



Tioga County Public Health Department

Lisa C. McCafferty, R.S., MPH; Public Health Director



Public Health
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Tioga County

HEALTH & HUMAN SERVICES COMMITTEE – PUBLIC HEALTH

TUESDAY, AUGUST 2, 2022

8:30 A.M.

FINANCIAL:

- 2023 Budget & Agency Financials July 2022

OLD BUSINESS:

- None

NEW BUSINESS:

- Agency Report July 2022

PERSONNEL:

- Ashley Coney, Early Intervention Service Coordinator, effective July 5, 2022

RESOLUTIONS:

- Amend Budget and Appropriate Funds (Well Systems)

PROCLAMATIONS:

- Immunization Awareness Month (Repeat)

ADJOURNMENT:



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INTERNAL MEMO

TO: **William H. Standing, III; Chair, HHS Committee**
FROM: Lisa C. McCafferty, R.S., MPH; Public Health Director
CC: Marte Sauerbrey; Chair, Tioga County Legislature
DATE: August 2, 2022
RE: **Health & Human Services Meeting August 2, 2022**

Attached are Tioga Public Health's materials for the Health & Human Services Committee meeting.

- Financials (pg. 1)
- Agency Report July 2022 (pgs. 2-18)
- Resolutions:
 - Amend Budget & Appropriate Funds (pg. 19)
- Proclamations:
 - Immunization Awareness Month (pg. 20)

SUMMARY SHEET OF MUNIS REPORT
PUBLIC HEALTH DEPARTMENT
YTD 2022 THRU JULY
Report Run date: 7.28.2022

FUND	ACCOUNT DESCRIPTION	ORIGINAL APPROP	TRANFRS/ ADJSMTS	REVISED BUDGET	YTD ACTUAL	ENCUMBRANCE/ REQ	AVAILABLE BUDGET	% USED
A	Total A2960 Handicapped Education	1,111,625	0	1,111,625	199,207.38	142,534.34	769,883	30.70
A	Total A4011 Public Health Administr	2,114,136	2,039	2,116,174	1,117,176.71	46,068.29	952,929	55.00
A	Total A4044 Early Intervention	34,543	0	34,543	83,032.20	625.00	-49,114	242.20
A	Total A4053 Preventive And Primary	-150,000	0	-150,000	20,815.94	0.00	-170,816	-13.90
A	Total A4064 Managed Care - Dental S	-99,196	25,000	-74,196	-45,623.95	0.00	-28,572	61.50
A	Total A4090 Environmental Health	-220,030	0	-220,030	-109,561.41	4,859.66	-115,328	47.60
A	Total A6610 Sealer Of Weights And M	8,403	0	8,403	8,510.52	0.00	-107	101.30
A	Total A General Fund	2,799,481	27,039	2,826,520	1,273,557.39	194,087.29	1,358,875	51.90
H	Total H Capital Fund	30,080	17,712	47,792	0.00	64,711.90	-16,920	135.40
	Revenue Total	-3,789,223	-2,789,219	-6,578,442	-1,738,807.26	0.00	-4,839,635	26.40
	Expense Total	6,618,784	2,833,970	9,452,754	3,012,364.65	258,799.19	6,181,590	34.60
	Grand Total	2,829,561	44,751	2,874,312	1,273,557.39	258,799.19	1,341,955	53.30

Comments:

- This report does NOT represent the final figures for YTD through July 2022. It represents what was in MUNIS at the time of this report (7.28.2022)
- Most Revenues received in Jan-Feb are for services/expenses from prior year, & are moved back (to 2021). Thus, current year revenues are delayed.



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NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Received \$19,400 grant for well sampling and repair for private wells and smaller water systems from New York State Department of Health.
- Meagan Ferguson was nominated as Employee of the Second Quarter for 2022!
- The Tioga Dental Van received Facebook feedback from a community member: "Thank God for The Tioga Dental Van. Great people and excellent service. I couldn't afford to go to the dentist if it wasn't for them. THANK YOU!!!"
- Provider shortage continues in Early Intervention (EI) and Preschool. We received nine new referrals this month; twelve children remain waiting for services.
- Hosted Community Health Assessment (CHA) Steering Committee meeting to discuss status of CHA and Community Health Improvement Plan (CHIP) and promote CHA survey for the public. Members of the internal CHA Steering Committee have been attending local farmer's markets, food banks, town/village halls, local businesses and community events, including *Tioga County Annual Kids Picnic* at Marvin Park and *Sundaes at the Farm* in Newark Valley, to distribute the CHA survey and encourage participation. We currently have 788 responses. Goal is 800. Survey closes July 31st.
- "Tick Kits" were distributed to all town and village halls.
- Public Health Educators (PHEs) collaborated with DSS to facilitate a Child Passenger Safety Training for Child Protective Services.
- Laura Bennett, hosted a Lunch & Learn Session for county wellness and invited guest speaker from Cornell Cooperative Extension (CCE) to speak on "Eating Healthy On a Budget".
- Launched internal "Work Force Development" survey as part of Project Public Health Ready; for Emergency Preparedness, to assess training needs of our department.
- PHEs toured CCE's new farm in Candor and discussed ways we could partner in the future.
- Angel Conklin & Katie Wait assisted Broome County Public Health with a "Car Fit" Safety Event
- Emergency Preparedness Coordinator distributed info on Monkeypox to Primary Care Providers, Emergency Medical Services/First Responders and community agencies
- The Marvin Park pool passed inspection for use for the summer.
- Dan Scherrer attended the Village of Candor Water Project meeting, the subject of which was the new main water line installation occurring in late July and August 2022. Dan discussed disinfection of the main lines and how to proceed with food service and residential water interruptions

