordination, loss of consciousness, and in extreme cases death.

CARBON MONOXIDE PREVENTION

There are many steps you can take to prevent carbon monoxide poisoning. The most important step you can take is having functioning carbon monoxide detectors in your home.

Your home should have at least one CO detector on each level, especially around furnaces, water heaters, fire places, or any fuel burning appliances. It is also important to have your furnaces, water heaters, and other fuel burning appliances regularly inspected by professionals and to have your chimney cleaned each year.

A stove or gas oven should never be used as a source of heat, and portable generators should be operated at least 20 feet away from any doors, windows, or vents. Running your car inside a garage should never be done with the overhead door closed.

HOLIDAY SAFETY TIPS

Fire departments in the United States respond to over 800 structure fires each year caused by holiday decorations and an additional 150 structure fires caused by Christmas trees.

Here are some tips for keeping your home safe from fires during the holiday season:

- Add water to the Christmas tree stand each day
- Make sure your tree is away from all heat sources, vents, candles, or lights
- Make sure the lights you are using are for indoor use only
- Replace strings of lights with broken bulbs or worn/broken cords
- Always turn your tree off before leaving your home or going to bed
- Avoid using too many extension cords or overloading outlets with too many items plugged into the same outlet

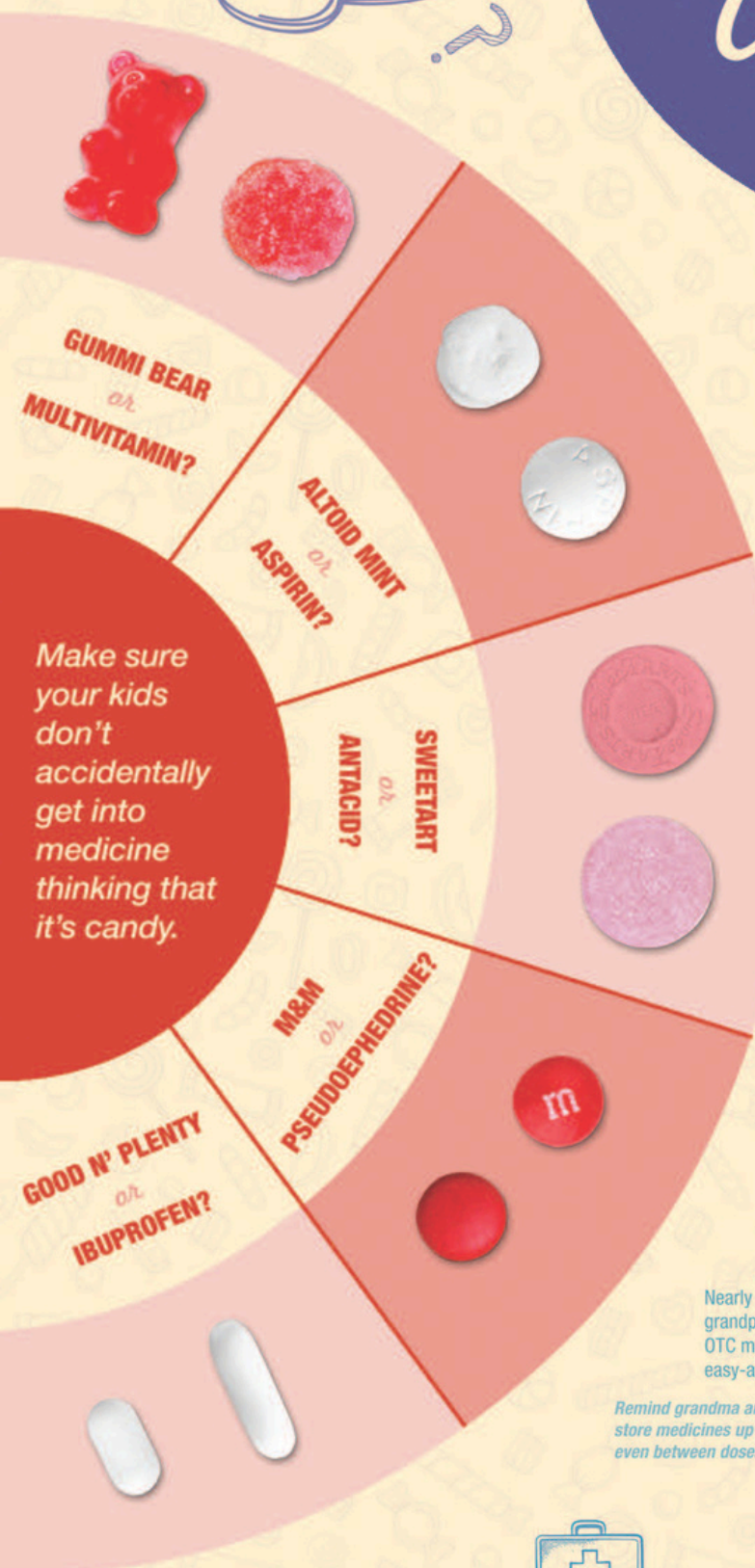
Scan for more
Holiday Safety tips!



