

Spring 2026

Seneca County

Health News



Seneca County
Health Department



Check out our new website!
SenecaCountyHealthNY.gov

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Dear Readers,

As we anxiously await the end of a long cold winter, this edition of the Seneca County Health Department (SCHD) newsletter is packed with information about the Health Department's programs and services as well as information about how you or someone you know can sign up for a range of upcoming health-related classes and clinics. Other articles and information inside the spring edition review the history and impact of women in public health, explore how you can keep your children safe from accidental poisoning, review our outdoor air quality, and explore the dangers of DIY Botox.

Sprinkled throughout this edition you will find photos of our dedicated staff in action, delivering essential public health services to the community. We are always looking for innovative ways to improve the health and wellness of our community so please 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 Spring season!



Scott King, MPH
Public Health Director

FREE STI TESTING AND TREATMENT

The Seneca County Health Department offers free confidential testing and treatment for sexually transmitted infections through the following community partners:

Finger Lakes Urgent Care

1991 Balsley Rd
Seneca Falls 13148
315-835-4900

Finger Lakes Community

Health - Ovid

7150 Main St
Ovid 14521
607-403-0065



Call ahead to schedule an appointment. Ask for free STI testing through the Seneca County Health Department.



(315) 539-1920



Seneca County
Health Department





Meet Your Health Department: Director of Public Health

Scott King, MPH

I have been blessed to be able to serve communities in the Finger Lakes through my various roles with local health departments since January 2000, having spent 20 years with the Cayuga County Health Department (2000-2019) and the last six years here with the Seneca County Health Department (2020-2026). During that time my career led me from being a Public Health Sanitarian conducting inspections aimed at preventing illness and injury, to taking on the challenges of leading a full service local health department.

I am proud that my background includes earning my first degree from a local community college (Cayuga Community College -1995) before going on to achieve my bachelor's in environmental science through SUNY Plattsburgh (1997) and a Master of Public Health from the UAlbany School of Public Health (2024). I believe strongly that my background in environmental science has helped me to make connections between the environment that people live in and their health outcomes, and in guiding health department staff as they work to improve the health of the people we serve.

Since coming to Seneca County in 2020 I have worked to lead the department out of the depths of the COVID-19 pandemic and, with the collaboration of our talented team of public health professionals, to chart a new path for the department as we reestablished positive connections with the community. Seneca County Health Department programs that have taken off since the end of the pandemic include the Healthy Neighborhoods Program, implementation of the Watershed Protection Law, and the Creating Healthy Schools and Communities grant program.

While every day as Public Health Director brings a fresh set of challenges, I want folks in Seneca County to know that I am committed to ensuring that our staff have the tools and resources necessary to complete their vital work to effectively serve the community. In my role as Public Health Director, I often serve as the liaison between department and the local Board of Health, Board of Supervisors, local non-profit community partners, and with leadership at the regional and state levels. I currently serve on the Board and Executive Committee of the seven county Pivotal Public Health Partnership and on the Workforce and Funding Committee for the NYS Association of County Health Officials (NYSACHO). Each of those roles offers me opportunities to leverage our local resources with regional and state partners to multiply the benefits of the work that our staff does for the residents of Seneca County.



Your Health Department in Action!





10 AT-HOME SPRING ACTIVITIES TO BOOST YOUR CHILD'S DEVELOPMENT



HAVE A TEDDY BEAR PICNIC

Pack a basket just for the bears or stuffed animals with a blanket, napkins, pretend food, and plastic plates and teacups. You and your child can have fun "talking for" their furry friends. This will give social and communication skills a boost!



HAVE A CLOUD CHAT

On a beautiful spring day when the sky is filled with puffy clouds try this calming and creative way to build communication skills. You and your child can sit and talk about all the "cloud pictures" you see.