- In process of updating department policies; including the Environmental Health Penalties/Violations policy which is in final draft review, with internal and Board of Health input.
- We said goodbye to Ashley Coney, and wished her well in her future endeavors.
- Ongoing support/partnership in: Team Tioga, Safe Harbor Committee, Allies in Substance Abuse Prevention (ASAP), Tioga County Immunization Coalition, Anti-Hunger Task Force, Tioga County Local Emergency Planning Committee (LEPC), Child Fatality Review Team, Care Compass Network PAC Executive Council, Tioga County Council of Governments, Board of Health, Rural Economic Partnership (REAP), and External Community Advisory Board MPH Program at Binghamton University, Immunization Action Plan Coalition, and Lead Poisoning Prevention Program (LPPP) Coalition.

Continuing with COVID-19

- Provided Covid educational material at Farmer's Markets in Owego and Waverly, as well as Food Pantries in Nichols, Owego and Newark Valley.
- Distributed home test kits to Owego Town Hall, Owego Village Hall, 56 Main St and Nichols Town Hall (per request from Community).
- Sent updated/most current guidance to Primary Care Providers on Covid-19 vaccination.
- [Workbook:NYS-COVID-Tracker](#) and/or [Coronavirus COVID-19\(2019-nCoV_\(arcgis.com\)\)](#) to see updated data points (national and state) about Covid cases, comorbidities, demographics.

- As of July 22, 2022; since March 14, 2020 onset:

New York State

Total Known Cases: 5,924, 547
 Total Known Deaths: 70, 554
 Total Known Recoveries: 5,771,240

National

Total Known Cases: 91,942, 744
 Total Known Deaths: 1,028,294
 Total Known Recoveries: 87,107, 075

- Current Numbers To Date; since March 14, 2020 onset:
 - **859** Days Since Public Health EOC activated (3/14/2020)
 - **12,570** Confirmed Cases (Data from NYS CommCare system)
 - **20,869** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
 - **4,323** Household Trips/Deliveries
 - **186** Complaints
 - **4,052** Facebook Likes
 - **1,074** Facebook Posts
 - **54** Media Interviews
 - **135** Press Releases

*Go to New York State Dashboard for current COVID-19 data at:
<https://coronavirus.health.ny.gov/covid-19-data-new-york>

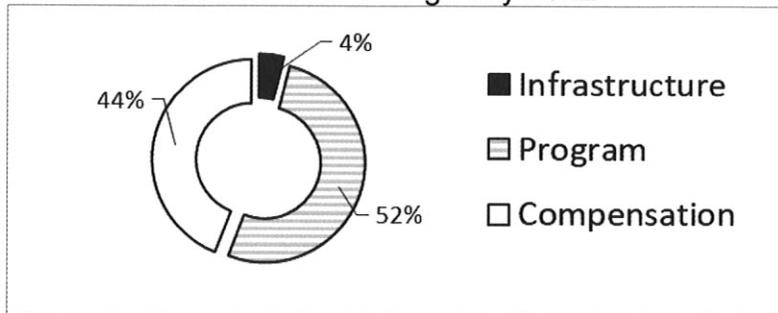
Attachments:

1. Financial Snapshot July 2022.
2. Data Report July 2022.
3. Article: "Tioga County Public Health announces Employee of the Second Quarter," Owego Pennysaver, July 24, 2022.
4. Article: "Take the Tioga County Community Health Assessment Survey," Candor Chronicle, July 7, 2022.
5. Article: "Extreme Heat: Avoid, Spot, Treat," Owego Pennysaver, July 24, 2022.
6. Article: "Tioga County Health Department: Stay safe in the sun," Tioga County Courier, June 29, 2022.
7. Article: "Tioga County Health Department: Have a fun and safe Fourth of July," Tioga County Courier, June 29, 2022.
8. Article: "Guest column: No time for Lyme," Tioga County Courier, July 13, 2022.
9. Flyer: "Lunch & Learn," July 2022.
10. Advertisement: "Tioga County Community Health Assessment Survey," Owego Pennysaver, June 26, 2022.
11. Advertisement: "Congrats Class of 2022," Owego Pennysaver, June 26, 2022.
12. Flyer: "Summer Picnic Food Safety!," July 2022.
13. Flyer: "Avoid, Spot, Treat: Heater Stroke & Heat Exhaustion," July 2022.
14. Flyer: "National Month of Blueberries," July 2022.
15. Flyer: "Stay Hydrated this Summer," July 2022.
16. Flyer: "Lyme Disease," July 2022.
17. Flyer: "COVID-19 Safety for Spring & Summer," July 2022.
18. Flyer: "What The Health!?", July 2022.
19. Bulletin Board: "Lyme Disease," Health & Human Services Building, July 2022.
20. Bulletin Board: "Water Safety," 56 Main St., Owego, NY, July 2022.
21. Billboards: Lyme Disease & Lead, July 2022.