CANDY Confused

Pills and candy can look, smell, and even taste alike.

IF YOU CAN'T TELL THE DIFFERENCE, YOUR KIDS PROBABLY CAN'T EITHER!



Make sure your kids don't accidentally get into medicine thinking that it's candy.

Every year, approximately

35,000

young children end up in the emergency room after getting into medicines, vitamins, or supplements left within their reach.

That's nearly 4 school busloads of children per day!



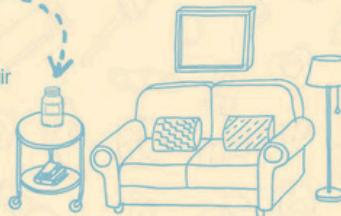
Store medicine **UP AND AWAY** and out of sight of young children, even between doses.



NEVER refer to medicine as candy when giving to your child.

Nearly **1 IN 5** grandparents store their OTC medicines in easy-access places.

Remind grandma and grandpa to store medicines up and away, too, even between doses!



Save the number in your phone so you have it ready in an emergency.



In case of an **ACCIDENT,** call Poison Help 24/7 at 1-800-222-1222.



knowyourOTCs.org
Take your healthcare personally.

For more information about safe medicine use, visit KnowYourOTCs.org



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NICOTINE POUCHES



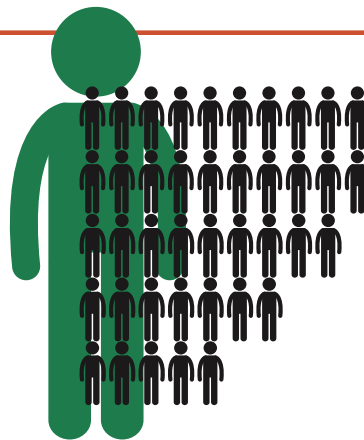
WHAT IS ORAL NICOTINE?

a non-combustible product that contains nicotine and is absorbed through the mouth

These tobacco-free pouches are placed between the lip and gum and contain a nicotine powder. They are similar to snus, but instead of tobacco leaf, they contain nicotine powder. Nicotine pouches are available in different flavors and nicotine strengths. Users are susceptible to addiction similar to vaping and cigarettes.



1 in every 100 middle schoolers have used nicotine pouches in the last 30 days.*



1 in every 42 high schoolers have used nicotine pouches in the last 30 days.*



United Way
of Seneca County



FACT: Youth who use multiple tobacco products are at a higher risk of developing a nicotine dependence and continued use into adulthood.

*source CDC National Youth Tobacco Survey, 2024

Pregnant? Top 3 Reasons Why You Need the **Flu Vaccine**

1 The flu is a serious illness that can be much more severe during pregnancy. It can be life-threatening for newborns and pregnant women.

2 Getting the flu vaccine during pregnancy helps protect your newborn from the flu until the baby is old enough for his or her own vaccine.

3 The flu vaccine is safe for both you and your fetus. You cannot get the flu from the flu vaccine.



Get the flu vaccine during **every pregnancy**, as soon as the vaccine is available. You can get the flu vaccine during any trimester.

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This information is designed as an educational aid for the public. It offers current information and opinions related to women's health. It is not intended as a statement of the standard of care. It does not explain all of the proper treatments or methods of care. It is not a substitute for the advice of a physician. For ACOG's complete disclaimer, visit www.acog.org/WomensHealth-Disclaimer.

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ACOG

The American College of
Obstetricians and Gynecologists

Learn more at
acog.org/Vaccine-Resources

Listening and Acting Quickly

could help save her life

HEAR[™]
HEAR HER CONCERNS

How Can You Help?