CREATE FLOWER CARDS



Collect small and delicate wildflowers from your backyard or your favorite outdoor area. Show your child how to place the flowers between sheets of paper towels or newspaper, and lay them between heavy books. After a few days your flowers will be ready for you and your child to glue to folded cardstock or construction paper. Help your child write a special message inside and send off to loved ones. This activity helps practice fine motor and social skills.

STRING A FLOWER GARLAND



Make this spring-themed decoration with your child to sharpen fine motor skills. First, help your child cut small flowers out of paper, and punch a hole in the center of each one. Then, cut some drinking straws into pieces (or use short pasta tubes and paint them). Then, show your child how to string the flowers and straw/pasta pieces onto a long piece of string. Hang up the garland as a decoration to celebrate spring.



MAKE WATER PICTURES

Paint "disappearing pictures" with your child on a sidewalk, fence, or safe driveway. You can use a bucket of water, a paintbrush, and an old sponge. Watch the pictures disappear as the water evaporates. Ask your child where the picture goes.

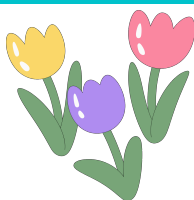
SET UP A TREASURE HUNT

Here's an idea for helping kids exercise their problem-solving skills: Hide "treasures" - such as a favorite snack, a bag of crayons, or some stickers in places your child can reach. Draw a map that highlights where your child should search. Activities like an egg hunt can be extra fun with an added treasure map.



PLAY A GUESS-WHAT GAME

Print out, or cut out from magazines, springtime pictures (a bunny, egg, flowers, butterfly, etc). Turn the pictures face down, you or your child choose a picture. The other person asks yes-or-no questions to guess what the picture is. Once guessed correctly, it is now the other person's turn.



READ TOGETHER EVERY NIGHT

It's one of the single most important activities you can do together - not only does it strengthen your child's communication and language skills, it's also the perfect way to bond, talk through any tough emotions your child might be having, and end the day on a positive note.



FINISH BATHTIME WITH A "TUB SCRUB"

Add some motor skills practice to bathtime by asking your child to help you clean the tub after their bath. Give your child a separate sponge or cloth just for this job and show them how to scrub all the way around the tub. It is important that cleanser and chemicals are not used, just water. When they are finished show them how to squeeze the cloth or sponge really hard and praise them for being a good helper.

HAVE SOME PHOTO FUN

Take a family picture, or have your child draw their family. Then cut out two rectangles of construction paper or really stiff paper. Cut a smaller rectangle out of one, and glue your picture to the un-cut rectangle. On the one that is left, the "frame" have your child decorate with stickers, glitter, flowers, macaroni, or anything else. Glue so the picture shows through the frame.

Children & Youth with Special Healthcare Needs Resource Library



Did you know that we have a growing library of books regarding different medical conditions for children with special needs?

Subjects of these books range from activity ideas, to instructional, to parenting techniques. Below is a list of our current offerings, with more to come.

Books are available for families to borrow at the Seneca County Health Department.