Financial Snapshot
Year-to-date through July 2022

	2018 Actual	2019 Actual	2020 Actual*2	2021 Actual	2022 Budget	Actual*1,3 YTD 2022	Percentage of 2022 Budget
Revenues							
Fees	1,100,359	1,112,262	739,661	625,355	905,235	416,542	46 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,040,651	822,493	27 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,873,519	1,334,132	46 %
TOTAL	5,928,092	5,919,745	4,710,796	4,848,032	6,819,405	2,537,167	38 %
Expenses							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,541,397	1,118,860	44 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	3,909,930	1,346,858	34 %
Core Infrastructure	521,824	529,838	302,917	347,691	368,078	107,449	29 %
TOTAL	5,928,092	5,919,745	4,710,796	6,412,359	6,819,405	2,537,167	38 %
FTE: 2022 Approved Headcount of 37 FTE: 31 FT & 6 PT Plus 3 Temps	23.8	26.3	23.7	29.2	30.8	-----	-----

Allocation of Expenses
Year-to-date through July 2022*1,3



- *Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (7/26/2022), and are not the FINAL July 2022 figures.
 2. During 2020, the Legislature required a 10% cut in expenses from all County departments. This was removed from the Expense side of the ledger, but not the offsetting revenue portion, thus inflating the reported "Local Share" of Public Health by nearly \$375K.
 3. COVID Specific funds have been removed from these tables, as they skew the numbers due to their large amounts. Currently over \$2.6 million has been appropriated of Covid funding within Public Health.

PUBLIC HEALTH ACTIVITIES	Y-E 2020	Y-E 2021	Jul-22	Y-T-D
Community Health				
Healthy Neighborhoods Program Visits	94	112	15	148
- HNP revisits	40	14	0	7
Communicable Disease	618	0	59	478
- Respiratory (Legionellosis, Strep)	143	4	1	5
- Influenza	571	49	0	208
- Tick caused	19	105	38	111
- Hepatitis	20	53	3	60
- Gastrointestinal Disease	16	40	6	21
- PPD Test Administered	5	0	0	0
Child Passenger Safety Seats Inspected	6	20	0	14
- Child Seats FAILED Inspection	5	10	0	12
PH Interns	1	2	0	1
Immunizations total child and adult	35	0	0	0
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	18	62
Dental				
New Clients	124	154	14	174
Dental Screenings	631	782	59	585
- Clients with no tooth decay	237	328	25	160
- Clients WITH tooth decay	116	310	26	278
- Clients with EXTENSIVE tooth decay	251	128	7	139
Extractions	91	179	12	62
Children Services				
Early Intervention Referrals	132	138	9	88
- Early Intervention CURRENT Caseload Monthly total	531	638	70	N/A
Environmental Health				
Animal bite investigations	119	150	19	104
Rabies Clinics	2	6	0	4
- Number of Animals	391	1098	0	685
Food Establishment Inspections	81	182	10	95
- Establishments with Violation	10	26	4	13
Temporary Food Inspections	2	8	8	34
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	1	5
Swimming Pool Inspections	9	14	8	11
Children's Camps	5	4	6	6
Agriculture Fairgrounds	0	2	0	0
Nuisance Complaints	58	17	3	12
Enforcement Actions	11	31	6	22
Weights & Measures				
Inspection Sites	69	129	12	59
- Devices Inspected	277	499	32	96
Petroleum Quality Samples Taken	0	0	0	0
COVID-19				
* Days Public Health EOC activated from year start	285	364	N/A	210
Total COVID Cases for period	5849	5628	163	5408
Individuals Tracked	5849	13224	163	5695
Calls Taken	15257	7824	8	453
Quarantine/Isolation Orders Issued	4323	13586	0	2886
Household Trips/deliveries	2518	1772	0	33
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	36	36	0	2

Tioga County Public Health announces Employee of the Second Quarter

The Tioga County Public Health Department recently announced that Meagan Ferguson has been named as the Employee of the 2nd Quarter of 2022. Meagan started working with Tioga County Public Health in April 2019 as an Early Intervention Service Coordinator.

In this capacity she works with children from birth to age three who have developmental delays and disabilities. This program provides the services needed to improve child and family development.

Early intervention can be provided anywhere, so Meagan can be found out in the community, in her families' homes, or at daycare providers. Most recently Meagan, along with the other Early Intervention Service Coordinators, helped turn one of the Public Health Clinic Rooms into a Therapy Room for providers to use with families. This space, according to the department, helps give the families and providers a convenient location to meet



Pictured is Meagan Ferguson, who has been named Employee of the Second Quarter at Tioga County's Public Health Department. Provided photo.

for evaluations and to receive services.

In a press release, the Health Department wrote, "Meagan is a reliable team member who is motivated and takes initiative in the work she does. It is apparent that she cares deeply for the kids and their fami-

lies on her caseload and that she loves the work she does for Tioga County."

They added, "Aside from her Early Intervention duties, she also stepped up through the COVID-19 Pandemic to help in various roles, including Case Investigator. She was always calm and helpful when working with those who had COVID-19. She often stepped up to help when additional staff was needed to help with cases."