If a pregnant or recently pregnant woman expresses concerns about any symptoms she is having, take the time to Hear Her. Listening and acting quickly could help save her life.

- Learn the urgent maternal warning signs.
- Listen to her concerns.
- Encourage her to seek medical help. If something doesn't feel right, she should reach out to her provider. If she is experiencing an urgent maternal warning sign, she should get medical care right away. Be sure that she says she is pregnant or was pregnant within the last year.
- Offer to go with her to get medical care and help her ask questions. Visit <https://www.cdc.gov/hearher/pregnant-postpartum-women/index.html#talk>.
- Take notes and help her talk to a healthcare provider to get the support she needs.
- Support her through follow-up care.

Urgent Maternal Warning Signs

If someone who is pregnant or was pregnant within the last year has any of these symptoms, she should get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (*not like morning sickness*)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or fluid leaking that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

This list is not meant to cover every symptom a woman might experience during or after pregnancy. Learn more about urgent maternal warning signs at [cdc.gov/HearHer](https://www.cdc.gov/HearHer).

Hear Her

Pregnancy complications can happen up to a year after birth. If your loved one shares that something doesn't feel right, support her to get the care and answers she may need. Learn the urgent warning signs that need immediate medical attention. Here are some talking points to help with the conversation:

During Pregnancy

- It's hard to tell what's normal with everything that's changing right now. It's better to check if there's anything you are worried about.
- It's important that we share this information with your doctor and make sure everything is okay.
- I am here for you. Let's talk to a healthcare provider to get you the care you need.

After Pregnancy

- It's normal to feel tired and have some pain after giving birth, but you know your body best. If something is worrying you, you should talk to your doctor.
- Although your new baby needs a lot of attention and care, it's important to take care of yourself, too.
- You are not alone. I hear you. Let's talk to a healthcare provider to get you the care you need.

HEAR[™]
HEAR HER CONCERNS

If you need additional support, don't be afraid to ask for help.
Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer.



FOOD SAFETY TIPS FOR THE HOLIDAYS

Isaac Beru, NYSPHC Fellow

Source: FoodSafety.gov

Additional information can be found here



Meat Temperature Guide:

- Turkey- 165°
- Cooked Ham (Non-USDA Packaged Plants)- 165°
- Pork Roast- 145°
- Raw/Fresh Ham- 145°
- Beef Brisket- 145°
- Lamb- 145°
- Fish Fillet- 145°
- Cooked Ham (USDA Inspected Plants)- 140°

WASH YOUR HANDS WITH SOAP AND WARM WATER:

- **Before, during, and after** preparing food
- **Before** eating food
- **After** feeding pets
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** touching garbage
- **Before** and **after** caring for someone who is sick
- **Before** and **after** treating a cut or wound
- **After** blowing your nose, coughing, or sneezing



HOW TO PREVENT FOOD POISONING DURING THE HOLIDAYS

- **Keep foods separated.**
 - Keep meat, chicken, turkey, seafood, and eggs separate from all other foods (while shopping) and in the refrigerator.
- **Cook food thoroughly.**
 - Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs.
- **Keep food out of the “danger zone”.**
 - Germs can grow rapidly in the danger zone between 40°F and 140°F.
- **Use pasteurized eggs for dishes containing raw eggs.**
 - Always use pasteurized eggs when making foods made with raw eggs.
- **Know that raw flour and eggs can have germs.**
 - Uncooked dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella.



Seneca County
Health Department



Enjoy the Season Without Sacrificing Health

Did you know...

The three-month period that begins with Halloween treats and winds up with New Year's festivities can be challenging for many Americans, who on average gain 3 pounds each holiday season.

Why does it matter?

Staying healthy during the holidays doesn't mean you can't enjoy the parties and celebrations. Indulging a little won't hurt – if you plan ahead for meals that are healthy, too.

Holiday Drink Tips

- ✔ Like eggnog? Fill your glass mostly with low-fat or skim milk and add a small amount of eggnog to get that noggy flavor but with fewer calories.
- ✔ If cocoa is your drink of choice, use low-fat or fat-free hot chocolate mixes with low-fat or nonfat milk or hot water.
- ✔ Halve your cocktails by having a glass of water or sparkling water between each alcoholic drink. This will leave less time or room to overindulge.



