



Public Health
Prevent. Promote. Protect.

Tioga County

Tioga County Public Health Department

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

INTERNAL MEMO

TO: **William H. Standinger, III; Chair, HHS Committee**
FROM: Lisa C. McCafferty, R.S., MPH; Public Health Director
CC: Marte Sauerbrey; Chair, Tioga County Legislature
DATE: March 8, 2022
RE: **Health & Human Services Meeting 3/8/2022**

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

- Agenda (pg. 1)
- Financials (pgs. 2-3)
- Tioga Public Health Communication Strategies (pgs. 4-14)
- Agency Monthly Report (pgs. 15-37)
- Resolution: Appoint Member to the Tioga Board of Health/Resume (pgs. 38-39)
- Resolution: Auth. Execution of Cooperative Agreement between the Law Dept., ITCS, Sheriff, Public Health, DSS, & Mental Hygiene (pgs. 40-41)
- Proclamation: National Nutrition Month (pg. 42)
- Proclamation: Public Health Week (pgs. 43-44).



Tioga County Public Health Department

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



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HEALTH & HUMAN SERVICES COMMITTEE – PUBLIC HEALTH

TUESDAY, MARCH 8, 2022

8:30 A.M.

FINANCIAL:

- Agency Financials December 2021 & February 2022

OLD BUSINESS:

- None

NEW BUSINESS:

- Tioga Public Health Social Media
- Agency Report February 2022

PERSONNEL:

- Angelica Conklin, Public Health Educator, effective February 14, 2022

RESOLUTIONS:

- Appoint Member To The Tioga County Board of Health (Simmons)
- Authorize Execution of Cooperative Agreements Between the Law Department, ITCS, Sheriff, Public Health, DSS, and Mental Hygiene

PROCLAMATIONS:

- National Nutrition Month (Repeat)
- Public Health Week (Repeat)

ADJOURNMENT:

SUMMARY SHEET OF MUNIS REPORT
PUBLIC HEALTH DEPARTMENT
YTD 2021 THRU DECEMBER
Report Run date: 3.2.2022

Fund	ACCOUNT DESCRIPTION	ORIGINAL APPROP	TRANFRS/ ADJSMTS	REVISED BUDGET	YTD ACTUAL	ENCUMBRANCE/ REQ	AVAILABLE BUDGET	% USED
A	Total A2960 Handicapped Education	1,337,530	27,989	1,365,519	673,328.40	0.00	692,191	49.30
A	Total A4011 Public Health Administr	1,932,274	-65,201	1,867,073	1,682,764.82	0.00	184,308	90.10
A	Total A4044 Early Intervention	58,496	0	58,496	51,977.24	0.00	6,519	88.90
A	Total A4053 Preventive And Primary	-126,125	0	-126,125	-210,678.25	0.00	84,553	167.00
A	Total A4064 Managed Care - Dental S	-115,800	0	-115,800	-64,590.43	0.00	-51,210	55.80
A	Total A4090 Environmental Health	-165,913	20,873	-145,040	-285,412.95	0.00	140,373	196.80
A	Total A6610 Sealer Of Weights And M	8,451	-62	8,389	11,889.80	0.00	-3,501	141.70
A	Total A General Fund	2,928,913	-16,401	2,912,512	1,859,278.63	0.00	1,053,233	63.80
H	Total H Capital Fund	14,240	18,001	32,241	11,520.39	0.00	20,720	35.70
	Revenue Total	-3,254,899	-2,616,838	-5,871,737	-3,030,276.35	0.00	-2,841,460	51.60
	Expense Total	6,198,052	2,618,437	8,816,489	4,901,075.37	0.00	3,915,414	55.60
	Grand Total	2,943,153	1,599	2,944,753	1,870,799.02	0.00	1,073,954	63.50

Comments:

- This report does NOT represent the final figures for YTD through December 2021. It represents what was in MUNIS at the time of this report (3.2.2022)

SUMMARY SHEET OF MUNIS REPORT
PUBLIC HEALTH DEPARTMENT
YTD 2022 THRU FEBRUARY
Report Run date: 3.2.2022

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	100,391.21	671,579.75	339,654	69.40
A	Total A4011 Public Health Administr	2,114,136	0	2,114,136	322,512.78	5,861.92	1,785,761	15.50
A	Total A4044 Early Intervention	34,543	0	34,543	26,191.13	1,350.00	7,002	79.70
A	Total A4053 Preventive And Primary	-150,000	0	-150,000	7,000.33	1,071.86	-158,072	-5.40
A	Total A4064 Managed Care - Dental S	-99,196	0	-99,196	-7,519.50	395.00	-92,072	7.20
A	Total A4090 Environmental Health	-220,030	0	-220,030	-2,166.73	30,636.92	-248,500	-12.90
A	Total A6610 Sealer Of Weights And M	8,403	0	8,403	-34.07	0.00	8,437	-0.40
A	Total A General Fund	2,799,481	0	2,799,481	446,375.15	710,895.45	1,642,211	41.30
H	Total H Capital Fund	30,080	0	30,080	0.00	0.00	30,080	0.00
Revenue Total		-3,789,223	-2,388,899	-6,178,122	-24,738.92	0.00	-6,153,383	0.40
Expense Total		6,618,784	2,388,899	9,007,683	471,114.07	710,895.45	7,825,674	13.10
Grand Total		2,829,561	0	2,829,561	446,375.15	710,895.45	1,672,291	40.90

Comments:

- This report does NOT represent the final figures for YTD through February 2022. It represents what was in MUNIS at the time of this report (3.2.2022)
- Most Revenues received in Jan-Feb are for services/expenses from prior year, & are moved back to 2021. Thus, current year revenues are delayed.



Tioga County Public Health Department

Lisa C. McCafferty, R.S., MPH; Public Health Director
1062 State Route 38, PO Box 120, Owego, NY 13827
607-687-8600



Public Health
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Tioga County

Tioga County Public Health Communication Strategies

The Tioga County Public Health Facebook page has proven to be an important tool to quickly disseminate important information to our community. We do however recognize that Facebook is not the only way to get information out, which is why we utilize many different avenues. Throughout the COVID-19 pandemic, Facebook was (and continues to be) our most reliable source to get information out quickly to our community. We would post daily press releases, vaccination clinic information, and release other time sensitive information here. We would also utilize press releases for this type of information, which many of our media partners would distribute through their social media channels as well. In the past our department has used Twitter however, we have not utilized that platform in several years as it did not prove to be as effective of a platform.

One of the main benefits of having Facebook, particularly throughout the COVID-19 pandemic, was the feedback and concerns we were able to get from our community members, which was crucial to how we handled specific situations throughout the pandemic. We also had the ability to respond to comments on our page providing answers that were posted publicly and were helpful to many community members who had similar questions. Private messages to our page would often get answered faster than if someone were to call our office due to the overwhelming volume of calls we were receiving. The comments and messages to our page are also helpful for other health related questions and concerns, and for questions related to our events like Rabies Vaccination Clinics and Child Passenger Safety Check Events. Having the ability to provide public health information and answers to our community members through our social media platform is essential to the work we do in public health, especially in a rural county where it is more difficult to get information out to our residents.

Main Avenues for Getting Information Distributed:

- Facebook
- Website
- Press Releases: TV, Radio, Newspaper
- Newspaper Ads (Morning Times, PennySaver, & Tioga Courier)
- Billboards
- Monthly Emails to Tioga County Departments & Partner Agencies
- Outreach to Partner Agencies as requested (ex. Candor Food Pantry)

Tioga County Public Health Facebook Page Follows: 5,686

Total Population in Tioga County: 48,455 (2020)

(Almost 12% of our total population follows our Facebook Page!)

Please see how our following compares to other counties in our region and across New York State

- Tompkins County Health Department: 5,681 Followers
- Broome County Health Department: 10,400 Followers
- Chemung County Health Department: 9,038 Followers
- Cortland County Health Department: 5,665 Followers
- Schuyler County Health Department: 3,571 Followers
- Yates County Health Department: 3,756 Followers
- Saratoga County Health Department: 8,154 Followers
- Erie County Health Department: 24,242 Followers

Important Information Distributed Through Our Facebook Page:

- COVID-19 Updates, Vaccination Information, Education, and Other Information
- Press Releases
- Rabies Vaccination Clinics
- Child Passenger Safety Events
- Health Outreach Events
- Health Awareness Month Education
- Foodborne Illness Information
- Public Health Preparedness
- Outreach for various grants ***as required by work plans***
 - Immunization Action Plan Grant
 - Lead Poisoning Prevention Program Grant
 - Cancer Prevention in Action Grant
 - Rabies Prevention Grant
 - Drinking Water Enhancement Grant
- Surveys
- Other Community Events
- Employee Recognition
- Promotion of Services and Events through other Tioga County Departments
- Department Job Postings
- And more!!!