Meagan recently joined the internal Community Health Assessment Team and has been helping with survey distribution to Early Intervention families.

"She has also been helpful with scheduling times for our summer intern to shadow her to see what Early Intervention is like," the department added in the release.

Outside of work, Meagan has been busy caring for her pup Xyler, and is getting ready for her upcoming wedding in September.

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BRIEFS

Take the Tioga County Community Health Assessment Survey

Tioga County Public Health is currently conducting a survey for our 2022 – 2024 Community Health Assessment. A Community Health Assessment (CHA) identifies key health needs and issues through systematic, comprehensive data collection and analysis. Through this assessment, we are able to develop a Community Health Improvement Plan (CHIP) to address public health problems occurring within our county.

Through the Tioga County CHA survey, we hope to gain valuable insight from our residents to help determine specific areas of need. We want to hear from adults ages 18 and older to learn more about the overall health of our county including your health concerns, strengths of Tioga County, individual health habits, and about how the COVID-19 pandemic has impacted your health. Almost 400 surveys have been completed to date, yet, we really want to hear from you, especially:

- Men (of any age)

- Anyone ages 18 – 34
- Those who live in: Barton, Berkshire, Candor, Newark Valley, Nichols, Richford, Spencer, Waverly
- Those whose highest level of education is High School

The Tioga County Community Health Assessment Survey may be found at <https://www.surveymonkey.com/r/tiogaph22>, or by visiting the Tioga County Public Health Website or Facebook Page. Those who complete the survey may enter for a chance at a \$20 or \$50 gas gift card. The survey will remain open through Friday, Aug. 5, 2022. *Candor Chronicle 7/7/22*

Extreme Heat: Avoid, Spot, Treat

**CONTRIBUTED BY
KATIE WAIT**
Public health educator

Heat-related illnesses are caused by extreme heat events and occur when the body is unable to cool itself. The most common heat-related illnesses are heat stroke (sun stroke), heat exhaustion, heat cramps, and heat rash.

Between May and September of 2019, heat-related illness sent 1,256 New Yorkers to the emergency room and hospitalized 133 (data excludes New York City). Follow these steps to avoid, spot, and treat heat-related illnesses.

Avoid: Tips to Beat the Heat!

Check on friends and neighbors at high risk for heat-related illness: infants, young children, older adults, and people with chronic medical conditions.

Drink plenty of fluids, but avoid alcohol, caffeine, and sugary drinks.

Stay out of the sun and in an air-conditioned location, if possible.

NEVER leave people or pets in closed, parked vehicles (even with the windows cracked).

Wear loose, lightweight, light-colored clothing to help keep cool. Don't forget sunscreen and a ventilated hat, even if it's cloudy out!

Take breaks often and avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).

Spot: Signs of Heat-Related Illness

Heat stroke and heat exhaustion have many similar symptoms such as dizziness, headache, upset stomach or vomiting, and fainting or passing out; however, the differences can help distinguish what type of heat-related illness the person is experiencing.

Heat Stroke signs include a body temperature above 103°F; red, hot, dry skin (no sweating); rapid, strong pulse; and confusion.

Heat Exhaustion signs include heavy sweating, paleness, muscle cramps, tiredness, and weakness.

If you see any of these signs, seek medical help

Owego Pennygaver 7/24/22
immediately.
Treat: What to Do While Waiting for Help

If you think someone might be experiencing a heat stroke, move them to a shady area or move them inside. Do not give them fluids. You can help cool the body by placing the person in a cool (not cold) bath or shower, spraying them with a garden hose or sponging their body with cool water, or by fanning. Continue efforts to cool the person until help arrives or their body temperature falls below 102°F and stays there.

If you think someone might be experiencing heat exhaustion, get medical attention if symptoms get worse or last longer than one hour. Cool the body with cool, nonalcoholic beverages; a cool (not cold) bath, shower, or sponge bath; and move them to an air-conditioned room.

Seek medical help immediately if symptoms are severe or if victim has heart problems or high blood pressure.

For more information, visit ready.gov/heat. You can find places to cool off at www.health.ny.gov/environmental/weather/cooling/index.htm and on their Facebook Page @TiogaCountyPublicHealth.

Tioga County Health Department: Stay safe in the sun

Submitted by the Tioga County Health Department

Summer is here. Let's brush up on sun safety practices!

While it is important to spend time outdoors, we should be mindful of protecting our skin from sun damage.

In as little as 15 minutes the sun's UV rays can burn the skin; you can still get a sunburn on cool, cloudy days.

Practicing sun safety is important because overexposure to sunlight can lead to skin cancer, the most common (yet most preventable) form of cancer in the United States.

Follow these sun safety tips to protect your skin this summer:

- Apply sunscreen with at least 15 SPF, and reapply every two hours and after swimming
- Seek shade under trees, umbrellas, or other forms of shelter
- Wear long-sleeved shirts and long pants - keep in mind that dark, tightly woven materials offer the most protection
- Wear a hat with a brim wide enough to cover your head, neck, and ears
- Wear sunglasses that have UVA and UVB protection
- Limit time outside between 10am and 4pm when the sun's

rays are strongest

The most dangerous form of skin cancer is Melanoma.