Meats and Side Dishes Tips

- ✔ What part of the bird do you like best? If you reach for the lighter pieces of meat, they have fewer calories than the darker ones. And, taking off the skin reduces fat and calories.
- ✔ You can still complement your meal with some dressing or gravy. Try to limit it to about 1/4 cup.
- ✔ Compare the labels of your holiday ingredients. Choose items with lower sodium, saturated fat and added sugars. And use low-fat or nonfat milk instead of whole milk or heavy cream.



Sweets and Treats Tips

- ✔ Use half wheat and half white flour in your baking recipes to work in more healthy whole grains.
- ✔ Want your cake (or pie) and eat it too? Use the buddy system. Split your dessert with someone or try bite-sized or half portions.



Seneca County
Health Department



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

"WORKING TOWARD A HEALTHIER SENECA COUNTY"

Good Nutrition Helps: Reduce the Effects of Lead!

Lead can harm children's growth, behavior and ability to learn, and can affect them for life. Lead can also be a problem for adults, especially pregnant people and their babies. However, when there is nutritious food in the body, it is difficult for lead to be absorbed.

Eat a variety of these nutritious foods

Calcium

Makes it hard for lead to enter the body



Dairy products



Sweet potatoes



Dried fruits

Iron

Protects against harmful effects of lead



Eggs



Peanut butter



Lean meats, fish, and seafood



Whole grain breads and cereals

Vitamin C

Helps the body absorb calcium and iron better



Peppers



Fruits



Tomatoes



Potatoes

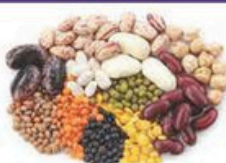
Some foods are good sources of both calcium and iron



Dark green vegetables



Soy products



Beans, peas, and lentils



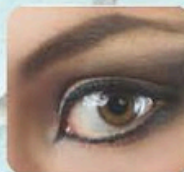
Almonds

Did You Know?

The most common cause of lead poisoning is dust and chips from old paint. Lead can also be found in some products imported from the Middle East, Latin America, South Asia, and China.



Paint dust and chips



Imported cosmetics, jewelry, foods, and medicines



Jobs and hobbies

Remember!

Children may not look or act sick, but a blood test could show that they have high lead levels. New York State requires health care providers to test all children for lead with a blood lead test at age 1 year and again at age 2 years.

Learn more about how you can protect your family from lead at www.health.ny.gov/lead or contact your local health department.



The Kidz Korner

By Seneca County Public Health Education

Just because the weather outside is frightful doesn't mean you can't have fun inside!

See how much fun you and your family can have with these fun games, like our merry word search!

Stay warm and safe this winter! Happy holidays!



ARCTIC ANIMAL CRAFT

Materials Needed:

- Popsicle sticks
- Craft foam (light brown, dark brown, orange, white, & black)
- Ribbon
- Googly eyes
- Pom Poms
- Toothpicks
- Craft Paint (white, black, light brown, dark brown)
- Cardstock
- Glue Gun and Glue Sticks
- Paintbrush
- Scissors
- Permanent Marker



You will also need the printable arctic animal pattern which can be found at this link.

STEP 1: Gather your supplies

Gather all your supplies and print out the arctic animal pattern available at the above link.

STEP 2: Prepare popsicle sticks

Measure and cut out four rectangles from card, three-inches wide by five-inches long and attach each one to the back of five wooden craft sticks. Using a glue gun is the easiest way to do this as it dries fast, but if you younger children want to do this step you could use craft glue and wait for it to dry.

STEP 3: Paint the popsicle sticks

Base coat the penguin with black craft paint, the polar bear with white craft paint, the moose with light brown craft paint and the walrus with dark brown craft paint. Once you have fully coated each set of popsicle sticks with paint set them aside to dry.

STEP 4: Trace arctic animal pattern

Use the arctic animal pattern to cut out all the pieces needed to make your set of winter animals. Trace the shapes onto craft foam and cut them out with scissors.

STEP 5: Finalize arctic animal crafts

Now it's time to put the animals together. Attach the features that you have cut out of foam and use the other craft supplies you have to make your arctic animals. More detailed instructions for each of the arctic animals can be found above.

MELTING SNOWMAN CRAFT

Materials Needed:

- Felt paper (black and white)
- Pipe cleaner (orange)
- Ribbon (red)
- Googly eyes
- Pom poms (white)
- Buttons
- Skinny tree branches
- Acrylic paint (black)
- Paint brush
- Hot glue (or Elmer's school glue)



STEP 1: Prepare snowman faces

Now to get started, glue 2 eyes on 2 pom poms. Then, cut the orange pipe cleaner down into a couple of small pieces to represent the carrot nose and glue it on. Lastly, paint 4-5 black dots in the shape of a smile and allow it time to dry.