Examples of How Many People Were Reached Through Our Social Media Page Throughout COVID-19

(Please note the number of people we reached through specific postings)

Tioga County Public Health is sharing a COVID-19 Update.
Published by Kylie Gates · January 16 ·

*UPDATE - PLEASE SHARE: Appointments are available at the vaccination site in Johnson City for those who are currently in one of the eligible groups. The website seems to be working today. You MUST go to <https://am-i-eligible.covid19vaccine.health.ny.gov/> and resubmit the form to gain access to the registration link. You may also call 1-833-697-4829 for assistance.

Appointments will fill quickly so please share this post!
We advise those who have family members who may not... See More

COVID-19 VACCINE APPOINTMENTS OPEN IN JOHNSON CITY, NY

17,774 People Reached 2,920 Engagements [Boost Post](#)

29 72 Comments 187 Shares



Tioga County Public Health is sharing a COVID-19 Update.

...

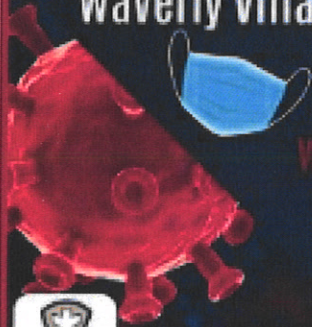
Published by Kylie Gates · November 25, 2020 ·

COVID-19 Rapid Testing Site in Waverly NY

The New York State Department of Health, Tioga County Public Health Department, Guthrie, and The Village of Waverly are responding to an increase in cases in Waverly, New York. As part of our public health outreach, the New York State Department of Health and Tioga County Public Health encourage individuals who have had a recent exposure to someone who has tested positive for COVID-19, who is experiencing symptoms of COVID-19, or who... See More

COVID-19 Rapid Testing in Tioga County NY

Waverly Village Hall - 32 Ithaca St, Waverly NY 14892



Monday, November 30 from 12:00pm - 6:00pm

Tuesday, December 1 from 10:00am - 6:00pm

Wednesday, December 2 from 10:00am - 6:00pm

Thursday, December 3 from 10:00am - 6:00pm

Friday, December 4 from 10:00am - 3:00pm



Pre-Registration is Required!

Register at covid19.tiogacountyny.com OR
Facebook @ Tioga County Public Health

13,316

People Reached

1,563

Engagements

[Boost Post](#)

19

9 Comments 185 Shares



Tioga County COVID-19 Update for February 16, 2021

TIOGA COUNTY, NEW YORK

Office of the Legislative Chair

Ronald E. Southerby County Office Building 54 Main Street Oneonta, NY 13827

Martha Southerby Legislative Chair



PRESS RELEASE

FOR IMMEDIATE RELEASE

February 16, 2021

Contact: Tioga County Legislative Office

TIOGA COUNTY

COVID-19 UPDATE - FEBRUARY 16, 2021

Oneonta, NY – Tioga County Legislative Chairwoman Southerby reported the following Tioga County COVID-19 Statistics:

- 2,745 Confirmed Cases – Total confirmed cases, to date.
- 84 Active Cases
- 89 Deaths

This data is a snapshot of data provided by Tioga County Public Health. Tests are administered via various agencies and as well as processed by many laboratories. Test results are reported upon our receipt.

Tioga County Public Health stated it has come to their attention that due to a reporting error in the number of COVID-19 recoveries in CommCare, New York State's COVID-19 Contact Tracing System, the number of active COVID-19 cases in Tioga County is considerably lower than what has been reported the past few weeks.

As of February 16, Tioga County has 84 active cases. Please note the adjustment to the data in today's report.

For further information, please refer to the following resources:

- County Reporting: <https://covid19.tiogacountyny.com>
- Tioga County Coronavirus Response Hotline – 687-8225
- Facebook: @Tioga County Public Health
- Facebook: @TiogaMH (Tioga County Department of Mental Hygiene)
- Tioga County Public Health Voicemail line – 687-6623
- NYS Coronavirus Hotline: 888-364-3045 (for general questions or information about COVID-19)
- Tioga County Emergency Food Hotline: @607-1-1
- New York State Guidance: <https://www.health.ny.gov>
- COVID-19 Vaccination Facts: https://www.health.ny.gov/factsheets/covid19_vaccination_factsheet.pdf
- COVID-19 Vaccination Eligibility: https://www.health.ny.gov/factsheets/covid19_vaccination_eligibility_factsheet.pdf

2,347
People Reached

820
Engagements

Boost Post

👍 🤔 🍷 20

16 Comments 11 Shares



Tioga County Public Health is sharing a COVID-19 Update.

...

Published by Kylie Gates · January 11 ·

URGENT NOTICE: HIGH CALL VOLUME

Our office is experiencing an extremely high call volume this morning from individuals looking to get their COVID-19 vaccine. At this time we only have one vaccination clinic scheduled, which has already filled up.

We are still waiting for further information on future clinics to be scheduled as well as additional locations in the county that may receive the vaccine (ex. primary care offices). In the meantime we ask that the public refrains ... [See More](#)

We are Experiencing a High Call Volume

Our office is receiving many calls everyday from community members wanting to know when they can get their COVID-19 vaccine. As we get updates from New York State, we will share them to our Facebook page and will send out press releases to our media partners to share what updated information we have. We ask that you limit your calls to our office during this time regarding the COVID-19 vaccine so that we can keep our phone lines open.

Our staff is hard at work during this time tending to individuals who have tested positive for COVID-19, making plans for when the vaccine becomes more widely available, and working on other COVID tasks. We encourage our community to utilize our website and the NYSDOH Website to find answers to most of your COVID related questions!



Thank you for your understanding!
- The Tioga County Public Health Team



10,239
People Reached

1,582
Engagements

[Boost Post](#)

22

12 Comments 52 Shares



Tioga County Public Health

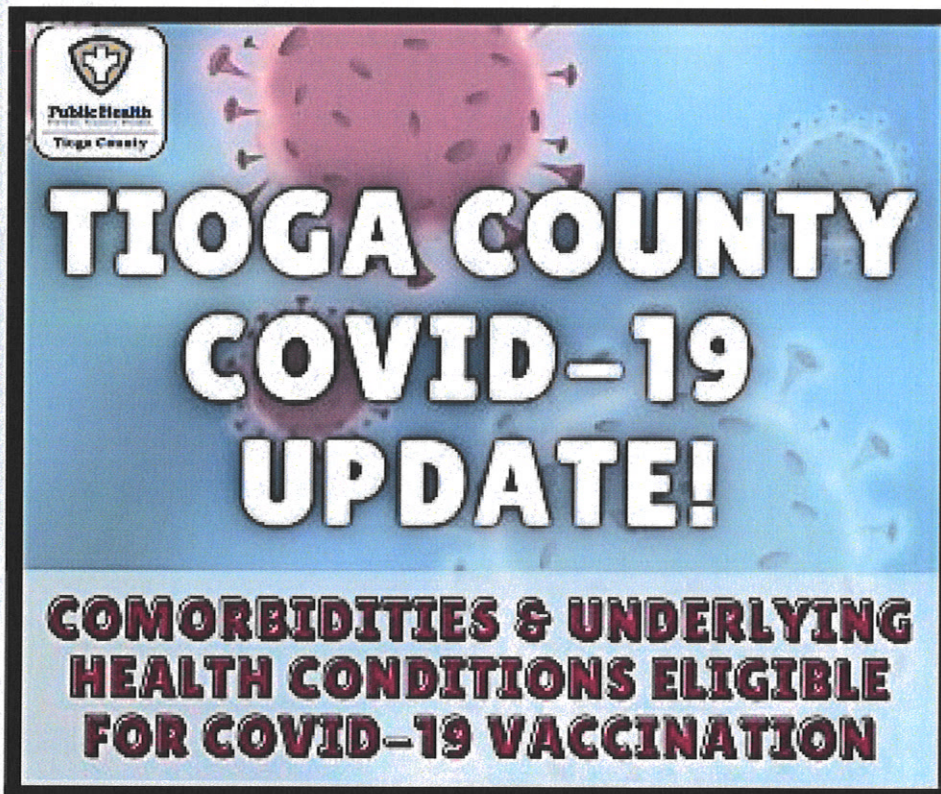
Published by Laura Bennett · February 11 at 3:21 PM ·



Comorbidities & Underlying Health Conditions Eligible for COVID-19 Vaccination

Governor Cuomo recently announced the list of comorbidities and underlying health conditions that determine eligibility for COVID-19 vaccination. Due to the increased risk of moderate or severe illness or death from COVID-19, adults of any age who have one or more of the following comorbidities will be eligible to receive the COVID-19 vaccine beginning February 15, 2021:

- Cancer (current or in r... See More



4,340
People Reached

964
Engagements

[Boost Post](#)

32

10 Comments 28 Shares



Tioga County Public Health is sharing a COVID-19 Update.