Regular skin checks are crucial for detecting and treating Melanoma and other skin cancers early.

Home skin-checks can be completed using the ABCDE method of identifying concerning moles:

ABCDE Method:

- A - Asymmetry, one half does not look like the other
- B - Border, jagged, scalloped, or uneven borders
- C - Color, contain different colors or are a strange color (blue,

black)

- D - Diameter, larger than the size of a pencil eraser (6mm)
- E - Evolving, changes over time (grows larger, changes color)

If you or a loved one notice a strange freckle or mole that fits at least one of the ABCDE criteria, schedule an appointment with your primary care provider, or a dermatologist, as soon as possible.

For more information, visit: <https://www.cdc.gov/cancer/skin/> or "Like" Tioga County Public Health on Facebook!

Tioga County Public Health hopes you have a fun, sun-safe summer. *TC Courier 6/29/22*

Tioga County Health Department: Have a fun and safe Fourth of July

Did you know that the Fourth of July is one of the deadliest holidays in the United States? According to the National Highway Traffic Safety Administration, "around the holiday, sadly, we often see an increase in impaired driving crashes. From 2015 to 2019, there were 1,339 drivers killed in motor vehicle traffic crashes over the Fourth of July holiday period — 38% of the drivers killed were drunk."

If you are going to be drinking over the holiday weekend, make sure you have a plan set up ahead of time to get a sober ride home! (A sober driver has not had anything to drink, so even if you have had one drink, have someone else drive you home). If you are hosting a Fourth of July party, provide alcohol free drinks for those who are driving, and never let an impaired friend drink and drive.

Alcohol is not the only thing to be cautious about during your Fourth of July Celebration! Fireworks are fun and exciting to watch, but also pose a safety risk. If not handled properly, they can cause serious and sometimes fatal injuries.

To avoid a trip to the emergency room, follow these tips:

- Always obey all local laws regarding the use of fireworks.
- Read all cautionary labels and directions before igniting.
- NEVER give fireworks, including sparklers, to children. Sparklers can reach temperatures of up to 1,800 degrees, which is hot enough to melt gold. Don't put your kids in that danger!
- Be cautious of where you are setting off the fireworks. Always have a bucket of water and a hose nearby.
- Properly dispose of used fireworks by soaking them in water and placing them in a metal trash can away from any buildings or flammable materials until the next day.

When it comes to firework safety, don't forget about your pets! NEVER bring your pets to a fireworks display and never shoot fireworks of any kind (including sparklers) near pets. If fireworks are being used near your home, put your pet in a safe, interior room to avoid exposure to the sound. Be sure that your pet has an ID tag on in case it runs off.

If you are going to be setting off fireworks, please be mindful of those who live around you who may have post-traumatic stress disorder (PTSD), like military service members and veterans. Fireworks can trigger a startle response in those who have PTSD, reminding them of a time they experienced trauma in their life. Unplanned and unscheduled fireworks typically cause the most distress so please try to give notice before using fireworks, use them in a more secluded location, and avoid setting off fireworks late into the night, particularly when people are sleeping.

Tioga County Public Health wants everyone to have a fun and safe July 4th celebration! Don't forget to stay hydrated and drink plenty of water this weekend. Protect your skin if you are out in the sun. If you are going to be swimming make sure you have someone with you, and always have someone supervising children while they are in the water. For more summer safety tips, check out our Facebook page!

Tioga County Courier 6/29/22

Guest column: No time for Lyme

Submitted by Angelica Conklin,
Tioga County Public Health
Educator

With the arrival of warm weather, ticks are out there and can make their way to infect people or animals with Lyme disease.

In 2019, New York State had 2,847 confirmed cases of Lyme disease, of which 30 were residents in Tioga County.

The case count is likely higher since many cases remain undiagnosed, and because Tioga County is a sentinel county, meaning only a small percentage of Lyme disease cases are investigated.

Lyme disease is a bacterial infection that is transmitted to humans through the bite of infected blacklegged ticks, also known as deer ticks.

It is important to note that not all ticks transmit Lyme disease.

Symptoms usually develop within three to 30 days and may include: fever, chills, headache,

fatigue, muscle and joint pain, and/or a bull's-eye rash.

Serious health complications can occur if Lyme is left untreated, so it is important to be attentive if a tick bite occurs.

Early treatment of Lyme disease involves antibiotics and almost always results in a full recovery. However, the chances of a complete recovery decrease if treatment is delayed.

In today's busy and demanding world we do not have time for Lyme! Take these steps to protect against ticks:

- Avoid grassy, brushy, or wooded areas with high leaf and grass litter

- o If you are out in these areas, wear long-sleeved, light-colored clothing especially in highly wooded areas, and walk in the center of trails

- Treat boots, camping gear, and clothing with products containing 0.5% permethrin

- o Permethrin is an insecticide in the pyrethroid family. Pyrethroids are synthetic chemicals that act like natural extracts from the chrysanthemum flower.

- Use insect repellent containing DEET, registered by the Environmental Protection Agency (EPA)

- Examine pets, clothing, and gear for ticks

- Carefully check your body for

ticks and immediately shower after coming indoors

If you have been bitten by a tick, remove it as soon as possible. Use fine-tipped tweezers to grasp the tick as close to the skin as possible. Pull upward with even, steady pressure. Do not twist or jerk, as this can cause the mouthparts of the tick to break off and remain in the skin.