STEP 2: Prepare melting snow

Next, cut out an odd shaped wiggly circle from the white felt to represent the melting snow approximately 3-4 inches wide as shown below.

STEP 3: Glue snowmen onto melting snow

Once you've done that, cut top hats out of the black felt. Then, glue the head and hat towards the top of the white felt that represents the melting snow.

STEP 4: Finalize snowmen details

Now to finish up all the details on your melting snowman craft! Cut out 3-4 inches of ribbon, fold it in half, and then glue it at the top. Then, cut small arms off the tree branches and glue each to the melted snow as shown above.

Once you've done that, glue 3 buttons onto each snowman and you're finished!



Smokey Venison Meatloaf

INGREDIENTS

Meatloaf

- 2 lb ground venison
- 1 tb olive oil
- 1 onion, finely diced
- 3 garlic cloves, minced
- 1/3 cup almond meal
- 1 egg
- 1 tb balsamic vinegar
- 1 tsp Dijon mustard
- 1 tb Italian seasoning
- 1 tsp each salt and pepper

Tomato Glaze

- 1/4 cup ketchup
- 1 tb brown sugar
- 1 tsp Dijon mustard
- 1/4 tsp garlic powder

DIRECTIONS

- Preheat oven to 375°F.
- Heat the olive oil in a large skillet and sauté the onion until caramelized, about 7 minutes. Add the garlic and cook for 2 additional minutes.
- Add the onion and garlic, along with the almond meal, egg, balsamic vinegar, Dijon mustard, Italian seasoning, salt and pepper to the venison in the bowl.
- Mix well and then form into a loaf or use a loaf pan.
- Bake for 30 minutes while preparing the glaze.
- Mix together the tomato glaze ingredients.
- Remove the meatloaf from the oven and brush the tomato glaze on top of the meatloaf.
- Place back in the oven for 15 minutes, or until fully cooked. Rest a few minutes before slicing and serving.

SMOKER INSTRUCTIONS

- Preheat smoker/wood pellet to 225°F.
- Mix meatloaf ingredients the same as in the oven directions and form a loaf.
- If you use a loaf pan to form, remove from the pan before placing in the smoker.
- Line a portion of the wood pellet grill/smoker with a piece of foil and place the meatloaf on it.
- Smoke at 225F for 1 hour.
- Increase the heat to 375F and cook for 20 minutes.
- Remove from smoker/pellet and glaze.
- Finish cooking for 15 additional minutes.

Winter 2024-2025 Word Search

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

Find the following words in the puzzle.

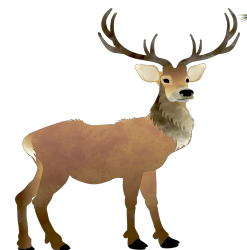
Words are hidden     and .

BLIZZARD
 CANDY CANE
 CHIMNEY
 CHRISTMAS
 CHRISTMAS TREE
 COLD
 DECEMBER
 FEBRUARY

FIREPLACE
 FROST
 GINGERBREAD
 GLOVES
 HANUKKAH
 HOLIDAYS
 HOT CHOCOLATE
 JANUARY

KWANZAA
 MENORAH
 MITTENS
 NEW YEAR'S
 REINDEER
 SANTA
 SKATING
 SKI

SLEDDING
 SNOW
 SNOWFLAKE
 SNOWMAN
 WINTER
 WRAPPING PAPER





Public Health
Prevent. Promote. Protect.

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Every year, thousands of young children end up in emergency departments after getting into medicines left within reach. And unfortunately, accidental medication ingestions don't take a vacation.

Learn more at www.UpandAway.org.
#MedsUpAway

So as you take the kids to grandma's house or host family and friends in your home, **keep your holidays healthy and happy** by keeping your medicines up and away and out of sight.



When packing for your holiday trip, keep medicines in the original child-resistant containers. Other containers like pill organizers and baggies lack child safety features and can be easily accessed by young children.



When staying with family or friends this holiday season, don't be shy about asking them where to put your medicines and vitamins so they're out of the sight and reach of children.



Wherever you are in the United States, you can reach a poison center by dialing 1-800-222-1222. Program the number into your phone and call right away if you think your child might have gotten into medicine.