Chersti Kuhlmann, CYSHCN Program Coordinator
(315)-539-1938

WWW.SENECACOUNTYHEALTHNY.GOV

The Sensory Processing Disorder Answer Book
-Tara Delaney, MS, OTR/L

Raising a Sensory Smart Child
-Neil, Peske & Grandin

Special Kids Need Special Parents
-Judith Loseff Lavin

101 Games and Activities for Children with Autism and Sensory Processing Disorders
-Tara Delaney

All My Stripes: A Story for Children with Autism
-Rudolph, Royer & Zivoin

A Beginner's Guide on Parenting Children with ADHD
-Richard Bass

The Hands-On Workbook for ADHD Children
-Richard Bass

Steps to Independence
-Bruce L Baker, Alan J Brightman

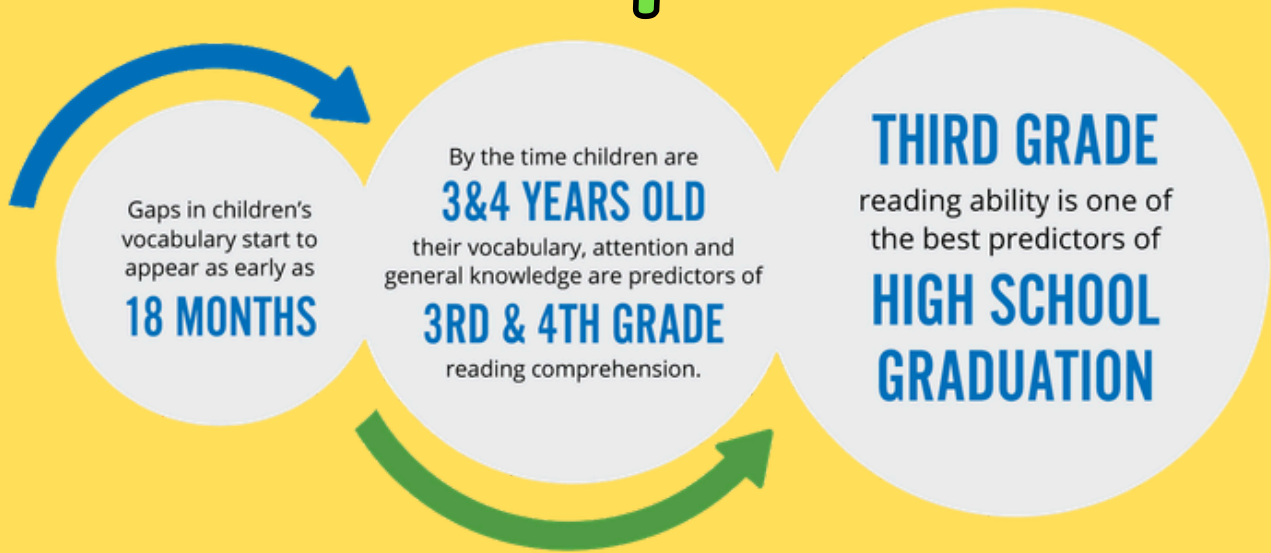
Talking to Your Toddler: 75 Fun Activities and Interactive Games that Teach Your Child to Talk
-Teresa Laikko, Laura Laikko

My Brother is Different
-Esther Lutchie

It's OK to be Different
-Sharon Putill

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

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



SENECA COUNTY
EARLY
INTERVENTION



Public Health

Prevent. Promote. Protect.

Seneca County, NY

Find us on

facebook

@SenecaCountyHealth



Visit our website

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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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



SENECA COUNTY Healthy Neighborhoods PROGRAM

Every visit includes items like: smoke/carbon monoxide detectors, fire extinguishers, cleaning supplies, and other safety items.

Not income based! Only qualification is zip code!

13148

13165

14521

14541

14847

14860

Have asthma?
We offer air purifiers
and pillow cases to help!

We offer child safety
kits for injury
prevention!

Personalized solutions to help prevent injuries that occur in the home!



Call or email for more info:

315-539-1638

HNP@co.seneca.ny.us

Five reasons to vaccinate your child



Vaccinations are one of the greatest success stories in public health.¹ Here are the top reasons why keeping your child up to date on their vaccines is the most important thing you can do to protect their health.

1. Vaccinations can save your child's life.

Vaccines are safe, affordable, and effective.^{2,3,4} They are the best way to protect your child against harmful diseases. The vaccine schedule gives your child the best protection at the right time.⁵ Vaccines are recommended before your child is most at risk for a disease, and when their immune system will work best with the vaccine.^{6,7}

2. Vaccines are safe.

Vaccines are rigorously tested for safety in clinical trials. A team of experts at the U.S. Food and Drug Administration (FDA) review the data from the clinical trials to determine whether the vaccine is safe and effective.⁸ This team includes doctors, chemists, microbiologists, clinical study site inspectors, manufacturing and facility inspectors, and many others.⁹ Vaccines are continuously monitored after they are approved for as long as they are on the market.

3. Vaccines help keep your child in daycare or school.

It's important to keep your child up to date on all childhood vaccines, not only those required for school. Delaying recommended vaccines leaves your child vulnerable to harmful diseases that can take them out of daycare or school.

4. Sticking with the vaccine schedule can help your family avoid missing work.

The time you spend taking your child to vaccine appointments is much less than the time you would spend away from work if your child were to get sick. Most health insurance plans also cover the cost of childhood vaccines.^{10,11} Even if you do not have insurance, there are ways to get childhood vaccines for free or at a lower cost. The [Vaccines for Children](https://www.cdc.gov/vaccines/imz/downloads/pdf/13-0107.pdf) program can help.

5. Keeping up to date with vaccines helps keep vaccine-preventable diseases in the past.

Diseases that once killed or disabled many people in the United States are less common today. Some diseases no longer exist in our country because of vaccines. For example, your child no longer needs to get the smallpox vaccine because vaccines wiped out that disease worldwide.^{10,11} Keeping your child up to date on childhood vaccines brings us closer to leaving other harmful diseases in the past.

Talk to your child's doctor or nurse about keeping your child up to date on childhood vaccines. If they're not up to date, make an appointment to get them caught up as soon as possible.



Share this resource. Let your friends and family know your reasons for keeping your child up to date on their vaccines.

¹Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/vaccine-safety-systems/about/monitoring.html>

²U.S. Food and Drug Administration (FDA): <https://www.fda.gov/consumers/consumer-updates/vaccines-protect-children-harmful-infectious-diseases>

³U.S. Department of Health and Human Services (HHS): <https://www.hhs.gov/immunization/basics/work/index.html>

⁴HHS: <https://www.hhs.gov/immunization/get-vaccinated/pay/index.html>

⁵CDC: <https://www.cdc.gov/vaccines/children/schedules/reasons-to-follow.html>

⁶HHS: <https://www.hhs.gov/immunization/who-and-when/infants-to-teens/index.html>

⁷American Academy of Pediatrics: <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx>

⁸FDA: <https://www.fda.gov/vaccines-blood-biologics/development-approval-process-cber/vaccine-development-101>

⁹Vaccinate Your Family: <https://vaccinateyourfamily.org/questions-about-vaccines/paying-for-vaccines/>

¹⁰CDC: <https://www.cdc.gov/smallpox/index.html>

¹¹World Health Organization: https://www.who.int/health-topics/smallpox#tab=tab_1



The Dangers of DIY Botox

by: Mary Reese, RN

Officials at the Seneca County Health Department are cautioning residents about the dangers of a growing trend called “DIY Botox”, or “do-it-yourself” Botox. This is the injection of botulinum toxin product (Botox) that was obtained from unlicensed sources and non-medical settings.

Ten people in the United States, including in New York City, developed severe illness and suspected botulism after “DIY” injection of botulinum toxin products from unlicensed sources during May–August 2025. All ten individuals were hospitalized and received antitoxin to treat suspected botulism. Among these, three required intubation and mechanical ventilation.

Botulism is a rare and sometimes fatal illness caused by botulinum toxin, which attacks the body’s nervous system and causes difficulty breathing and muscle paralysis. Botulinum toxin product, or Botox, is a medication approved for use in certain cosmetic purposes, such as smoothing wrinkles and facial lines, as well as for specific medical purposes, including the treatment of conditions like chronic migraines, spasms, and bladder dysfunction.

Seneca County Health Department reminds the public that the Food and Drug Administration (FDA) considers Botox a prescription drug. Therefore, Botox cannot be obtained without a prescription from a licensed medical professional. The FDA regulates medications to ensure they are safe and effective. If you’re buying Botox online without a prescription, you are buying a counterfeit product and cannot guarantee the quality or safety of the product. What you have purchased could be contaminated, improperly stored or transported, ineffective and/or unsafe.

Stay safe by following these steps:

When getting Botox injections:

- Make sure the product comes from a licensed supplier of FDA approved Botox. Avoid purchasing Botox from online vendors or on social media, including TikTok.
- Make sure the provider is licensed and trained to give Botox injections.
- Get injections only in a licensed or accredited healthcare facility.
- Do NOT self-inject Botox.

Botulism is a medical emergency. Go to the emergency room immediately if you have symptoms of botulism:

- Blurry or double vision
- Drooping eyelids
- Difficulty swallowing
- Slurred speech
- Difficulty breathing
- Muscle weakness



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Seneca County, NY



How to spot the difference between real and fake Botox

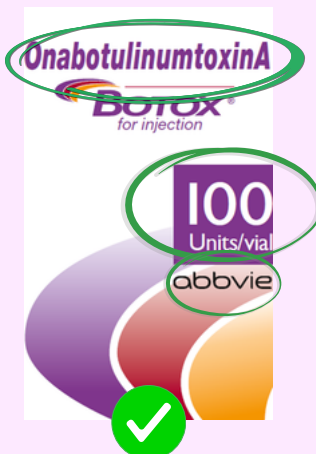
There are 3 key items to look for:

1. The FDA-approved Botox products display the active ingredient as "OnabotulinumtoxinA" on the outer carton and vial.
2. The FDA-approved Botox products are only available in 50-, 100-, and 200-unit vials.
3. The manufacturer identified on the outer carton is one of the following: Allergan Aesthetics/An AbbVie Company; Allergan; or Abbvie

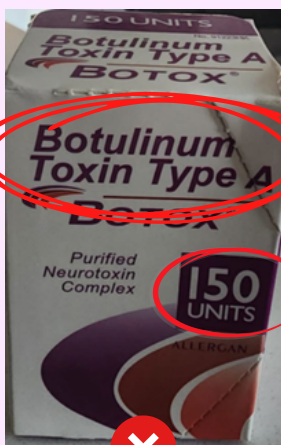
Examples of authentic product:

All three examples have:

- correct ingredient
- correct units
- correct manufacturer



Examples of counterfeit product:



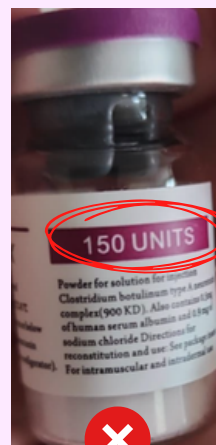
wrong ingredient
wrong units



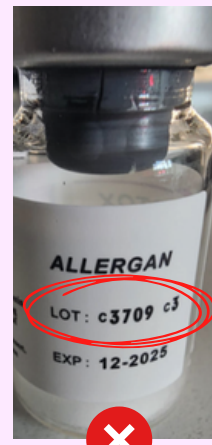
wrong ingredient



non-English labeling



wrong units



always avoid this lot #

STI Fact Sheet: Chlamydia

- Chlamydia is a common, curable sexually transmitted infection (STI).
- People who are sexually active can get chlamydia but most chlamydia infections occur in young people aged 15 to 24.
- Chlamydia often doesn't cause symptoms, so those with chlamydia who don't know it can unknowingly infect others.

In 2023 there were 1.6 million cases of chlamydia in the United States

Chlamydia often has no symptoms. If symptoms occur, they may not appear until several weeks after exposure. Symptoms can include:

SYMPTOMS:

Women

abnormal vaginal discharge
burning sensation when peeing

Men

penile discharge
burning sensation when peeing
pain/swelling in one or both testicles

TESTING:

- Chlamydia testing is quick & easy!
- You may need to provide a urine sample or your doctor may swab the affected body part (vagina, cervix, anus, etc.)

TREATMENT: Antibiotics (doxycycline) are used to treat chlamydia.

***Be sure to complete the full course of antibiotics prescribed

***Abstain from sex until 7 days after starting treatment



FREE *Breastfeeding Basics* Introduction Class



Public Health
Prevent. Promote. Protect.
Seneca County, NY

April 8, 2026

2465 Bonadent Drive, Suite 3
Waterloo, NY 13165

5:30pm-7:30pm

Learn how to prepare for breastfeeding and gain the knowledge and confidence you need to successfully breastfeed your baby.

Class designed for pregnant moms in their 2nd and 3rd trimester + 1 support person!

Topics Covered:

- Feeding positions
- Proper latch
- Feeding frequency
- Troubleshooting



Registrants will be eligible for a FREE car seat, diapers, wipes, onesie, and more upon completion of the class!

Registration is Required

(You do not need to reside in Seneca County for this class)

Please call 315-539-1920 or
scan to register →



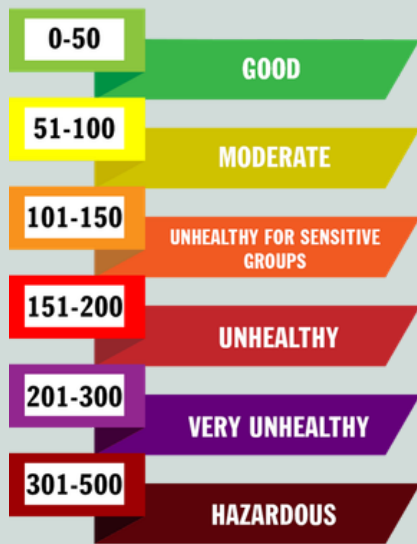
Interview with an Expert

A REVIEW ON AIR QUALITY



Katelynn Jones
Public Health Sanitarian

Typically, air quality in New York State is good. In recent years, we have had unhealthy air quality occasionally as a result of air pollutants, such as smoke from wild fires. Outdoor air pollution is linked to a variety of health problems including heart disease, asthma, and low birth weight. It is especially concerning for sensitive groups including children, teens, the elderly, pregnant people, individuals with lung and/or heart conditions or asthma, individuals who work outside, and members of disadvantaged communities. Check your local Air Quality Index before spending significant amounts of time outdoors and discuss any and all arising health concerns with your primary care physician.



Actions Based on Air Quality

Green— It's a great day to be outside!

Yellow— Only very sensitive individuals may experience health effects. These individuals should consider spending more time inside.

Orange— When outside, sensitive groups should take frequent breaks and watch for coughing and/or shortness of breath.

Red— When outside, everyone should take frequent breaks. Sensitive groups should move activities indoors or reschedule.

Purple— Everyone should avoid spending time outside and follow specific Air Quality Health Advisory guidance.

Maroon— Everyone should remain indoors. Sensitive groups should keep physical activity to a minimum.

Find a Clean Air Center

The following resources are also available for use as Cooling or Warming Centers.

- Seneca Falls Community Center – 35 Water St. Seneca Falls, NY 13148
- Seneca Falls Library – 47 Cayuga St. Seneca Falls, NY 13148
- Ovid VFW – 7068 Rt. 96 Ovid, NY 14521
- Edith B. Ford Memorial Library – 7169 Main St. Ovid, NY 14521
- Waterloo VFW – 29 W Elisha St. Waterloo, NY 13165
- Ovid American Legion – 2083 W Seneca St. Ovid, NY 14521

To check your Air Quality Index
Values today



For suggestions on reducing
air pollution, visit:



WOMEN THROUGHOUT PUBLIC HEALTH HISTORY



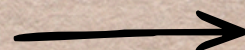
DR. ELIZABTH BLACKWELL WAS THE FIRST U.S WOMAN TO EARN A DEGREE IN MEDICINE. AFTER MUCH DISCOURAGEMENT AND REJECTION, SHE GRADUATED FROM GENEVA MEDICAL COLLEGE IN 1849. IN THE EARLY 1850S, SHE HELPED ESTABLISH THE NEW YORK INFIRMARY FOR INDIGENT WOMEN AND CHILDREN.

DR. MARY EDWARDS WALKER EARNED HER DEGREE FROM SYRACUSE MEDICAL COLLEGE IN 1855. DURING THE CIVIL WAR, SHE ATTEMPTED TO JOIN THE UNION AS A MEDICAL OFFICER, BUT WAS DENIED. AS A RESULT SHE VOLUNTEERED AS A FIELD SURGEON OFTEN CROSSING LINES TO TREAT CIVILIANS. SHE IS THE ONLY WOMAN TO RECEIVE THE MEDAL OF HONOR.



DR. HELEN RODRIGUEZ TRIAS' CAREER STARTED OUT IN PUERTO RICO AND NEW YORK CITY, FOCUSING ON THE IMPACT POVERTY, INEQUALITY, AND RACISM HAS ON HEALTH. DURING THE HIV AND AIDS EPIDEMIC, SHE LEAD THE NEW YORK CITY DEPARTMENT OF PUBLIC HEALTH. SHE THEN WENT ON TO BECOME THE FIRST LATINA PRESIDENT OF THE AMERICAN PUBLIC HEALTH ASSOCIATION IN 1993.

FOR MORE INFORMATION ON THESE WOMEN, PLEASE VISIT



FREE



Seneca County
Health Department



2026 WALK-THRU RABIES CLINICS

- **FREE!**
- PRE-REGISTRATION
REQUIRED
- REGISTER ONLINE OR BY
PHONE



TUESDAY MARCH 31ST

Time: 6:00 PM

Location: Waterloo Fire Department
39 East Water Street, Waterloo, NY 13165



THURSDAY MAY 21ST

Time: 5:00 PM

Location: Ovid Fire Department
2136 Brown Street, Ovid, NY 14521



TUESDAY AUGUST 25TH

Time: 6:00 PM

Location: Waterloo Fire Department
39 East Water Street, Waterloo, NY 13165



WEDNESDAY OCTOBER 21ST

Time: 5:00 PM

Location: Seneca County Highway
Department
2017 County Road 135-A, Romulus, NY 14541

SCAN ME



REGISTER BY PHONE

 315-539-1671

QUESTIONS?



Rabies@co.seneca.ny.us

March 15-21 is National Poison Prevention Week



#NPPW26

Did you know that unintentional poisoning is the leading cause of injury-related death in the United States?

The Upstate New York Poison Center is a free helpline for poison emergencies and questions. From exposure to medications, household products, personal care items, plants, and more – our toxicology experts are here for people of all ages, 24/7. Our team of nurses, physicians, and pharmacists provide fast, free, and confidential advice that can help keep people safe, avoid unnecessary visits to the emergency room, and reduce healthcare costs.

To help prevent poisonings, be sure to:

- Store medicine and products up, away, out of sight and reach of children
- Keep all medicine and products in their original, labeled containers
- Read the label and follow directions on all products
- Dispose of expired or unused medicine safely.

For more information, visit our website

www.upstate.edu/poison and follow us on social media @UpstatePoison.

Save our number (1-800-222-1222) by scanning the QR Code below.

UPSTATE NEW YORK
POISON CENTER

FAST • FREE • CONFIDENTIAL • OPEN 24/7
1.800.222.1222



Vaping MYTHS

Nicotine can change the way the heart develops in teens.

BRAIN!

Vapes are filled with chemicals like hydrogen and oxygen.

FORMALDEHYDE, LEAD, CHROMIUM

"DITCH WHAT IS HOLDING YOU BACK"

Teens brains develop until the age of 13.

25!

Vape flavors like cotton candy are geared towards adults.

TEENS!



KIDZ KORNER

Welcome to the Kidz Korner! Checkout these fun crafts and activities that you can do with friends and family!

PAPER BOWL JELLYFISH

Materials Needed:

- Paper bowl
- Tissue paper
- Poster paint or tempera paint
- Paint brush
- Scissors
- White glue
- Pencil
- String
- Paper clip or button
- Wiggle eyes (optional)



1

PUNCH A HOLE IN THE BOWL

Punch a small hole at the center of a paper bowl using the point of a pencil.

2

PAINT THE PAPER BOWL

Paint the outside of the paper bowl with tempera or poster paint. Jellyfishes come in many colors, choose your favorite!

3

PAINT SOME DETAILS

Details like dots are easy and fun to make. You can use a paint brush, your fingers, or a cotton swab to paint them on your paper bowl.

4

PREPARE THE STRING

Cut string to a length of about 10 inches. Tie one end of the string to a paper clip or button.

5

ATTACH THE STRING

Insert the free end of the string from inside the paper bowl, through the center hole. Pull all the way through—the paper clip or button serves as a stopper.

6

CREATE THE TENTACLES & ATTACH

Cut eight or more long strips out of tissue paper.

Glue the tentacles one at a time at the center of your paper bowl.

KIDZ KORNER

SEED MOSAIC

Materials Needed:

- Seeds and grains (e.g. beans, rice, corn, sunflower seeds)
- Nut shells (optional)
- White glue or clear liquid glue
- Poster board
- Small spoon



1

PREPARE VARIOUS SEEDS

Collect seeds of all sorts of shapes, sizes and color. Rice, beans, bird seed, corn kernels, and sunflower seeds are examples of seeds that you can use.

2

CUT POSTER BOARD

Cut poster board into the desired size for your mosaic.

3

SKETCH A PICTURE

Think about a design for your mosaic picture and make a light sketch on the poster board.

4

PUT SOME GLUE

Work on your mosaic a section at a time. Start with one shape or section in your picture. Squeeze some glue inside the shape. Spread the glue with your finger or a paint brush.

5

PUT SEEDS ON THE GLUE

Fill the shape with seeds.

6

FILL THE PICTURE WITH SEEDS

Continue gluing seeds a section at a time. Use different seeds for each section. You can use a small spoon to put the smaller seeds over the glue. Do not worry about putting seeds over the outlines of the shapes. Once the glue dries, you can slide the excess seeds off the paper.



Spring 2026 Word Search



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

Find the following words in the puzzle.

Words are hidden ↑, ↓, →, ←, and ↘.

APRIL
AZALEA
BASEBALL
BIRDS
BLOOM
BREEZE
BUD
BUNNY

BUTTERFLY
CHIRPING
DAFFODIL
EASTER
EGGS
FLOWERS
GARDEN
GRASS

GREEN
HATCH
LADYBUG
LILACS
MARCH
MAY
MEADOW
MONARCH

MOTHER
PICNIC
PINK
PUDDLE
RAINBOW
RAINCOAT
ROBIN
SPRING BREAK

SPROUT
SUNSHINE
THAW
TULIP
UMBRELLA
WIND
WORM
YELLOW





Public Health
Prevent. Promote. Protect.

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What are antigens?

An antigen is anything that causes your immune system to react. They can be bacteria, viruses, or even pollen.¹

When an antigen causes your immune system to react from nature or a vaccine, it responds to help protect your body from reacting in the future.

Multiple vaccines at the same time are safe.

Every day your child will encounter as many as 6,000 antigens just by being a kid.²



And that's okay because their immune system is designed to handle it. That's why receiving multiple vaccines at one time is safe.

Even if your child got 4 vaccines at once, it would be at most 276 antigens.³

Much less than what they encounter every day.

276
antigens



¹ <https://medlineplus.gov/ency/article/002224.htm>

² <https://healthychildren.org/English/safety-prevention/immunizations/Pages/Child-Immunization-Schedule-Why-is-it-Like-That.aspx>

³ cdc.gov/vaccine-safety/about/antigens.html