After removal, clean the bite area with rubbing alcohol or soap and water. Lastly, dispose of the tick by placing it in alcohol or a sealed bag, wrapping it tightly in tape, or flushing it down the toilet.

Never crush a tick with your fingers.

Never use dangerous methods, such as fire, to remove a tick.

If you are experiencing any symptoms of Lyme disease, please contact your primary health care provider.

New York State has a free tick testing program, in Syracuse, for ticks captured in NY. Since 2021, 179 ticks were tested in Tioga County and 59 were positive for Lyme disease. More information about the free testing program can be found by visiting nyticks.org.

Tioga Co. Courier 7/13/22

LUNCH & LEARN

Topic:

**SNAP-ED NY PROGRAM &
HEALTHY EATING
ON A BUDGET!**

Guest Speaker: Caitlin Mizerak, SNAP-ED NY Nutrition Educator

Wednesday, July 20th
12:00pm - 12:30pm
Tioga County HHS Building
Upstairs Multipurpose Room

Lunch from Ruby Blues Food Truck!

Please RSVP by emailing Laura Bennett
(BennettL@tiogacountyny.gov) by July 13th!

**OPEN TO ALL
TIOGA COUNTY EMPLOYEES**



Tioga County

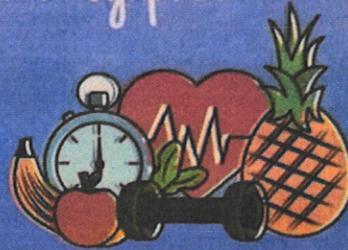
Community Health Assessment Survey
Help us assess the health of our community in this brief 10 minute survey!

Scan the QR Code or Use the Link Below:

<https://www.surveymonkey.com/r/tiogaph22>

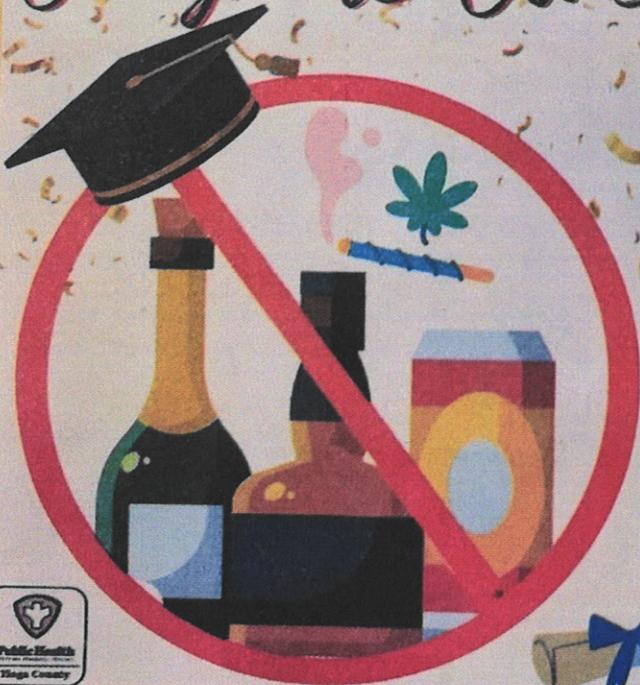


Those who complete the survey may enter to win a \$50 gas gift card!



Owego Pennsaver 6/26/22

Congrats Class of 2022



What's Next...
Celebrate?
College? New Job?

Whatever it is don't let alcohol, marijuana, or other substances ruin your fun or your future!



Owego Pennsaver 6/26/22



SUMMER PICNIC



FOOD SAFETY!

GRILLING



SEPERATE

When shopping, keep meat separate from other items in your cart!

CHILL



Refrigerate meat, poultry, and seafood until you are ready to grill. When transporting, keep 40°F or below in an insulated cooler.

CLEAN



Wash your hands before handling raw meat. Wash work surfaces, utensils, and the grill before and after cooking.

COOK

Use a meat thermometer to make sure meat is cooked hot enough to kill harmful germs.

REFRIGERATE

Divide leftovers into covered, shallow containers.

Place in the fridge or freezer within 2 hours (one hour if above 90°F outside)

DON'T CROSS CONTAMINATE

Dispose of marinades and sauces that have touch raw meat juices. Place cooked meat on a clean plate.



- 145°F Beef, pork, lamb, veal (then rest for 3mins)
- 145°F Fish
- 160°F Hamburgers, other ground meat
- 165°F Poultry



Avoid ☀ Spot ☀ Treat Heat Stroke + Heat Exhaustion

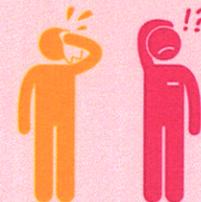
Avoid: Tips to Beat the Heat

- Wear a hat
- Wear sunscreen (SPF 15 or higher)
- Wear lightweight, light-colored, loose-fitting clothing
- Limit time spent outdoors
- Take breaks often
- NEVER leave people or pets in vehicles
- Check on others, especially older adults
- Find air conditioned places to cool off
- Drink plenty of water!