Published by Kylie Gates · February 6 at 11:39 AM ·

[United Health Services](#) recently launched a new website to help you find COVID-19 vaccination locations across the Southern Tier. Check it out at <https://www.nyuhs.org/southerntiervax>.

When you are on the website, scroll down to the pictures of the 8 counties in our region, and click on one of the county pictures to see vaccine locations within that county. Listed locations may not have vaccine appointments available at this time but we recommend you check back on their web... See More

SOUTHERN TIER REGIONAL COVID-19 VACCINATION

Broome	Chemung	Chenango	Delaware
Schuyler	Steuben	Tioga	Tompkins

14,115
People Reached








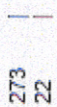







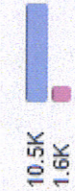



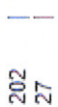



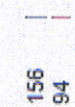















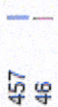







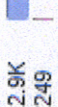
2,979
Engagements

[Boost Post](#)

26

13 Comments 165 Shares

01/22/2021 3:11 PM		Today we held our second COVID-19 Vaccination Clinic where we were			8.2K		1.1K 307	Boost Post
01/21/2021 4:24 PM		Tioga County COVID-19 Update for January 21, 2021			3.4K		150 55	Boost Post
01/21/2021 2:49 PM		Wondering where you can get your COVID-19 vaccine? Please see the			7.6K		489 129	Boost Post
01/21/2021 10:55 AM		UPDATE: This clinic has been filled. Please keep an eye out for future			7.5K		814 157	Boost Post
01/20/2021 6:04 PM		Tioga County COVID-19 Update for January 20, 2021			1.6K		215 11	Boost Post
01/19/2021 6:27 PM		Tioga County COVID-19 Update for January 19, 2021			1.9K		70 17	Boost Post
01/16/2021 5:22 PM		Tioga County COVID-19 Update for January 16, 2021			1.8K		91 20	Boost Post
01/16/2021 9:31 AM		*UPDATE - PLEASE SHARE: Appointments are available at the			17.8K		2.3K 581	Boost Post
01/16/2021 9:01 AM		Here are the updated phases for COVID-19 Vaccination Distribution.			2.6K		233 47	Boost Post
01/15/2021 5:02 PM		Tioga County COVID-19 Update for January 15, 2021			4K		586 93	Boost Post
01/15/2021 2:22 PM		Thank you to everyone that assisted in making our first COVID-19			9.3K		2.3K 388	Boost Post
01/15/2021 9:53 AM		UPDATE: The following message came directly from the registration			2.6K		560 61	Boost Post

07/20/2020 2:17 PM		An Important Announcement from Tioga Opportunities, Inc. regarding			565		Boost Post
07/19/2020 5:22 PM		Tioga County COVID-19 Update for July 19, 2020			1.5K		Boost Post
07/18/2020 5:38 PM		Tioga County COVID-19 Update for July 18, 2020			2.7K		Boost Post
07/18/2020 11:14 AM		PRESS RELEASE: COVID-19 Public Notification: Blue Dolphin			53.9K		Boost Post
07/17/2020 5:42 PM		Tioga County COVID-19 Update for July 17, 2020			2.1K		Boost Post
07/17/2020 1:09 PM		Pre-Registration is closing this Sunday, July 19th for our upcoming			4.7K		Boost Post
07/16/2020 5:22 PM		Tioga County COVID-19 Update for July 16, 2020			1.7K		Boost Post
07/16/2020 3:44 PM		PRESS RELEASE: July 11th Wedding Leads to Several Testing			44.3K		Boost Post
07/15/2020 4:47 PM		Tioga County COVID-19 Update for July 15, 2020			2.5K		Boost Post
07/14/2020 4:51 PM		Tioga County COVID-19 Update for July 14, 2020			2.1K		Boost Post
07/14/2020 3:52 PM		Governor Andrew M. Cuomo today announced that four additional			5.7K		Boost Post
07/13/2020 5:00 PM		Tioga County COVID-19 Update for July 13, 2020			6.5K		Boost Post



Tioga County Public Health

Published by Kyle Gates [?] · March 14, 2020 ·

PRESS RELEASE: Tioga County Declares State of Emergency

Tioga County in conjunction with Tioga County Public Health has declared a State of Emergency, effective March 14, 2020 at 1:00pm. This is in response to the COVID-19 Pandemic as we err with an abundance of caution to keep our residents healthy. Through this State of Emergency, all Tioga County School Districts are closed immediately, including all extracurricular activities, and will remain closed until April 14, 2020.

... See More



Performance for Your Post

12,075 People Reached

380 Reactions, Comments & Shares

83 Like **21** On Post **62** On Shares

4 Love **1** On Post **3** On Shares

1 Haha **0** On Post **1** On Shares

20 Wow **3** On Post **17** On Shares

21 Sad **1** On Post **20** On Shares

92 Comments **30** On Post **62** On Shares

159 Shares **148** On Post **11** On Shares

1,919 Post Clicks

99 Photo Views **0** Link Clicks **1,820** Other Clicks

NEGATIVE FEEDBACK
3 Hide Post **0** Hide All Posts
0 Report as Spam **0** Unlike Page



Tioga County Public Health Department

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



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Tioga County

NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Jason Davis and Nicole Whitmore were nominated for Leadership Tioga, and have been attending monthly sessions.
- Jordan Marsh was nominated to participate in Tioga County's Institute for Advancement.
- We celebrated February as Heart Health Month!
- Collaborated with NYS Troopers to host a child passenger safety check event at Campville Fire Station in Owego. 8 seats were checked. 6 were installed incorrectly and 2 were replaced.
- Kylie Holochak Provided 1-1 car seat training for new employee in Child Protective Services.
- Collaborated with CASA Trinity to assemble the first set of Narcan Overdose Response Boxes in the county. Boxes have been put up at CASA Trinity's Office and at the Catholic Charities Shelter in Apalachin. Additional locations will also be receiving boxes.
- Kylie Holochak presented to the Board of Health on the current status of marijuana legislation and planned campaigns.
- Katie Wait presented at Leadership Tioga on Public Health and all that we do.
- Laura Bennett helped to update our Interpretation Services flyer, which will be posted at all clinic locations/outreach events. (attached)
- There were 23 referrals to the Early Intervention program (EI) this month; twice as many as last month and more than any single month in all of 2021. Provider capacity issues (provider shortages, coverage areas, provider disciplines) are becoming significantly worse month to month across EI and Preschool. While this problem is not specific to Tioga County, we must be concerned as needs are noticeably increasing among our children.
- The Dental Van had its triennial NYS inspection. We are finishing up at Owego Free Academy and preparing to move to Newark Valley School District. We had just moved to Newark Valley in 2020 when Covid shut down the School and the Dental program. We are looking forward to being back and expect to be busy.
- Dan Scherrer and Samantha Black visited establishments in the Village of Spencer to educate the community about free at-home water testing and distributed flyers to explain the program (attached).
- 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.

Continuing with COVID-19

- The New York State mask mandate was lifted, for all but schools, healthcare, and public transportation. Mandate set to be lifted for schools March 9.
- Collaborated with NYSDOH to host Covid vaccine clinic at Tioga Central High School.
- Transitioned to NYSDOH completing all case investigations for Covid positive individuals.
- We are still responsible for: isolation/quarantine of individuals, follow up on NYSDOH cases, responding to inquiries, directing individuals to resources, etc.
- Continued collaboration with schools for mandated weekly testing of unvaccinated teachers/staff, providing masks and other resources as needed.
- Test kits working with Emergency Services et al.
- [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 February 28, 2022; since March 14, 2020 onset:

New York State

Total Known Cases: 5,071,336

Total Known Deaths: 67,795

Total Known Recoveries: 2,850,280

National

Total Known Cases: 80,567,757

Total Known Deaths: 973,119

Total Known Recoveries: 53,192,990

- Current Numbers To Date; since March 14, 2020 onset:
 - **712** Days Since Public Health EOC activated (3/14/2020)
 - **10,590** Confirmed Cases (Data from NYS CommCare system)
 - **20,211** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
 - **4,319** Household Trips/Deliveries
 - **186** Complaints
 - **3,960** Facebook Likes
 - **965** Facebook Posts
 - **48** Media Interviews
 - **105** Press Releases

***Go to New York State Dashboard for current COVID-19 data at:**

<https://coronavirus.health.ny.gov/covid-19-data-new-york>

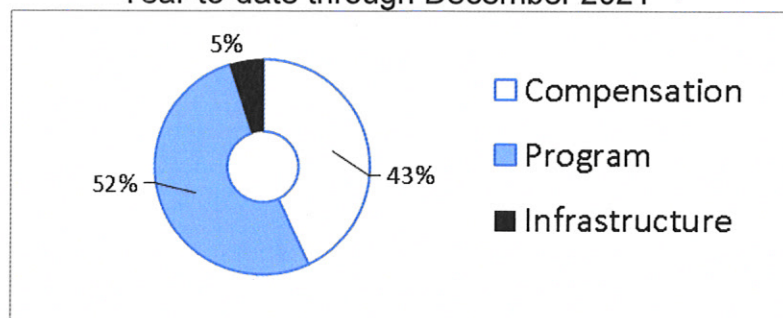
Attachments:

1. Financial Snapshot February 2022.
2. Data Report February 2022.
3. Article: "Tioga County Public Health announces Employee of the Fourth Quarter," Owego Pennysaver, February 16, 2022.
4. Photograph: Public Health Team-February is Heart Health Month, February 9, 2022.
5. Flyer: "Need Language Assistance...," February 2022.
6. Brochure: "Well Water Testing for Village of Spencer," Tioga Public Health, February 2022.
7. Article: "Three Running unopposed for village seats," Morning Times, February 25, 2022.
8. Article: "Number of New COVID-19 Cases Declining," Candor Chronicle, February 9, 2022.
9. Article: "Tioga County COVID_19 Update for January 12, 2022-January 18, 2022," Owego Pennysaver, January 23, 2022.
10. Article: "Tioga County COVID-19 Update for February 2-February 8, 2022," Owego Pennysaver, February 13, 2022.
11. Article: "Tioga County COVID-19 Update for January 26, 2022-February 1, 2022," Owego Pennysaver, February 6, 2022.
12. Article: "Tioga County Update for February 16-February 22, 2022," Owego Pennysaver, February 27, 2022.
13. Advertisement: "COVID-19 Vaccine Clinic Saturday, February 5," Morning Times, January 21, 2022.
14. Advertisement: "I'm COVID Positive, What Do I Do?," Owego Pennysaver, January 23, 2022.
15. Advertisement: "Pneumococcal Vaccine Not," Morning Times, February 26, 2022.
16. Advertisement: "Bat in your Home?," Morning Times, February 26, 2022.
17. Advertisement: "Recipe for...Healthy Relationships," Owego Pennysaver, February 13, 2022.
18. Flyer: "What the Health!?", February 2022.
19. Flyer: "Personal Preparedness for People with Disabilities," February 2022.
20. Flyer: "How Much Sleep Do I Need?," February 2022.
21. Bulletin Board: "Recipe for...Health Relationships," 56 Main St. Owego, NY 13827, February 2022.

Financial Snapshot
December 2021

	2017 Actual	2018 Actual	2019 Actual	2020 Actual ²	2021 Budget	Actual* ^{1,3} thru December	Percentage of 2021 Budget
Revenues							
Fees	742,121	1,100,359	1,112,262	739,661	1,119,950	623,039	56 %
State/Federal	2,040,481	2,680,110	2,704,275	2,047,032	2,347,657	2,315,802	99 %
Local	2,360,036	2,147,623	2,103,208	1,924,103	2,944,752	1,884,944	64 %
TOTAL	5,142,638	5,928,092	5,919,745	4,710,796	6,412,359	4,823,785	75 %
Expenses							
Compensation	1,721,424	1,734,508	1,728,302	1,889,627	2,136,196	2,091,420	98 %
Program Expense	3,206,083	3,671,760	3,661,604	2,518,252	3,928,472	2,472,220	63 %
Core Infrastructure	215,131	521,824	529,838	302,917	347,691	260,145	75 %
TOTAL	5,142,638	5,928,092	5,919,745	4,710,796	6,412,359	4,828,785	75 %
FTE: 2021 Approved Headcount of 35 FTE: 31 FT & 4 PT	22.6	23.8	26.3	23.7	29.2	-----	-----

Allocation of Expenses
Year-to-date through December 2021*^{1,3}



- *Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (3.1.2022), and are not the FINAL December 2021 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 \$2.4 million has been appropriated of Covid funding within Public Health.

2022 Data Report

PUBLIC HEALTH ACTIVITIES	Y-E 2019	Y-E 2020	Y-E 2021	Feb-22	Y-T-D
Community Health					
Healthy Neighborhoods Program Visits	327	94	112	25	57
- HNP revisits	2	40	14	1	5
Communicable Disease	464	618	0	0	0
- Respiratory (Legionellosis, Strep)	31	143	4	0	2
- Influenza	606	571	49	4	89
- Tick caused	57	19	105	6	15
- Hepatitis	34	20	53	11	20
- Gastrointestinal Disease	16	16	40	2	7
- PPD Test Administered	38	5	0	0	0
Child Passenger Safety Seats Inspected	84	6	20	8	8
- Child Seats FAILED Inspection	72	5	10	6	6
PH Interns	5	1	2	0	0
Immunizations total child and adult	120	35	0	0	0
People Trained w/ Narcan	18	9	2	0	0
Narcan Distributed (added 8/18)	105	41	160	16	24
Dental					
New Clients	637	124	154	30	51
Dental Screenings	1850	631	782	107	161
- Clients with no tooth decay	499	237	328	39	61
- Clients WITH tooth decay	601	116	310	47	60
- Clients with EXTENSIVE tooth decay	722	251	128	21	40
Extractions	161	91	179	9	14
Children Services					
Children w/ Special Health Care Needs NEW Referrals	25	11	7	0	0
- Current Children being served	n/a	104	92	9	18
Environmental Health					
Animal bite investigations	197	119	150	9	23
Rabies Clinics	9	2	6	1	1
Food Establishment Inspections	235	81	182	12	18
- Establishments with Violation	35	10	26	2	3
Temporary Food Inspections	68	2	8	0	0
- Clean Indoor Air Act Violations (Smoking)	1	0	0	0	0
Mobile Home Park Inspections	30	3	37	0	2
Children's Camps	9	5	4	0	0
Agriculture Fairgrounds	2	0	2	0	0
Nuisance Complaints	25	58	17	2	4
Enforcement Actions	48	11	31	3	3
Weights & Measures					
Inspection Sites	82	69	129	4	4
- Devices Inspected	432	277	499	13	13
Petroleum Quality Samples Taken	0	0	0	0	0
COVID-19					
* Days Public Health EOC activated from year start		285	364	N/A	63
Total COVID Cases for period			5628	1171	3430
Individuals Tracked		5849	13224	1171	3717
Calls Taken		15257	7824	50	310
Quarantine/Isolation Orders Issued		4323	13586	623	2282
Household Trips/deliveries		2518	1772	5	29
COVID-19 Related Complaints		144	41	0	1
Vaccination Clinics			36	1	2

* EOC originally activated starting 3/14/20

Tioga County Public Health announces Employee of the Fourth Quarter

Tioga County's Public Health Department recently announced that Nicole Whitmore is being named the 2021 Employee of the 4th Quarter.

Whitmore started working on the Tioga Smiles Dental Van in 2014 as a Contracted Dental Hygienist, according to the health department. In January 2020 she officially became an employee of Tioga County when she was hired as the Dental Health Coordinator. In January 2021, Whitmore was promoted to Director of Dental Services.

In a prepared release, Tioga County's Public Health Department wrote, "When you talk to Nicole about working on the Dental Van, it is very clear how passionate she is about her job and how much she truly cares about our community members, especially the children! If you see her interacting with clients on the van you will see how kind, compassionate and respectful she is to everyone."

When the Dental Van was reduced to emergencies only due to the COVID-19 pandemic, the department was fortunate



Pictured are Heather Vroman, deputy public health director, and Nicole Whitmore, director of dental services. Provided photo.

to gain Whitmore as a member of their COVID-19 team. According to the department, Nicole stepped up and learned each role

that was handed to her - from managing the spreadsheet, contact tracing, conducting case investigations, and running

vaccination clinics.

The department added, "Nicole was always willing to help out wherever she was needed, and even stepped up on occasion on her 'off weekends' when our team needed extra hands. While it was apparent how much she missed

working on the Dental Van, she continued to come to work with a good attitude, was consistently reliable, and did a great job handling her COVID work."

The department also noted that Whitmore was instrumental in completing all the necessary steps

needed to reopen the Dental Van and was able to return to a normal schedule, visiting each of the school districts in the county throughout the 2021 - 2022 school year.

Outside of work, Whitmore enjoys spending time with her family.

*2/6/22
Owego Pennsylv*



February - Heart Health Month

Need Language Assistance or Interpretation Services?

For Limited English Proficiency, Contact:

Department of Labor
1-888-469-7365

For the Hearing Impaired, Contact:

NYS Call 711 Telecommunications
Relay Service (TRS)

Dial 711

STIC-Interpreter Services

Regular business hours: **(607) 724-2111 ext. 38**

24hr Emergency Response: **(607) 222-4364**

Email: **interpreters@stic-cil.org**

Ask us about our office's free interpretation services through Language Line Services.





https://qfreeaccountsajc1.az1.qualtrics.com/jfe/form/SV_9EJJIGaFpMHcz1Y

ph.tiogacountyny.gov

Sign up for **FREE** testing
using the QR code or
website addresses above!

30 participants will be selected based
on geographic location.

WELL WATER TESTING FOR VILLAGE OF SPENCER, NY

Test your tap for
nitrates, nitrites, and
E. coli



Public Health
Prevent. Promote. Protect.
Tioga County



WHY TEST YOUR TAP?

It's **FREE!**

Nitrates, nitrites, and E. coli can have negative health effects at high levels.

It can help build a future municipal water supply and wastewater treatment plant.



HOW ARE THEY INTRODUCED INTO THE WATER SUPPLY?

Nitrates are introduced into well water at high levels through improper well construction, well location, overuse of chemical fertilizers, and improper disposal of human and animal waste.

Nitrites are introduced into well water at high levels from fertilizers through run-off water, sewage, and mineral deposits.

E. coli may be present in human and animal fecal waste that can get introduced into the water supply through sewage overflow, improper sewage systems, polluted storm water runoff, and agricultural runoff.

HEALTH EFFECTS

NITRATES

At high levels (> 10 mg/L), nitrates can cause thyroid disease, blue baby syndrome, and birth defects. Nitrates may also increase the risk of developing certain cancers.

NITRITES

At high levels (> 1 mg/L), nitrites can cause blue baby syndrome.

E. COLI

When E. coli is present in the water supply, it can cause abdominal pain or cramping, watery or bloody diarrhea, fatigue, loss of appetite, nausea, vomiting, and fever.

Three running unopposed for village seats

Voters will decide on cannabis law

By JOHNNY WILLIAMS
News Editor

WAVERLY — Three candidates will be running unopposed in March's village election — two of whom are familiar faces.

Incumbents Kevin Sweeney and Keith Correll are running to

retain their two-year seats, while Trustee Kyle Burns did not file for reelection, according to village clerk Michele Wood. Courtney Aronstam is the newcomer looking to win Burns' two-year seat.

Voters will also be deciding on whether or not to allow retail

marijuana dispensaries in the village, after trustees voted earlier this year to put the issue on the ballot.

Specifically, the "yes" or "no" question will read, "Shall the village opt out of allowing retail cannabis dispensaries from locating and operating within the boundaries

See **Voters**, page A6

Voters

From Page A1

of the Village of Waverly."

Therefore, a "yes" vote will ban dispensaries from setting up shop within the village, while a "no" vote will allow the businesses.

Regardless of the outcome of the vote, recreational marijuana will be legal to possess and consume in the

village.

If dispensaries were barred from the village, the municipality would also miss out on tax revenue from the sales of cannabis. In New York, the state will tax marijuana sales at 9 percent, the county would get a 1 percent tax share, and the Town of Barton and the Village of Waverly — if sales were allowed — would divide a 3 percent tax share. However, the Town of Barton has already opted out.

But opponents of the dispensaries cite potential

negative impacts on children, especially when the cannabis is consumed in the form of edibles, which can look like candy or baked goods.

Additionally, the Tioga County Board of Health has endorsed "the position that the legalization of marijuana is likely to be associated with negative social, physical and mental health outcomes for children."

The village election is slated for noon to 9 p.m. on March 15 at the village hall on Ithaca Street.

Morning Times 2/25/22

Number of New COVID-19 Cases Declining

But county data does not take into account at-home tests

STAFF REPORT

Tioga County reported Feb. 2 that between Jan. 26 and Feb. 1 there were 373 new cases of COVID-19 (this data does not include positive at-home tests).

That is compared to 484 new cases reported in Tioga County between Jan. 19 and Jan. 25.

Of those cases, 62 were in people ages 0 to 17. Two-hundred fifty-five cases were in people ages 18 to 64, and 56 were in people who are 65 years old or older. There were seven hospitaliza-

tions and one death.

There are 241 active COVID-19 cases in Tioga County as of a press release issued by the county health department Feb. 2.

New York State Case Investigators are now conducting abbreviated interviews with positive cases and do not ask vaccination status (among other questions) when conducting their interview.

Additional data is available at coronavirus.health.ny.gov/covid-19-testing-tracker.

Tioga County continues to have high community transmission of COVID-19. The best defense against severe illness from COVID-19 is vaccination and booster shots.

Wearing a mask while in indoor public areas can also help prevent the spread of COVID-19, especially among those who are asymptomatic carriers of the virus. Please be mindful that those around you may have underlying health conditions, which could make them more susceptible to a more severe case

of COVID-19, so try and social distance when possible.

The New York State Governor's Indoor Mask Mandate for businesses without mandatory vaccination policies remains in place until February 10, 2022. Well-fitting masks should be worn

continued on page 8

while in public indoor areas regardless of vaccination status, unless a mandatory vaccination policy is in place. This mandate will continue to be re-evaluated on a two-week basis and will be dependent on COVID case trends across the state.

Please be respectful of the businesses you visit and follow signage they have posted. COVID-19 Resources: COVID-19 vaccine locations: vaccines.gov. Find a COVID-19 test site near you: coronavirus.health.ny.gov/find-test-site-near-you. COVID-19 State Run Testing Locations: coronavirus.health.ny.gov/covid-19-testing. New York State Dashboard: coronavirus.health.ny.gov/covid-19-testing-tracker. Tioga County Public Health Website: ph.tiogacountyny.gov. Tioga County Public Health Facebook Page: facebook.com/tiogacountypublichealth.

Candor Chronicle 2/9/22

Owego Pennysaver 1/23/22

Tioga County COVID-19 Update for January 12, 2022 – January 18, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from Jan. 12, 2022 to Jan. 18, 2022 as follows.

According to the department there were 594 new cases during this time frame, with 62 unvaccinated and 136 vaccinated; there were 51 children under 12 reported as having tested positive for COVID, and there were 345 individuals with an

unknown vaccination status; there were 13 hospitalizations reported during this timeframe. There are currently 278 active cases. Please note that this data does not include self-reported positive at-home tests.

Data is a snapshot of what is reported to the health department via different venues. Vaccination status is self-reported by the positive case or the parent / guardian during the case investigation. Tioga

County is not always notified when a death occurs. Deaths related to COVID 19 are reported to the health department in different ways.

The department wrote, in their weekly brief, "Various factors may impact the severity of one's COVID-19 illness including underlying health conditions and vaccination status. The COVID-19 vaccine offers protection against severe illness and hospitalization. We encourage eligible individuals to get vaccinated."

The department also provided the following important factors to know and understand about isolation and quarantine.

1. Isolation and Quarantine Attestation Form: The process for issuing isolation and quarantine orders has changed in New York State. Not all individuals who test positive will receive a call. Those who test positive for COVID-19 who are not in a high priority population may visit <https://tiogacountyny.gov/departments/public-health/> and complete the Isolation Attestation Form. The Quarantine Attestation Form for close contacts can be found here

as well if they need documentation for work or school. The Affirmation Form will serve as your isolation or quarantine order. This form does not need to be submitted to your local health department.

2. No Contact Tracing: New York State Department of Health is no longer conducting contact tracing. Anyone who tests positive for COVID-19 is responsible for contacting those they have been in close contact with. If someone is unvaccinated / not fully vaccinated, they should quarantine at home for five days from their exposure.

3. Who is Required to Quarantine if Exposed to a Positive Case: Those who have not yet received a COVID-19 vaccine; those who have not completed a vaccine series yet; those who are eligible for a booster shot, but have not gotten one yet (completed the primary series of Moderna or Pfizer vaccine six or more months ago or completed the primary series of J&J vaccine over two months ago).

These individuals must quarantine for five days after a known exposure to a

positive case and should test on day five if possible. A well-fitting mask should be worn when around others for five additional days after completing quarantine.

The following groups are not required to quarantine when exposed to a positive case; those who have received all vaccine doses, including a booster shot; anyone ages five to 11 who completed the primary series of the COVID-19 vaccine; and anyone who has had a confirmed COVID-19 test within the last 90 days.

According to Tioga County's Health Department, these individuals should wear a well-fitting mask when around others for 10 days following their exposure. If symptoms develop, it is recommended that they quarantine and get a COVID-19 test.

Five day Isolation and Quarantine: Isolation for those who have tested positive for COVID-19 has been reduced to five days. If symptoms are not improving, the positive case should continue to isolate until day 10, or until they are 24 hours fever-free. Anyone who is not vaccinated, not fully vaccinated,

or who is eligible for a booster shot but has not gotten one yet should quarantine for five days from the last day of their exposure.

Release from Isolation and Quarantine in Tioga County: Once you have completed your isolation or quarantine, the last day on your order or attestation will serve as your release. For example, if your isolation is set from Jan. 15, 2022 to Jan. 20, 2022, you will automatically be released to return to school or work on Jan. 21, 2022 unless new symptoms have developed or current symptoms are not improving. You will not be given a separate release form from Tioga County Public Health.

To find a vaccination location, visit www.vaccines.gov/.

You can find testing locations at <https://get-tested-covid19.org/> or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting ph.tiogacountyny.gov or www.facebook.com/tiogacountypublichealth.

Tioga County COVID-19 Update for February 2 – February 8, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. for Feb. 2 to Feb 8 as follows.

According to the department there were 188 new cases during this time frame; of the cases, 35 were aged 0-17; 129 were between the ages of 18-64; and 24 of the new cases were over the age of 65. The department reported seven hospitalizations during this timeframe.

There are currently 83 active cases. *(Please note that this data does not include self-reported positive at-home tests.)*

New York State Case Investigators are now conducting abbreviated interviews with positive cases and do not ask about vaccination status (among other questions) when conducting their interview.

Additional data is available at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

Just a reminder that in January New York State suspended contact tracing; the responsibility of notifying close contacts now falls back

on the individual who has tested positive for COVID-19.

Tioga County's Health Department wrote, in their weekly brief, "If you test positive for COVID-19, please reach out to anyone you have had close contact with and notify them of their exposure so that they may monitor themselves for symptoms and get tested."

The department additionally noted that those who are identified as a close contact who have not received the COVID-19 vaccine, are not fully vaccinated, or who are not boosted but are now eligible should quarantine at home for five days from their exposure and consider getting tested on day five or if symptoms develop.

Self-reports from those who have tested positive for COVID-19 are administered via online portals. If you test positive, Tioga County's Health Department recommends the following.

For Laboratory Confirmed Tests (ex. PRC test), test results are sent directly to the New York State reporting system. You will receive a phone call from a New York State Case Investigator who

will conduct a brief interview with you over the phone and an isolation order will be issued.

For an at-home test, if you test positive for COVID-19 using an over-the-counter at-home test, visit the health department's website at ph.tiogacountyny.gov for further direction. If you need documentation for school or work, you may complete the self-attestation form found on the health department's website. Their office does not issue any additional documentation for positive at-home tests.

The health department continued, in their brief, "We strongly recommend you verify with your employer whether or not they will accept at-home test results, or if they require a laborato-

ry confirmed test."

For any questions or concerns regarding your illness, the health department recommends you contact your health care provider. If you have additional questions, you can contact the health department by calling (607) 687-8600 (option 1).

To find a vaccination location, visit www.vaccines.gov/.

You can find testing locations at <https://get-tested-covid19.org/> or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting ph.tiogacountyny.gov or www.facebook.com/tiogacountypublichealth.

Owego Pennysaver 2/13/22

Tioga County COVID-19 Update for January 26, 2022 – February 1, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from Jan. 26, 2022 to Feb. 1, 2022 as follows.

According to the department there were 373 new cases during this time frame; of the cases, 62 were aged 0-17; 255 were between the ages of 18-64; and 56 of the new cases were over the age of 65. The department reported seven hospitalizations during this timeframe, and one known death.

There are currently 241 active cases. *(Please note that this data does not include self-reported positive at-home tests.)*

New York State Case Investigators are now conducting abbreviated interviews with positive cases and do not ask about vaccination status (among other questions) when conducting their interview.

Additional data is available at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

www.health.ny.gov/covid-19-testing-tracker.

Tioga County continues to have high community transmission of COVID-19. The best defense against severe illness from COVID-19 is vaccination and booster shots, according to Tioga County's DOH.

They noted, in their weekly brief, "Wearing a mask while in indoor public areas can also help prevent the spread of COVID-19, especially among those who are asymptomatic carriers of the virus. Please be mindful that those around you may have underlying health conditions, which could make them more susceptible to a more severe case of COVID-19, so try and social distance when possible."

The New York State Governor's Indoor Mask Mandate for businesses without mandatory vaccination policies remains in place until Feb. 10, 2022.

Well-fitting masks should be worn while in public indoor areas regardless of vaccination status, unless a mandatory vaccination policy is in place. This mandate will continue to be re-evaluated on a two-week basis, according to the governor's office, and will be dependent on COVID case trends across the state.

The local DOH reminded residents, "Please be respectful of the businesses you visit and follow signage they have posted."

To find a vaccination location, visit www.vaccines.gov/.

You can find testing locations at <https://get-tested-covid19.org/> or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting ph.tiogacountyny.gov or www.facebook.com/tiogacountypublichealth.

Owego Pennysaver 2/6/22

Tioga County COVID Update for February 16 – February 22, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from Feb. 16, 2022 to Feb. 22, 2022 as follows.

According to the department there were 80 new cases during this time frame and four hospitalizations. There are currently 37 active cases. (Please note that this data does not include self-reported positive at-home tests.)

New York State Case Investigators are now conducting abbreviated inter-

views with positive cases and do not ask about vaccination status (among other questions) when conducting their interview.

Tioga County's Health Department, in their brief, wrote, "As we approach the two year mark of the COVID-19 pandemic, there is no doubt that the last two years have had an overwhelming impact on the mental health of so many. The pandemic has had impacts on all aspects of our lives, our physical, social, emotional, and finan-

cial wellbeing. With COVID-19 cases decreasing again, we can only hope that everyone is able to start getting back to a healthy and normal life."

If the COVID-19 pandemic has impacted you, the following resources in Tioga County may be able to help.

Tioga County Mental Hygiene provides services and support for individuals of all ages and families include coping with emotional problems, mental illness, marital issues, depression, alcoholism, and sub-

stance abuse. You can contact them at (607) 687-4000, or visit tiogacountyny.gov/departments/mental-hygiene/.

The Tioga County Department of Social Services provides financial and social services to eligible County residents through programs such as the Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), the Emergency Rental Assistance Program, Emergency Solutions, Low-Income Household Water Assistance Program, and Pandemic Emergency Assistance Fund (PEAF). For more information, call

(607) 687-8300 or visit tiogacountyny.gov/departments/social-services/.

Tioga Opportunities, Inc. provides a variety of services including services for older adults, the WIC Program (Women, Infants, and Children), Transportation, Housing, and so much more. Call (607) 687-4222 or visit tiogaopp.org/ to learn more.

NY Project Hope is an emotional support helpline, provides educational materials and trusted referrals to local provider agencies, all dedicated to helping residents manage and cope with changes brought on by COVID-19. You can call

1-844-863-9314 or visit nyprojecthope.org/.

Additional resources may be found in the Tioga County Resource Guide available at ph.tiogacountyny.gov, or by calling 211.

To find a vaccination location, visit www.vaccines.gov.

You can find testing locations at <https://get-tested-covid19.org/>, or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting ph.tiogacountyny.gov or www.facebook.com/tiogacountypublichealth.

Onego Pennysaver 2/27/22

COVID-19 Vaccine Clinic

Saturday, February 5

Tioga Central High School
27 5th Ave, Tioga Center, NY 13845

9:00am - 3:00pm

- First Dose - Pfizer Vaccine for Children Ages 5 - 11
- Pfizer Booster for Children 12+
- Pfizer or Moderna Booster for Adults Ages 18+

And Flu Shots!

Walk-ins Welcome
No Appointment Required!
Pre-Registration recommended for 5 - 11

Registration is highly recommended for students ages 5 - 11 by calling or emailing Jill Reese at 607-687-8002 or jreese@tiogacentral.org

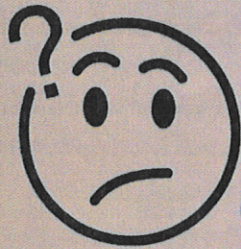


Department of Health



Morning Times
1/29/22



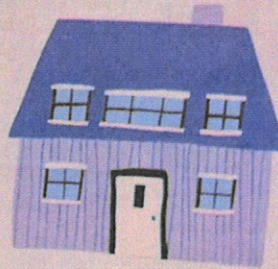


I'M COVID POSITIVE, WHAT DO I DO?



STAY HOME FOR 5 DAYS

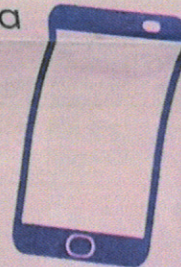
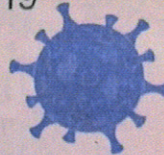
- If symptoms are not improving after 5 days, continue to isolate until day 10



NOTIFY CLOSE CONTACTS

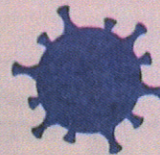
Close contacts should quarantine for 5 days, then test on day 5 (if possible) and continue to wear a well fitting-mask for an additional 5 days, if:

- They have not completed a COVID-19 vaccine series
- They are not boosted, but eligible



COMPLETE YOUR DOCUMENTATION

- Visit ph.tiogacountyny.gov to complete your documentation for Isolation or Quarantine (attestation form)
- The last day on your attestation will serve as your release date
- Ex: If your isolation is January 15 - 20th, you are automatically released on January 21st (unless symptoms are not improving)



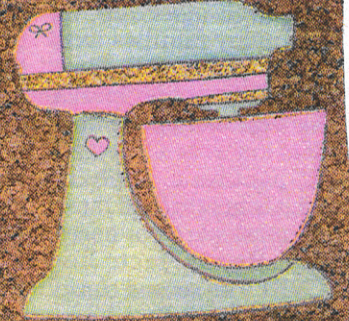
1/23/22

Onego Penny Saver

1/23/22 Onego Penny Saver



Recipe for...
**HEALTHY
RELATIONSHIPS**



INGREDIENTS

DIRECTIONS

TRUST

COMMUNICATION

BOUNDARIES



**KNOW YOUR
WORTH!**

**MIX ALL
INGREDIENTS**

**BE PATIENT
WITH ONE
ANOTHER**

CONSENT

RESPECT

**WORK ON
AREAS
WHERE YOU
STRUGGLE**

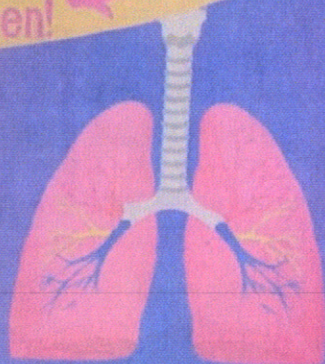
**NEVER STOP WORKING ON YOUR
RELATIONSHIP TOGETHER***

2/13/22 Owego Pennysawer
2/13/22 Owego Pennysawer

PNEUMOCOCCAL VACCINE

Not just for children!

Pneumococcal Disease is caused by bacteria that can lead to serious infections in the lungs (pneumonia), blood, and brain (meningitis). Those at increased risk for pneumococcal disease are children under 2 years and adults over 65 years.



VACCINATION IS RECOMMENDED FOR...



All children under 2 years



People 2 years - 64 years with certain medical conditions



All adults 65 years+



Pneumococcal pneumonia causes an estimated **150,000 hospitalizations** each year in the United States, according to the CDC.

For more information, visit: WWW.CDC.GOV/PNEUMOCOCCAL

Morning Times 2/26/27

BAT IN YOUR HOME?

DON'T:

LET THE BAT GO

KILL THE BAT

THROW THE BAT AWAY

DO:

CALL TIOGA COUNTY PUBLIC HEALTH

SAVE THE BAT

WEAR GLOVES WHEN HANDLING THE BAT



TIOGA COUNTY PUBLIC HEALTH
607-687-8600

Morning Times 2/26/27

WHAT THE HEALTH!?

PEARLS
OF
WISDOM

Protect tiny teeth by caring for your mouth when you're pregnant. Your child's future oral health starts with you.

Ensure to wipe your baby's gums after each meal.

Avoid putting babies to bed with a bottle.

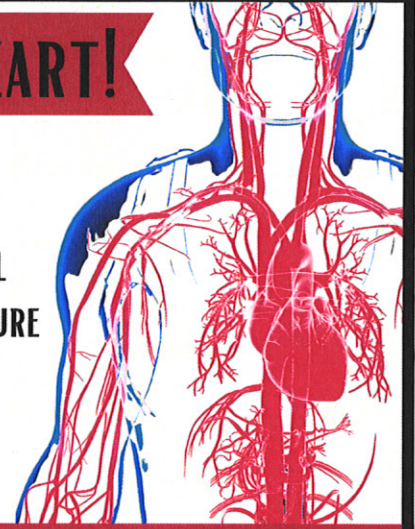
Remember to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.

Limit drinks and food with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies, and candies. This gives your child the best possible start to good oral health.


Schedule your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter!

LOVE YOUR HEART!

- BE ACTIVE
- EAT WELL
- CONTROL CHOLESTEROL
- MANAGE BLOOD PRESSURE
- REDUCE BLOOD SUGAR
- LOSE WEIGHT
- QUIT SMOKING



AMERICAN HEART MONTH!

 **I'M COVID POSITIVE, WHAT DO I DO?**

STAY HOME FOR 5 DAYS

- If symptoms are not improving after 5 days, continue to isolate until day 10



NOTIFY CLOSE CONTACTS

Close contacts should quarantine for 5 days, then test on day 5 (if possible) and continue to wear a well fitting-mask for an additional 5 days, if:

- They have not completed a COVID-19 vaccine series
- They are not boosted, but eligible



COMPLETE YOUR DOCUMENTATION

- Visit ph.tiogacountyny.gov to complete your documentation for Isolation or Quarantine (attestation form)
- The last day on your attestation will serve as your release date
- Ex: If your isolation is January 15 - 20th, you are automatically released on January 21st (unless symptoms are not improving)



PERSONAL PREPAREDNESS FOR PEOPLE WITH DISABILITIES

Stay Informed. Make a Plan. Build a Kit. Get Involved.

Build a Kit.

- In addition to basic survival supplies, an emergency kit should have items to meet your individual needs.
- Consider items you use every day, and which ones you may need to add to your kit.
- Find additional tips specific to your needs at [ready.gov/disability](https://www.ready.gov/disability).

You may be on your own for several days, and access to medical facilities or drug stores may be limited or unavailable, which is why it's crucial to plan for your daily needs now, and know what to do.



Make a Plan.

- Create a support network of people who can help you.
- If you are on dialysis or other life-sustaining medical treatment, know the location and availability of more than one facility that can help you.
- If you use power-dependent medical equipment, talk to your healthcare provider about how to keep it running during a power outage. You can also ask your power provide about being added to a list for priority power restoration.
- If you have a communication disability, consider carrying printed cards or storing information on your devices to inform people how to communicate with you.
- Get your benefits electronically through direct deposit or the Direct Express prepaid debit card.



Stay Informed.

- Know which disasters could affect your area.
- Know when to evacuate and when to shelter-in-place.
- Keep up with TV, radio, and mobile alerts.



How Much Sleep Do I Need?

0-3 months =
14-17 hours

4-12 months =
12-16 hours

1-2 years =
11-14 hours

6-12 years =
9-12 hours

3-5 years =
10-13 hours

13-18 years =
8-10 hours

18 & older =
7-9 hours



Recipe for...

HEALTHY RELATIONSHIPS

INGREDIENTS

DIRECTIONS

TRUST

YOU ARE VULNERABLE WITH ONE ANOTHER AND KNOW YOU CAN RELY ON YOUR PARTNER FOR SUPPORT.

BOUNDARIES

YOU FIND WAYS TO MEET EACH OTHER'S NEEDS IN WAYS YOU ARE BOTH COMFORTABLE WITH.

CONSENT

YOU LISTEN AND RESPECT ONE ANOTHER'S BOUNDARIES. YOU DON'T USE FORCE OR GUILT TO GET YOUR WAY.

COMMUNICATION

YOU SHARE YOUR FEELINGS WITH ONE ANOTHER, EVEN WHEN YOU DON'T AGREE, IN A WAY THAT MAKES THE OTHER PERSON FEEL HEARD, NOT JUDGED.

RESPECT

YOU CONSIDER EACH OTHER'S FEELINGS, WISHES, AND NEEDS.

NEED HELP LEAVING AN ABUSIVE RELATIONSHIP?
CALL
A MEN HOPE CENTER'S
24/7 HOTLINE:
607-687-6866

NOTE:

NOT ALL RELATIONSHIPS LAST FOREVER & RELATIONSHIP TAKES 2 PEOPLE IN A HEALTHY RELATIONSHIP, BOTH PARTIES ACTIVELY WORK ON IMPROVING AND MAINTAINING THE RELATIONSHIP. ONE PERSON SHOULD ONLY BE PUTTING FORTH ALL THE EFFORT!

**MIX ALL
INGREDIENTS**

**BE PATIENT
WITH ONE
ANOTHER**

**NEVER STOP WORKING ON YOUR
RELATIONSHIP TOGETHER!**

**KNOW YOUR
WORTH!**

IF THE RELATIONSHIP BECOMES MENTALLY OR PHYSICALLY ABUSIVE, OR YOU NO LONGER FEEL SAFE, SEEK HELP & LEAVE THE RELATIONSHIP.

**WORK ON
AREAS
WHERE YOU
STRUGGLE**

REFERRED TO: HEALTH & HUMAN SERVICES COMMITTEE

RESOLUTION NO. -22 APPOINT MEMBER TO THE TIOGA COUNTY BOARD
OF HEALTH

WHEREAS: Section 344 of the Public Health Law requires that members of the Board of Health shall serve six year staggered terms; and

WHEREAS: Maureen Hawley, resigned from the Board of Health November 11, 2020; and

WHEREAS: The appointed term for Maureen Hawley on the Board of Health expires June 13, 2022; and

WHEREAS: William Simmons, has agreed to fill the unexpired term of Maureen Hawley and continue with a new six-year term effective June 14, 2022 through June 13, 2028 ; and

WHEREAS: The Board of Health voted, on February 17, 2022, to recommend to the Tioga County Legislature the appointment of William Simmons to the Board of Health; therefore be it

RESOLVED: That William Simmons be appointed to the Board of Health to serve the remainder of the unexpired term of Maureen Hawley and thereafter commence a new six-year term effective June 14, 2022 through June 13, 2028.

REFERRED TO:

LEGAL/FINANCE COMMITTEE
INFORMATION TECHNOLOGY COMMITTEE
PUBLIC SAFETY COMMITTEE
HEALTH AND HUMAN SERVICES COMMITTEE

RESOLUTION NO. -22

AUTHORIZE EXECUTION OF COOPERATIVE
AGREEMENTS BETWEEN THE LAW DEPARTMENT,
ITCS, SHERIFF, PUBLIC HEALTH, DSS, AND
MENTAL HYGIENE

WHEREAS: Tioga County has implemented a Direct Charge Pilot Program that will maximize State reimbursement for legal and IT expenses while eliminating the administrative burden of charging all departments for those expenses; and

WHEREAS: The Law Department and ITCS will directly charge the Department of Social Services, Public Health and Mental Hygiene for its services and support pursuant to Cooperative Agreements; and

WHEREAS: The Sheriff's Department will directly charge the Department of Social Services for security services, escort, protection and transport services; and

WHEREAS: It may be necessary for the Budget Officer to make budget adjustments to reflect the budgeted amounts and year end actuals in the cooperative agreements between ITCS and DSS, Public Health and Mental Hygiene and to reflect the budgeted amount in the cooperative agreement between the Sheriff and DSS; therefore be it

RESOLVED: That the Legislature authorizes and directs the Chair to execute Cooperative Agreements between the Law Department and DSS, Public Health and Mental Hygiene; and be it further

RESOLVED: That the Legislature authorizes and directs the Chair to execute Cooperative Agreements between the ITCS Department and DSS, Public Health and Mental Hygiene; and be it further

RESOLVED: That the Legislature authorizes and directs the Chair to execute a Cooperative Agreement between the Sheriff's Department and DSS; and be it further

RESOLVED: That the Cooperative Agreements between DSS and the Law Department, ITCS and Sheriff shall be submitted to the New York State Office

of Temporary and Disability Assistance and the Office of Children and Family Services for approval; and be it further

RESOLVED: That the Budget Officer is authorized to make budget adjustments to reflect the budgeted amounts and year end actuals in the cooperative agreements between ITCS and DSS, Public Health and Mental Hygiene and to reflect the budgeted amount in the cooperative agreement between the Sheriff and DSS.

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics used to promote healthy eating and physical activity habits; and

WHEREAS: Good nutrition reduces the risk of costly chronic diseases that shorten the lifespan, such as heart disease, type 2 diabetes, and obesity; and

WHEREAS: According to the Centers for Disease Control and Prevention, only 4 in 10 children and 1 in 7 adults eat the daily recommended amount of fruit. In Tioga County, nearly 30% of residents reported eating fruit less than once per day; and

WHEREAS: Making small consistent changes to improve the nutritional quality of one's diet can make a large impact on their overall health status; and

WHEREAS: There are key messages for everyone regarding their health and nutrition: Eat a variety of nutritious foods from different food groups, practice portion control to avoid overeating, plan healthy meals and snacks, exercise most days of the week, take time to enjoy food, and visit a Registered Dietitian Nutritionist (RDN) for personalized nutrition information; and

WHEREAS: Sharing evidence-based nutrition information is a crucial step toward improving the eating habits of Tioga County residents; therefore

THE TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of March 2022 as

NATIONAL NUTRITION MONTH

and encourages Tioga County residents to make informed food choices and seek nutrition advice from local resources such as Tioga County Public Health and SNAP-Ed New York.

Dated: March 15, 2022

MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: The people of Tioga County benefit every day from the efforts of the public health workforce when eating at restaurants, drinking tap water, and learning about prevention of diseases; and

WHEREAS: Throughout the COVID-19 pandemic public health has worked diligently to minimize the burden of disease through community outreach, collaboration with community partners, contact tracing, issuing isolation and quarantine orders, and COVID-19 vaccination and booster clinics; and

WHEREAS: Public health activities protect Tioga County residents from infectious and chronic diseases, environmental and workplace hazards, unintentional injuries and violence; and

WHEREAS: Educating people about the benefits of healthy behaviors is an essential element in attaining good health and preventing premature illness and death; and

WHEREAS: Public health efforts alone cannot accomplish the goal of a healthier Tioga County without cooperation and partnership with communities and individuals; and

WHEREAS: Each of us needs to do our part by taking personal responsibility to improve behaviors by following public health recommendations: abstaining from tobacco use, prioritizing sleep, staying up-to-date on vaccinations, making time for regular, safe physical activity, and eating more fruits and vegetables in order to prevent disease; and

WHEREAS: National Public Health Week provides an opportunity for our county to learn about public health concerns and success stories that are vital to healthy communities, such as immunizing against infectious disease, providing services for children with developmental delays, ensuring safe living conditions, enforcing environmental health regulations, providing dental services to underserved families, and preventing lead poisoning; and

WHEREAS: The residents of Tioga County recognize the essential role public health plays in their everyday lives; therefore

THE TIOGA COUNTY LEGISLATURE does hereby proclaim the week of April 4 – 10, 2022 as

PUBLIC HEALTH WEEK

and urges all residents to take steps to educate and recognize the role of public health in our community.

Dated: March 15, 2022

MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE