

Seneca County Health News

Summer 2026



Seneca County
Health Department



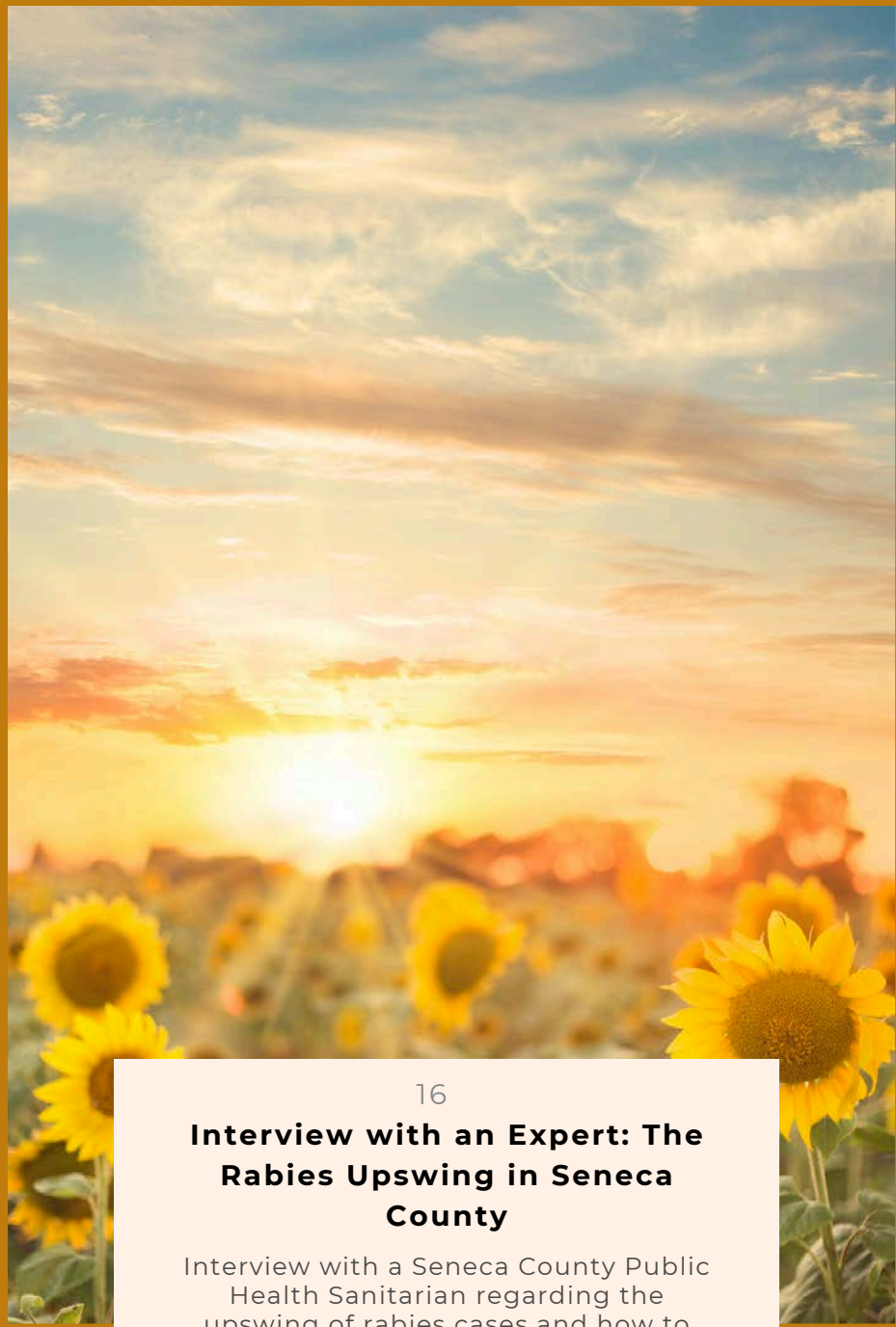
Check out our website!
SenecaCountyHealthNY.gov

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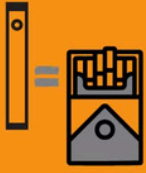
23
Free PPD Tests



**E-CIGARETTES ARE NOT GOOD FOR YOUR HEALTH.
SAY NO TO VAPING AND NO TO ITS HEALTH RISKS.**



Health
Central Coast
Local Health District



A single e-cigarette can contain the **SAME AMOUNT OF NICOTINE** – or even more – as an entire pack of cigarettes, making them **HIGHLY ADDICTIVE**.



They contain **HARMFUL CHEMICALS** that can cause serious **LUNG DAMAGE AND CANCER**.

#SayNoToVaping

Research shows kids who vape are much **MORE LIKELY TO START SMOKING CIGARETTES**.



Nicotine found in e-cigarettes can **AFFECT BRAIN DEVELOPMENT** in teens, impacting their learning, concentration and mood, causing **ANXIETY AND DEPRESSION**.



Companies are **TARGETING YOUNG PEOPLE** to get them hooked – **DON'T BE A PUPPET!**

I: HP IHD CJ 382A

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



TICK PREVENTION

AJ VANCUREN

SUMMER | 2026

BUILD A BARRIER

As shown in the diagram, one of the most effective deterrents is a 3-foot wide barrier of wood chips, mulch, or gravel. Place this between your lawn and any wooded areas or tall grass. Ticks don't like crossing these dry, hot surfaces, which helps restrict their migration into your yard.



LANDSCAPE

Ticks thrive in humid, shady spots. Deprive them of their favorite hiding places:

- Mow Frequently: Keep your grass short to reduce humidity at the soil level.
- Clear the Edges: Remove leaf litter, tall grasses, and brush around the house and at the edge of the lawn.
- Declutter: Remove old furniture, mattresses, or trash that can provide cool, damp shelters for ticks.

TICK ZONE

Keep recreational areas away from the "Tick Zone":

- Playgrounds & Decks: Position swing sets, patios, and decks in sunny areas, well away from yard edges and trees.
- Wood Piles: Stack firewood neatly in a dry, sunny location. This discourages rodents, like mice, which are primary carriers of young ticks.

CREATE A TICK-SAFE ZONE IN YOUR YARD

Whether you're exploring New York's hiking trails or relaxing in your own backyard, ticks are a common threat. Carrying serious illnesses like Lyme Disease and Rocky Mountain Fever, these pests pose risks to you and your pets. By following a few proactive prevention strategies and establishing a dedicated "tick-safe zone" in your yard, you can significantly reduce your risk and enjoy the outdoors with peace of mind.

How to
Remove a
Tick



PRO TIP: Check yourself, your children, and your pets for ticks every time you come inside from a "Tick Zone" or wooded area!



Your Health Department in Action!



STI Fact Sheet: **Gonorrhea**

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

In 2024 there were over 500,000 cases of gonorrhea in the United States

Gonorrhea often has no symptoms, but it can cause serious health problems, even without symptoms. Symptoms can include:

SYMPTOMS:

Women

burning sensation when peeing
increased vaginal discharge
vaginal bleeding between periods

Men

burning sensation when peeing
white, yellow or green penile discharge
pain/swelling in testicles

TESTING:

- Gonorrhea 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: An injection of antibiotics is used to treat gonorrhea.

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



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

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 & Zivoiu

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

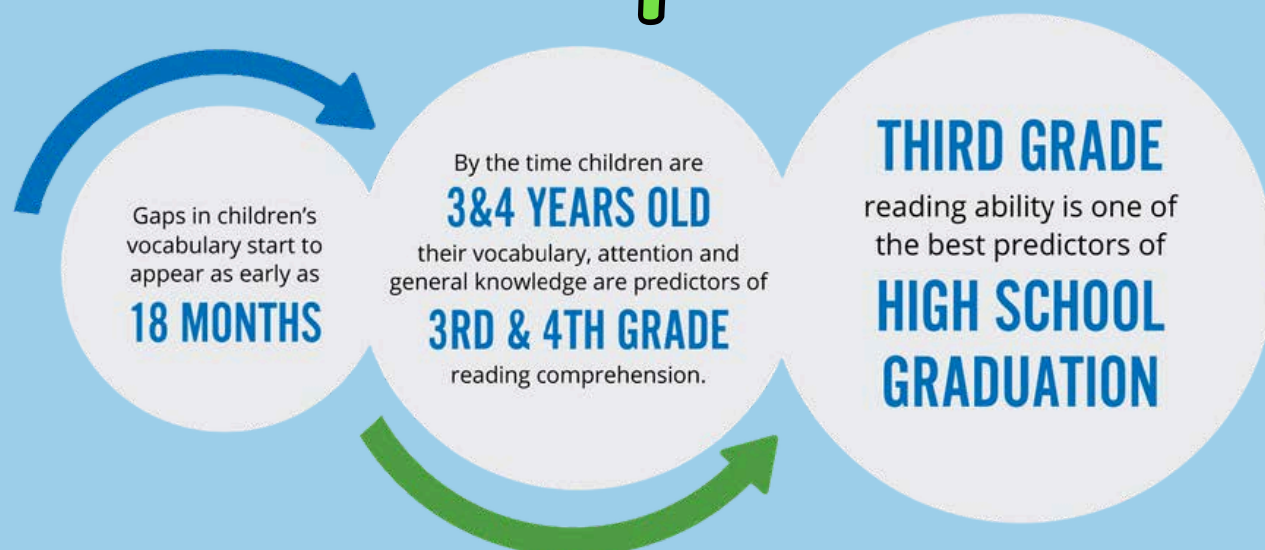
Talking to Your Toddler: 75 Fun Activities and Interactive Games that Teach Your Child to Talk
-Teresa Laikko, Laura Laikko

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**



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CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS (CYSHCN) PROGRAM

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

ADD or
ADHD

Allergies

Anxiety

Arthritis/
Joint
Problem



Asthma

Autism
or ASD

Behavioral
/Conduct
Problem

Blood
Disorder

Cerebral
Palsy

Cystic
Fibrosis

Depression

Develop-
mental
Delay

Diabetes

Down
Syndrome

Epilepsy
/Seizure
Disorder

Genetic
or
Inherited
Condition

Head
Injury

Hearing
Problem

Heart
Problem

Intellec-
tual
Disabili-
ty

Learning
Difficulty

Migraines

Other
mental
health
condition

Speech or
Language
Disorder



Substance
Use
Disorder

Tourette
Syndrome

Vision
Problems



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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



Seneca County Health Department would like to remind residents

SUMMER IS HERE!

But it's not too soon to prepare to send your children back to school. Schedule an appointment for back to school immunizations now.

Immunizations available:

- DTaP
- Polio
- Hep B
- MMR
- Chicken Pox
- Meningitis
- Tdap
- HPV
- Hep A
- Pneumococcal
- Hib
- COVID-19

Immunization Clinics

**2nd & 4th
Tuesdays**

Appointment
required
315-539-1920

We provide low or no cost vaccinations for children who are uninsured, underinsured, Native American, and Medicaid/Child Health Plus eligible



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Serving the *community*

	Projects	Details	<u>Outcome</u>
32	Community Grants	Local governments and food pantries across 9 eligible municipalities	Work sites to facilitate implementation of Complete Streets and Safe Routes to School, and improve Food Service Guidelines
12	Local Schools	All 4 Seneca County school districts and Finger Lakes Christian School	Develop Wellness Committees, improve District Wellness Policies, create opportunities for physical activity, improve nutrition environments
16	Early Care & Education	All 4 CSD UPK programs, Creative Choices, Healthy Kids, and 11 in-home daycare providers	Staff training in nutrition and activity best practices, provided supplies and equipment to enhance environments
Funding summary	\$150,000 Community Grants	\$400,000 Local Schools	\$110,000 Early Care & Education

*Acknowledgements →

This program is funded by the New York State Department of Health (NYSDOH) to implement multi-component evidence-based policies, place-based strategies, and promising practices to increase demand for and access to healthy, affordable foods and opportunities for daily physical activity for all New Yorkers.



Project *highlights*

Local municipalities, through the support of the CHSC grant, were able to enhance community safety and the walkability of neighborhoods through policy development of Comprehensive Plans, Safe Routes to School, Multimodal Master Plans, and Complete Streets policies. These plans and policies identified areas of improvement and paved the way for projects that included the utilization of radar trailers to reduce speeds and improve safety; infrastructure to promote active transportation in downtowns and near recreational facilities; refreshing roadway markings and signage near schools and revitalization of trails and walkways. Our youngest residents also participated in pop-up bike rodeos where they learned how to properly fit safety equipment and follow rules of the road.



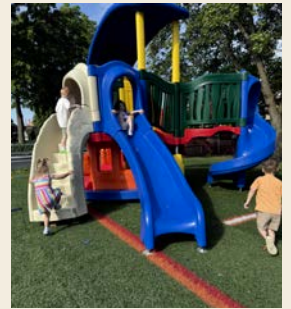
Seneca County Food Providers Network is a collaborative effort by representatives from the county's food pantries to help fight the battle of food security for our residents. CHSC funding played an integral role in the pantries abilities to grow and expand their capacity to offer clients fresh produce, dairy, and meat products. Grant dollars were used to install new industrial refrigeration and freezer units, easier accessible shelving, and provide training and education to pantry staff and volunteers. The CHSC team also worked with Finger Lakes Meat Processing to register them as the first processor in Seneca County under the Venison Donation Coalition. The coalition's mission is to transform a renewable natural resource (deer/venison) into nutritious food for those less fortunate. In the inaugural 2023-2024 hunting season 328 pounds of venison were donated and distributed to county residents through the collaboration with the coalition, Finger Lakes Meat Processing, and our community food pantries.





Project *highlights continued...*

State approved Early Care and Education (ECE) facilities included 19 registered home day cares, all 4 central school district's Universal Pre-Kindergarten (UPK) programs, and Creative Choices Child Care Center. Staff at ECE programs participated in the Nourishing Healthy Eaters (NHE) and Physical Activity Learning Sessions (PALS) training programs to improve physical activity and nutrition best practices within their facilities. Facilities also updated their policies to support healthy changes and CHSC funding was used to purchase new supplies and materials to support the changes. Many facilities received play items like portable basketball hoops, climbing structures, swing sets, sports equipment, yard games, raised garden beds and gardening supplies, play kitchens and accessories, and much more! Some of the biggest projects were overhauling outdoor play areas with safe and durable rubber mulch. Programs also received technical assistance to create breast feeding friendly spaces at their facilities, received NYS Breast-Feeding Friendly (BFF) designations, and funding to create updated spaces for infants and mothers.



Throughout the 5-year period, all 4 local school districts (Romulus, Seneca Falls, South Seneca, and Waterloo) were partners with Seneca County and the CHSC grant. From 2022-2026 the Finger Lakes Christian School was also included in the efforts to improve and promote physical activity and nutrition of our county's youth. All 4 Seneca County public school districts developed Wellness Committees, improved District Wellness Policies, created opportunities for new physical activity, improved nutrition environments, addressed Smart Snacks in Schools Standards and the Comprehensive School Physical Activity Programs. Highlights included upgrades to playgrounds and fitness centers, creation of outdoor classrooms, garden beds and grow towers, active sidewalks, painting of outdoor basketball and pickleball courts, equipment for PE and recess, disc golf courses, StoryWalk®, and winter activities equipment (snow shoes, sleds, etc).



RENOVATE LEAD-SAFE

Protect yourself and your family from lead exposure by being aware of potential hazards during home renovation projects.



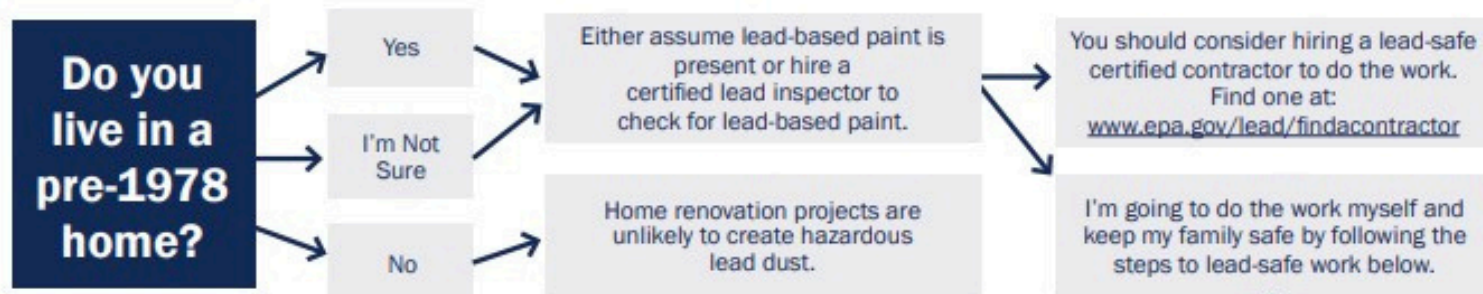
If your home was built before 1978, a home renovation project can easily create dangerous lead dust. This is one of the most common ways children are exposed to lead. Even low levels of lead in children's blood have been shown to affect a child's intellect, concentration, and academic achievement.

EPA encourages anyone pursuing renovations in a pre-1978 home to use a lead-safe certified contractor. However, if you plan to do-it-yourself (DIY), there are simple, important steps you should take to keep yourself and others safe during and after the renovation.

*U.S. Department of Housing and Urban Development, Office of Lead Hazard Control and Healthy Homes. (2021, October). American Healthy Homes Survey II Lead Findings.

Considering a home renovation project?

This chart can help you stay lead-safe while you renovate:



Steps to Lead-Safe Work



This document presents an overview of lead-safe work practices. For detailed information about lead-safe work practices, please visit [epa.gov/lead/rrp-diylers](https://www.epa.gov/lead/rrp-diylers).

Interview with an Expert

Kevin Serrett
Public Health
Sanitarian

THE RABIES UPSWING IN SENECA COUNTY

We sat down with Kevin Serrett, Seneca County Environmental Health Sanitarian, to discuss the recent rise in local rabies cases and what residents need to know to stay safe this summer.

—AJ VanCuren, Sr. Public Health Educator—



Q: We've heard reports of an "uptick" in rabies lately. What does the data show?

A: It's been busy the last couple of seasons. In late 2024 and through 2025, we saw a significant surge. Specifically, we had three confirmed cases involving three raccoons, two foxes, two cats and a skunk that resulted in 15 residents requiring post-exposure treatment. This highlights that rabies isn't just "out in the woods," it's in our backyards.

Q: Which animals should Seneca County residents be most concerned about?

A: While raccoons, skunks, and foxes are the primary terrestrial carriers, bats are a major concern, especially in the summer. Interestingly, among domestic animals, cats are the most frequently diagnosed in New York State because they often roam outdoors and have lower vaccination rates than dogs.



MYTH VS. FACT

MYTH: I can tell if an animal is rabid by looking at it.

FACT: You cannot. While "foaming at the mouth" is a classic sign, rabid animals often appear unusually tame, friendly, or "drunk" and staggering.

MYTH: I don't need to worry about rabies because it's rare in the U.S.

FACT: While human cases are rare, the virus is endemic in local wildlife. Roughly 55,000 Americans require post-exposure treatment each year. (CDC)

MYTH: My indoor cat doesn't need a rabies shot.

FACT: New York State Law requires all cats, dogs, and ferrets to be vaccinated by four months of age. Indoor pets are still at risk if a bat enters the home or if they escape outside. (NYSDOH)

Sign up for a **FREE** rabies vaccination clinic: See page 18

Report all animal bites or suspicious wildlife immediately.

- Seneca County Health Dept: Monday–Friday, 8:30am to 5:00pm at (315) 539–1945
- After Hours/Weekends: Dial 911



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IMMUNIZATION AWARENESS MONTH

August is National Immunization Awareness Month (NIAM). NIAM raises the awareness about why vaccines are important for people of all ages and how they can help prevent serious, sometimes deadly, diseases and illnesses.

Check with your primary care to see if you are up-to-date with all recommended vaccines!

Adults should get additional doses of certain vaccines (boosters) to make sure they maintain protection from diseases like tetanus.

Preteens and teens need vaccines too! HPV, Tdap, and Meningitis are some of the ones recommended for this age group.

Children 4-6 will be finishing out their routine vaccinations with final doses of Polio, DTaP, MMR, and chickenpox!

Infants and toddlers need immunizations to protect them from 14 serious diseases, like measles and whooping cough, before they are 2 years old.

For those 50 years old and older, certain vaccines like shingles and pneumococcal are recommended.



FREE



Seneca County
Health Department



2026 WALK-THRU RABIES CLINICS

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



TUESDAY MARCH 31ST
99 Total Animals Vaccinated:
Dogs: 66
Cats: 33



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

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QUESTIONS?



Rabies@co.seneca.ny.us

Keep Your Family Safe Around Flocks

Backyard poultry can carry germs that can make you and your children sick, even if the birds appear healthy. Below are some steps to help you stay safe.



Wash your hands

- Wash your hands and your kids' hands with soap and water immediately after touching backyard poultry, their eggs, or anything in the area where they live and roam.
- Use hand sanitizer if soap and water are not readily available.



Be safe around backyard flocks

- Don't kiss or snuggle backyard poultry, and don't eat or drink around them. This can spread *Salmonella* germs to your mouth and make you and your kids sick.
- Keep your backyard flock and the supplies you use to care for them outside of the house. Also clean the supplies outside the house.
- Children under 5, adults over 65, and people with weakened immune systems should not handle or touch chicks, ducklings, or other backyard poultry.



Handle eggs safely

- Collect eggs often. Eggs that sit in the nest can become dirty or break.
- Rub off dirt on eggs with fine sandpaper, a brush, or a cloth. Don't wash eggs because colder water can pull germs into the egg.
- Refrigerate eggs to keep them fresh and slow the growth of germs.
- Cook eggs until both the yolk and white are firm. Cook egg dishes to an internal temperature of 160°F to kill all germs.

Supervise kids around flocks

- Always supervise children around backyard poultry and make sure they wash their hands afterward.



HEALTHY PETS,
HEALTHY PEOPLE
•
SCAN THE QR CODE
TO LEARN MORE



Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



Clean

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



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).



www.cdc.gov/foodsafety



KIDZ KORNER

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

CRAFT STICK FLOWER POTS

Materials Needed:

- **Tin Cans:** Empty, clean, and dry aluminum cans (like from coffee, soup or vegetables). Make sure there are no sharp edges.
- **Wood Craft Sticks:** Enough to wrap around the entire circumference of your can.
- **Color:** Marker or paints in various bright colors.
- **Adhesive:** A hot glue gun or a strong liquid craft glue.
- **Ribbon:** Colorful patterns or solid colors to tie around the middle.
- **Plants:** Small potable flowers.
- **Potting Soil:** Any potting soil mix (such as Miracle Gro)

1

COLOR THE WOODEN STICKS

Using markers or paint, color the wooden sticks. It's much easier to color the sticks and let them dry before gluing them to the can.

2

PUNCH A HOLE IN THE CAN

Before planting directly into the can, remember to carefully poke a few drainage holes in the bottom.

3

GLUE THE WOODEN STICKS

Using a hot glue gun or liquid glue, attach them upright and tightly pressed together to your aluminum can so the can doesn't peek through.

4

ADD THE RIBBON

Cut ribbon or string to length. Attach around the center to secure your flower pot and tie into a bow.

5

PLANT

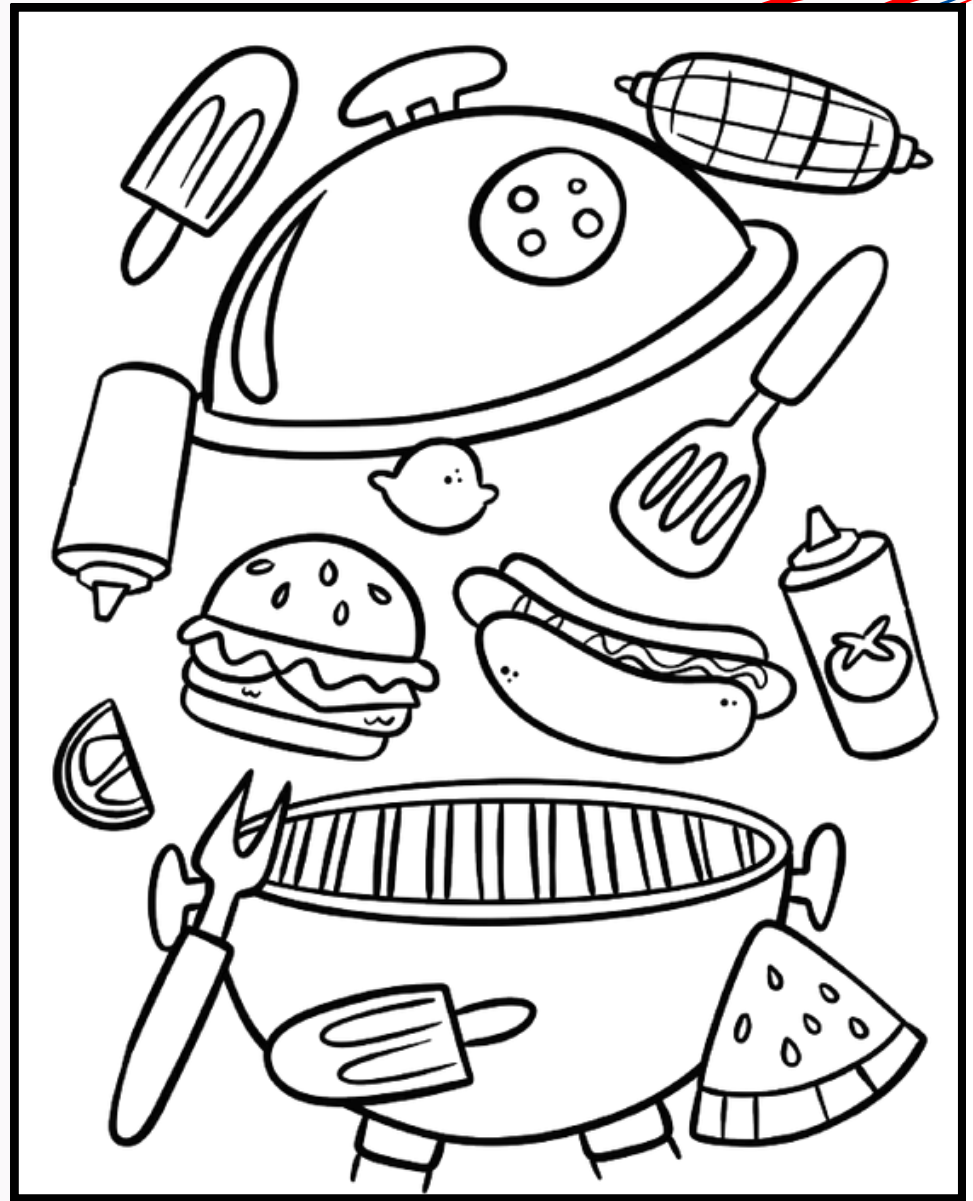
Insert potting soil and plant the flower(s).



4TH OF JULY SCAVENGER HUNT

DIRECTIONS: CHECK ITEMS OFF AS YOU SEE DIFFERENT
THINGS ON THE 4TH OF JULY!

- ☐ fireworks
- ☐ hot dog
- ☐ American flag
- ☐ watermelon
- ☐ picnic blanket
- ☐ camping chair
- ☐ cookies
- ☐ ice pop
- ☐ something red
- ☐ something white
- ☐ something blue
- ☐ hamburger
- ☐ cooler



- ☐ salad
- ☐ sunglasses
- ☐ camera
- ☐ stars
- ☐ stripes

- ☐ yard game
- ☐ football
- ☐ sparklers
- ☐ stroller
- ☐ stickers

DID YOU KNOW...

*The Seneca County Health Department
offers FREE*

Tuberculosis skin tests (PPD)?

Call today to schedule an appointment!

315-539-1920

Available to all regardless of residency





Public Health
Prevent. Promote. Protect.

Seneca County, NY

2465 Bonadent Drive
Suite 3
Waterloo, NY 13165

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

Phone: (315)-539-1920

Toll Free: 800-688-7188 x1920

Fax: (315)-539-9493



**COMING
SOON**

AUGUST, 2026

SCHD PREPAREDNESS DRILL

- **FREE TICK KITS**
- **FREE OUTDOOR
ESSENTIALS KITS**