Spot: Know the Signs of Heat-Related Illness

- Heavy sweating/no sweating at all
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach/vomting
- Fainting
- Very high body temperature (above 103 degrees Farenheit)
- Red, hot, dry skin
- Rapid, strong pulse
- Confusion

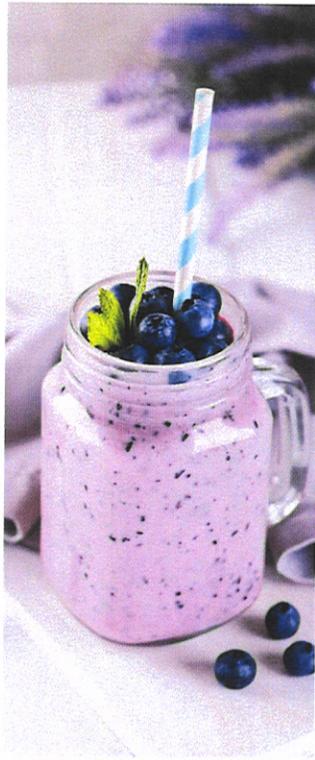


If you see any of these signs, get medical help immediately!

Treat: What to do While Waiting for Help

- Move the person to a shady area or indoors.
- Cool the body by:
 - Giving a cool (not cold) bath, shower, or sponge bath
 - Resting
 - Moving to an air-conditioned room
 - Changing into lightweight clothing





National Month of Blueberries

1 cup of blueberries is just **80 calories!**

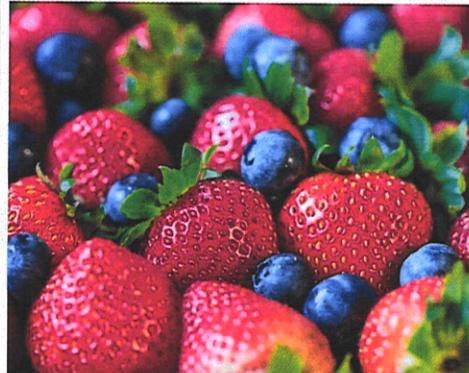
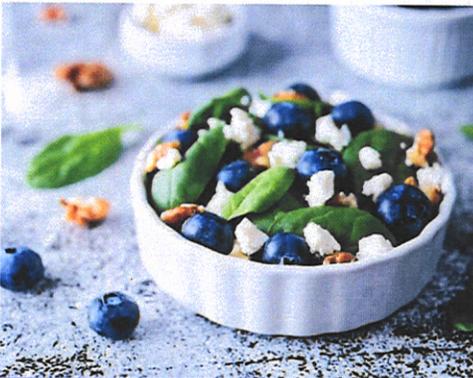
They also contain:

- Fiber
- Vitamin C
- Vitamin K
- Manganese
- Potassium



Be creative! Add them to:

- Salads
- Smoothies
- Yogurt
- Pancakes
- Oatmeal



July
2022

Blueberry season is upon us! Don't forget to visit local farmer's markets.



Stay Hydrated this Summer!

Blueberry Lemon Infused Water

- 1/4 cup blueberries
- 2-3 lemon slices
- 3-4 mint leaves

Add ingredients to a 16oz jar, fill with water & chill for 4-12 hours!

Lyme Disease

Symptoms

Rash, often in a bull's-eye pattern
Flu-like symptoms
Joint pain
Weakness in the limbs

Protection

Know where to expect ticks
Use EPA registered insect repellants
Wear long sleeves and pants

Check Yourself

Check clothing and shoes
Check your body
Examine gear and pets
Shower soon after being outdoors

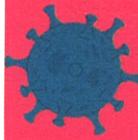
Remove Ticks

- 
- Step 1:** Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 
- Step 2:** Pull upward with steady, even pressure.
- 
- Step 3:** Dispose of a live tick by:
- Placing it in alcohol
 - Placing it in a sealed bag
 - Wrapping it tightly in tape or,
 - Flushing it down the toilet

Little Tick. Tiny Bite.
BIG PROBLEM!

Lyme disease is a bacterial infection you get from the bite of an infected tick.

FOLLOW UP WITH YOUR DOCTOR IF YOU DEVELOP A RASH OR FEVER!



COVID-19 SAFETY FOR SPRING & SUMMER



1. MAKE SURE YOU ARE UP TO DATE ON YOUR VACCINE AND BOOSTER (CHECK WITH YOUR PRIMARY CARE PROVIDER) 
2. PLAY SPORTS (BASKETBALL, SOCCER, BASEBALL, ETC.) AND/OR DO ACTIVITIES OUTSIDE FOR BETTER VENTILATION AND SPACE   
3. SOCIAL DISTANCE YOURSELF FROM OTHERS TO THE BEST OF YOUR ABILITY  
4. GO ON A WALK, JOG, OR RUN
5. EXERCISE OUTSIDE 
6. EXPLORE NATURE 
7. ENJOY THE WARM WEATHER AND FRESH AIR WHILE ALSO STAYING HYDRATED  
8. CONTINUE TO REGULARLY WASH YOUR HANDS AND USE HAND SANITIZER  

***PUTTING YOURSELF AND OTHERS AROUND YOU IN THE BEST POSITION TO STAY HEALTHY IS WHAT'S IMPORTANT**



WHAT THE HEALTH!?

Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



weather.gov/heat

nhtsa.gov

The temperature in your car can quickly become deadly!

Outside Temperature 80°



THE SOIL NEAR YOUR HOME MAY CONTAIN



LEAD!



WASH YOUR HANDS AFTER COMING INSIDE

**KEEP HOT
FOODS HOT**
AT OR ABOVE 140 F

**BBQ BASICS:
PREVENT
FOODBORNE
ILLNESS**

**KEEP COLD
FOODS COLD**
AT OR BELOW 40°F

Tioga County Public Health

Lyme Disease

Symptoms

- Rash, often in a bulls-eye pattern
- Flu-like symptoms
- Joint pain
- Weakness in the limbs

Protection

- Know where to expect ticks
- Use EPA registered insect repellents
- Wear long sleeves and pants

Little Tick. Tiny Bite.
BIG PROBLEM!
 Lyme disease is a bacterial infection you get from the bite of an infected tick.

Check Yourself

- Check clothing and shoes
- Check your body
- Examine gear and pets
- Shower soon after being outdoors

Remove Ticks

- Step 1:** Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Step 2:** Pull upward with steady, even pressure.
- Step 3:** Dispose of a tick by:
 - Flushing it down the toilet
 - Wrapping it in paper
 - Placing it in alcohol
 - Placing it in a sealed bag
 - Burying it under the soil

FOLLOW UP WITH YOUR DOCTOR IF YOU DEVELOP A RASH OR FEVER!

Tioga County Public Health

WATER SAFETY

Always stay within arms reach of young children and avoid distractions.

Wear a life jacket when you go boating.



Never swim alone!
Always swim with a friend.

Learn CPR! Seconds can make a difference during an emergency.

Know the Signs of Drowning:

- Facing the shore
- Mouth at water level
- Head tilted back
- Body is vertical
- Climbing ladder motion

Reach or throw aid to distressed swimmers - don't leave them alone!



NO LIFEGUARD
SWIM AT YOUR OWN RISK

Never let children swim without an adult present.

Swim in designated areas supervised by a lifeguard.

Do not run or push & pull others around the pool.

What To Do if You See Someone Drowning:

- Call 911
- Throw an item for the person to grab
- Help them out of the water
- Check for breathing
- Perform CPR

HHS Building July 2022

56 Main St. July 2022

PARK OUTDOOR



**Little Tick. Tiny Bite.
BIG PROBLEM!**

Lyme Disease

Protect Yourself	Check Your Whole Body	Remove Ticks
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Public Health
Tioga County

PARK OUTDOOR

**THE SOIL NEAR YOUR HOME
MAY CONTAIN**

»»» LEAD!

WASH YOUR HANDS AFTER COMING INSIDE

Public Health
Prevent. Promote. Protect.
Tioga County

REFERRED TO: HEALTH & HUMAN SERVICES COMMITTEE
FINANCE COMMITTEE

RESOLUTION NO. -22 AMEND BUDGET & APPROPRIATE FUNDS
PUBLIC HEALTH

WHEREAS: Tioga County Public Health (TCPH) has been awarded funding from NYS Department of Health; and

WHEREAS: The funding originated from the Centers for Disease Control and is being distributed through Health Research Inc.; and

WHEREAS: The funding is for the "Pilot Program for Protecting Vulnerable Private Wells and Smaller Water Systems"; and

WHEREAS: The funding period is through August 31, 2023; and

WHEREAS: Amending of Budget and Appropriation of Funds requires Legislative approval; therefore be it

RESOLVED: That funding be appropriated as follows:

From:	A4090 434500-Well	Environmental Health: State Aid	\$ 19,400
To:	A4090 540595-Well	Environmental Health: Services	\$ 19,400

And be it further

RESOLVED: That the balance of the funding on 12/31/2022 be carried forward into the 2023 budget in the same budget lines.

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: August is National Immunization Awareness Month with immunizations representing one of the greatest public health accomplishments of the 20th century; and

WHEREAS: If following the recommended immunization schedule, immunizations give parents the safe, proven power to protect their children from serious communicable diseases. However in 2020, less than 50% of children in Tioga County aged 24-35 months received their recommended vaccine series, compared to over 60% of New York State; and

WHEREAS: Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases due to poor hand washing, not covering coughs, and other factors such as interacting in crowded environments; and

WHEREAS: The release of immunizations for COVID-19 has reiterated the importance of educating the public on the benefits of vaccination to reduce rates of missed school and work, and rates of severe illness and/or death from the novel coronavirus; and

WHEREAS: Immunizations are an important part of a healthy pregnancy and allow the mother to pass some protection on to her baby. Women should be up to date on their immunizations before becoming pregnant and should receive immunizations against both flu and whooping cough during pregnancy; and

WHEREAS: All adults should get immunizations to protect their health. Even healthy adults can become seriously ill and pass diseases on to others. Everyone should have their immunization needs assessed at their primary care provider's office; therefore

The TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of August 2022 as:

IMMUNIZATION AWARENESS MONTH

and urges the citizens of our County to educate themselves on the recommended immunizations for themselves and their children to prevent the spread of preventable diseases.

Dated: August 9, 2022

MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE