



Tioga County Public Health Department

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



Public Health
Prevent. Promote. Protect.
Tioga County

HEALTH & HUMAN SERVICES COMMITTEE – PUBLIC HEALTH

TUESDAY, MAY 3, 2022

8:30 A.M.

FINANCIAL:

- Agency Financials April 2022

OLD BUSINESS:

- None

NEW BUSINESS:

- Agency Report April 2022

PERSONNEL:

- None

RESOLUTIONS:

- Amend 2022 Budget & Appropriate Funds (NYSACHO)
- Carry Forward 2021 Budget & Amend 2022 Budget (New Vehicle)

PROCLAMATIONS:

- American Stroke Month (Repeat, planned to be read- Katie Wait to receive)
- End Food Waste Month (New-Laura Bennett to receive)

ADJOURNMENT:



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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: May 3, 2022
RE: Health & Human Services Meeting May 3, 2022

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

- Financials (pg. 1)
- Agency Report April 2022 (pgs. 2-19)
- Resolutions:
 - Amend 2022 Budget & Appropriate Funds (pg. 20)
 - Carry Forward 2021 Budget & Amend 2022 Budget (pg. 21)
- Proclamations:
 - American Stroke Month in Tioga County (pg. 22)
 - End Food Waste Month (pg. 23)

SUMMARY SHEET OF MUNIS REPORT
PUBLIC HEALTH DEPARTMENT
YTD 2022 THRU APRIL
Report Run date: 4.29.2022

Fund	ACCOUNT DESCRIPTION	ORIGINAL APPROP	TRANSFRS/ADJSMTS	REVISED BUDGET	YTD ACTUAL	ENCUMBRANCE/REQ	AVAILABLE BUDGET	% USED
A	Total A2960 Handicapped Education	1,111,625	0	1,111,625	-146,876.73	355,711.42	902,790	18.80
A	Total A4011 Public Health Administr	2,114,136	1,246	2,115,382	998,722.20	135,192.21	981,467	53.60
A	Total A4044 Early Intervention	34,543	0	34,543	32,198.37	1,075.00	1,270	96.30
A	Total A4053 Preventive And Primary	-150,000	0	-150,000	19,843.91	200.00	-170,044	-13.40
A	Total A4064 Managed Care - Dental S	-99,196	0	-99,196	-21,106.12	235.00	-78,325	21.00
A	Total A4090 Environmental Health	-220,030	0	-220,030	56,391.30	4,980.49	-281,402	-27.90
A	Total A6610 Sealer Of Weights And M	8,403	0	8,403	4,343.33	0.00	4,060	51.70
A	Total A General Fund	2,799,481	1,246	2,800,727	943,516.26	497,394.12	1,359,816	51.40
H	Total H Capital Fund	30,080	0	30,080	0.00	25,518.82	4,561	84.80
	Revenue Total	-3,789,223	-2,388,899	-6,178,122	-672,195.61	0.00	-5,505,927	10.90
	Expense Total	6,618,784	2,390,145	9,008,929	1,615,711.87	522,912.94	6,870,304	23.70
	Grand Total	2,829,561	1,246	2,830,807	943,516.26	522,912.94	1,364,378	51.80

Comments:

- This report does NOT represent the final figures for YTD through April 2022. It represents what was in MUNIS at the time of this report (4.29.2022)
- Most Revenues received in Jan-Feb are for services/expenses from prior year, & are moved back to 2021. Thus, current year revenues are delayed.



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NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- We celebrated National Public Health Week!
- Lisa McCafferty attended Public Health Officer's meeting in Albany hosted by New York State Department of Health. Commissioner Mary Bassett discussed Covid, lessons learned; lead into the opportunity to exchange perspectives on various public health services, programs, responsibilities and how local health departments intersect with Department of Health as well as other State agencies.
- We delivered our 2021 Annual Report to local businesses, organizations, and various affiliates throughout the County.
- Adam Ace completed New York's Enviro-Septic Design & Installation Course.
- Laura Bennett sent out a blast message to Tioga County Primary Care Providers reminding them to be vigilant about keeping clients current on routine vaccines. Also sent letters promoting the HPV vaccine to local dental providers.
- Laura Bennett spoke about Cancer Prevention in Action Grant and Sun Safety policies at the Town of Richford Board Meeting.
- Kylie Holochak conducted a child passenger safety training at Glove House with Laura Bennett to train 12 of their employees on proper car seat use and installation. Provided Glove House with 2 new car seat seats, and will be delivering an additional few seats to fill their needs.
- Early Intervention Service Coordinators delivered spring play/educational buckets to all EI families. They were filled with developmentally appropriate outdoor play toys, snacks and educational material.
- A group session has begun for EI children receiving speech therapy. This allows more than one child to receive services at a time, which is advantageous with the provider shortage. We are still working out the logistics.
- Jason Davis and Laura Schurter attended a MUNIS Payroll training.
- The Dental Van is moving to Candor School District. We have not been to Candor since the Spring of 2019, and this will be our first time at this district with the new Dental Van.
- We said goodbye to Jessica Lovell at the end of March, and are currently advertising for our Public Health Nurse position.
- Ongoing support/partnership in: Team Tioga, Safe Harbor Committee, Allies in Substance Abuse Prevention (ASAP), Tioga County Immunization Coalition, Anti-Hunger Task Force, Tioga County Local Emergency Planning Committee (LEPC), Child Fatality Review Team, Care Compass Network PAC Executive Council, Tioga County Council of Governments, Board of Health, Rural Economic Partnership (REAP), and External Community Advisory Board MPH Program at Binghamton University, Immunization Action Plan Coalition, and Lead Poisoning Prevention Program (LPPP) Coalition.

Continuing with COVID-19

- As of April 29, New York State Department of Health is no longer responding to positive Covid results, their plan is self report attestation with local health department to follow-up on congregate settings; clusters.
- New York State extended emergency declaration to July 16, 2022.
- Early Intervention providers were notified that therapists are able to take materials (toys, therapy balls etc.) back into homes, and are no longer required to wear masks in the field. This will assist therapist in providing their services as best practice.
- Continuing to message to the public to wear masks, stay home if sick, and where to find free at-home test kits.
- [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 April 22, 2022; since March 14, 2020 onset:

New York State	National
Total Known Cases: 5,261,340	Total Known Cases: 82,554,541
Total Known Deaths: 68,724	Total Known Deaths: 1,017,623
Total Known Recoveries: 5,122,511	Total Known Recoveries: 80,355,389
- Current Numbers To Date; since March 14, 2020 onset:
 - **768** Days Since Public Health EOC activated (3/14/2020)
 - **11,235** Confirmed Cases (Data from NYS CommCare system)
 - **20,708** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
 - **4,323** Household Trips/Deliveries
 - **186** Complaints
 - **3,995** Facebook Likes
 - **1009** Facebook Posts
 - **48** Media Interviews
 - **116** Press Releases

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

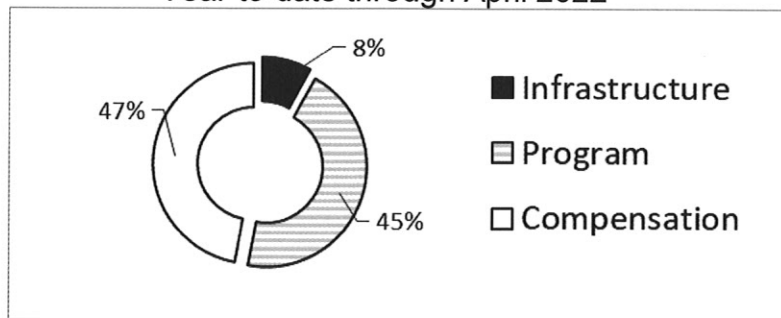
Attachments:

1. Financial Snapshot April 2022.
2. Data Report April 2022.
3. Certificate of Appreciation for work done through Covid pandemic for L. McCafferty- from Commissioner Mary Bassett, April 8, 2022.
4. Article: "Tioga County makes not of National Public Health Week," Tioga County Courier, April 13, 2022.
5. Article: "Immunizations and Primary Care Provider Reminder," Owego Pennysaver, April 17, 2022.
6. Article: "Tioga County Public Health encourages Earth Day activities," Morning Times, April 22, 2022.
7. Article: "Tioga County Weekly Update for March 16-March 22, 2022," Owego Pennysaver, March 27, 2022.
8. Article: "Tioga County Weekly Update for March 23-March 29, 2022," Owego Pennysaver, April 3, 2022.
9. Advertisement: "Public Health Nurse," Press & Sun Bulletin, April 20, 2022.
10. Advertisement: "Free COVID-19 Test Kits," Morning Times, March 26, 2022.
11. Flyer: "Flood Safety," April 2022.
12. Flyer: "Spring into Safety," April 2022.
13. Flyer: "If you find a BAT..." April 2022.
14. Flyer: "What the Health!?", April 2022.
15. Bulletin Board: "Treat Everyday Like Earth Day," 56 Main St., Owego, April 2022.
16. Bulletin Boards: "Meet our Team" & "Child Find Program," Health & Human Services Building, Owego, April 2022.
17. Billboard: "Keep Our Roads Safe!," April 2022.

Financial Snapshot
Year-to-date through April 2022

	2018 Actual	2019 Actual	2020 Actual*2	2021 Actual	2022 Budget	Actual*1,3 2022	Percentage of 2022 Budget
Revenues							
Fees	1,100,359	1,112,262	739,661	625,355	853,450	166,413	19 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,018,651	480,693	16 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,830,807	607,468	21 %
TOTAL	5,928,092	5,919,745	4,710,796	4,848,032	6,702,908	1,254,574	19 %
Expenses							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,541,397	595,230	23 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	3,807,593	565,595	15 %
Core Infrastructure	521,824	529,838	302,917	347,691	353,918	93,749	26 %
TOTAL	5,928,092	5,919,745	4,710,796	6,412,359	6,702,908	1,254,574	19 %
FTE: 2022 Approved Headcount of 37 FTE: 31 FT & 6 PT Plus 3 Temps	23.8	26.3	23.7	29.2	30.8	-----	-----

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



- *Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (4/25/2022), and are not the FINAL April 2022 figures.
 2. During 2020, the Legislature required a 10% cut in expenses from all County departments. This was removed from the Expense side of the ledger, but not the offsetting revenue portion, thus inflating the reported "Local Share" of Public Health by nearly \$375K.
 3. COVID Specific funds have been removed from these tables, as they skew the numbers due to their large amounts. Currently over \$2.4 million has been appropriated of Covid funding within Public Health.

PUBLIC HEALTH ACTIVITIES	Y-E 2020	Y-E 2021	Apr-22	Y-T-D
Community Health				
Healthy Neighborhoods Program Visits	94	112	15	104
- HNP revisits	40	14	0	7
Communicable Disease	618	0	0	0
- Respiratory (Legionellosis, Strep)	143	4	1	3
- Influenza	571	49	55	203
- Tick caused	19	105	12	28
- Hepatitis	20	53	13	50
- Gastrointestinal Disease	16	40	1	9
- PPD Test Administered	5	0	0	0
Child Passenger Safety Seats Inspected	6	20	0	8
- Child Seats FAILED Inspection	5	10	0	6
PH Interns	1	2	0	0
Immunizations total child and adult	35	0	0	0
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	0	25
Dental				
New Clients	124	154	26	88
Dental Screenings	631	782	64	316
- Clients with no tooth decay	237	328	18	104
-Clients WITH tooth decay	116	310	33	135
- Clients with EXTENSIVE tooth decay	251	128	13	77
Extractions	91	179	11	37
Children Services				
Children w/ Special Health Care Needs NEW Referrals	11	7	1	1
- Current Children being served	104	92	1	19
Environmental Health				
Animal bite investigations	119	150	11	51
Rabies Clinics	2	6	1	2
- Number of Animals	391	1098	305	385
Food Establishment Inspections	81	182	18	48
- Establishments with Violation	10	26	1	5
Temporary Food Inspections	2	8	0	0
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	0	2
Swimming Pool Inspections	9	14	0	1
Children's Camps	5	4	0	0
Agriculture Fairgrounds	0	2	0	0
Nuisance Complaints	58	17	1	6
Enforcement Actions	11	31	4	9
Weights & Measures				
Inspection Sites	69	129	10	20
-Devices Inspected	277	499	6	19
Petroleum Quality Samples Taken	0	0	0	0
COVID-19				
* Days Public Health EOC activated from year start	285	364	N/A	119
Total COVID Cases for period	5849	5628	459	4073
Individuals Tracked	5849	13224	459	4360
Calls Taken	15257	7824	36	391
Quarantine/Isolation Orders Issued	4323	13586	313	2725
Household Trips/deliveries	2518	1772	0	33
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	36	36	0	2

Certificate of Appreciation

In recognition of extraordinary work done throughout the COVID-19 pandemic, including testing, tracing, and vaccine program efforts.

Lisa McCafferty

Director of Public Health

Tioga County Public Health Department

Public Health is Where You Are



NPHW



Department
of Health

Mary J. Bassett

Mary T. Bassett, MD, MPH
Commissioner
New York State Department of Health

April 8, 2022

Date

Tioga County makes note of National Public Health Week

The Tioga County Legislature has proclaimed the week of April 4 - 10, 2022 as Public Health Week in Tioga County.

This corresponds with National Public Health Week, which provides an opportunity for Tioga County residents 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.

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 the prevention of diseases.

Public health activities protect from infectious and chronic diseases, environmental and

workplace hazards, unintentional injuries, and violence.

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

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

Each of us needs to do our part by taking personal responsibility to improve behaviors by following public health recommendations: Having an established primary care provider.

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.

The importance of public health has stood out throughout the COVID-19 pandemic.

Public Health workers have worked diligently to minimize the burden of disease throughout the pandemic through community outreach, collaboration with community partners, contact tracing, issuing isolation and quarantine orders, and holding COVID-19 vaccination and booster clinics.

We continue to monitor the ongoing COVID-19 pandemic in our county, regionally, and statewide so that we are prepared to act should we see an increase in severe illness in cases that require hospitalization. For COVID-19 resources, including New York State Data, Vaccination Locations, Testing Sites, and more, visit our website at ph.tiogacountyny.gov.

Check out the Tioga County Public Health Facebook Page to meet members of our team and to learn more about the programs that they offer.

*Tioga County Courser
4/13/22*

Immunizations and Primary Care Provider Reminder

BY KATIE WAIT
Public Health Educator

owego pennysaver 4/17/22



Tioga County Public Health is aware that many members of our community had to delay care or made the decision to do so voluntarily due to the COVID-19 pandemic.

With the hope that we are moving to a new sense of normal, we want to remind our community to make an appointment to get back on track and stay up-to-date on immunizations for vaccine-preventable diseases, as well as to choose a primary care provider, if one has not already been established.

The importance of having a primary care provider cannot be stressed enough. A primary care provider (PCP) can be a doctor, nurse practitioner, or physician assistant. PCPs are also called general practitioners because they cover all types of everyday health concerns, such as: teaching you how to make better decisions about your health to pre-

vent disease (e.g., quitting smoking, eating more nutritious food, or managing stress); suggesting screening tests to detect problems before you notice them (e.g., mammogram for breast cancer, or a colonoscopy for colon cancer); treat health problems that pop up like a rash or infection; help you manage long-term health problems (e.g., diabetes, high blood pressure, or depression); and even find a medical specialist if you need one (e.g., knee surgeon or a heart doctor).

One of the most important jobs of a PCP is making sure you are up-to-date on your vaccinations to prevent illness like measles, pertussis (whooping cough), the

seasonal flu, and more. We need different vaccinations across the lifespan to protect us from various illnesses, so it's important to talk with your PCP to make sure you and your children have received all your vaccinations.

You can find more information about recommended vaccines at www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html (children birth through six years of age), www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html (children seven to 18 years old), and www2.cdc.gov/nip/adultimmsched/ (vaccine assessment tool for adults).

Tioga County Public Health encourages Earth Day activities

Morning Times 4/22/22

OWEGO — Each year, Earth Day is celebrated on April 22. Earth Day was first celebrated in the United States in 1970 to raise awareness for the environmental issues our planet has, and how its occupants are contributors. By the end of 1970, the Environmental Protection Agency (EPA) was created by the U.S. Government. Different themes are celebrated each year with this year's theme being "Invest In Our Planet," stated officials from the Tioga County Public Health Department.

Although Earth Day is celebrated on a single day each year, everyday should be treated like Earth Day, officials said. Some ideas of how to "Invest In Our Planet" are:

- Plant a tree. Approximately 15 billion trees are cut down every year. Trees absorb carbon dioxide and release oxygen into the air. They also provide shelter for animals, and can even shade your home and reduce energy output for air conditioners.
- Turn off lights. Most electricity comes from fossil fuels like coal, oil or natural gas. Electricity can also come

from renewable resources such as water, wind and sun.

- Limit water usage. Only about 1% of water is usable for humans. The remaining water is either too salty, or too difficult to utilize. Turn off the faucet when brushing teeth, and limit the length of showers, or the amount of water in a bath.
- Clean up. Walk around the community and pick up garbage. Properly dispose of garbage and recycling in the correct areas. Be sure to wear gloves, and wash hands when completed.
- Reduce, reuse, and recycle. Follow the 3 "R's" to conserve natural resources and landfill space.

Before throwing something away, brainstorm ideas of how it could be repurposed or recycled. Better yet, think of how something (straws, mugs, containers, etc.) can be used more than once, officials added. Spread the word, and encourage others to become an active part in helping the Earth. To learn more visit www.earthday.org.

Tioga County Weekly Update for March 16 – March 22, 2022

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

According to the department there were 51 new cases during this time frame and two hospitalizations. There are currently 28 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.

This past weekend spring officially began, bringing with it the hope of having warmer weather and enjoying the outdoors. The Tioga County

Health Department encourages those with cabin fever to shop locally this year to help local businesses and the economy recover from the impacts of COVID-19.

In their weekly brief, the Health Department wrote, "All of us have felt the impacts of COVID-19, particularly our local businesses that closed their doors during the early months of the pandemic. Local business owners are our neighbors, friends, and even relatives; when we support their business, we support them and their families."

There are several other benefits to shopping local. It's convenient! It's better for the environment by helping reduce the carbon footprint. You're investing in your community. It helps create demand for local jobs. There are great deals to be found. You're likely to find quality products. Products are more likely to be sustainably sourced. There's more chance of finding the weird, wonderful, and

Dwight Pennysaver 3/27/22

quirky, and you make more thoughtful purchases.

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 Weekly Update for March 23 – March 29, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from March 23, 2022 to March 29, 2022 as follows.

According to the depart-

ment there were 49 new cases during this time frame and one hospitalization. There are currently 25 active cases. (Please note that this data does not include self-reported positive at-home tests.)

In a press release from Tioga County's Health Department, they wrote, "The last two years have undoubtedly added more stress to everyone's lives. We have had to limit time spent with family

and friends, adapt to changing work environments, and manage the impact to our physical and / or mental health due to COVID-19."

They added that stress negatively affects our overall well being. Stress can lead to physical reactions from the body like anxiety, fatigue, chest pain, muscle tension, headaches, stomach problems, skin rashes, and more. Over an extended period of time, stress can contribute to more serious health problems such as high blood pressure, heart disease, obesity, diabetes, and mental health conditions.

Finding ways to manage and cope with your stress may help improve your overall well being, according to the health department. The following are some tips.

Get at least seven hours of sleep.

Be physically active – even a 20-minute walk each day helps.

Eat foods that make your body feel good, like fruits, vegetables, lean protein, and whole grains.

Focus on your mental health and seek care from a health care provider if needed.

Limit alcohol use.

Avoid tobacco products.

Take a break from news

stories and social media, especially when you're feeling overwhelmed.

Make time to unwind and do activities you enjoy. Connect with others.

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.

Dwight Pennysaver 4/3/22

Press & Sun Bulletin 4/20/22

JOIN TIOGA COUNTY PUBLIC HEALTH AS A

Public Health Nurse

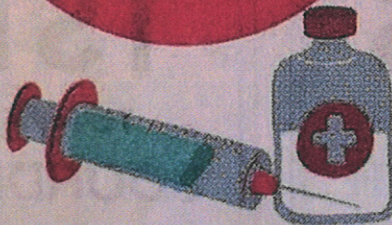
35 HOUR
WORK WEEK
PAID
HOLIDAYS!

PRIMARY DUTIES

COMMUNICABLE DISEASE
CONTROL & SURVEILLANCE

CHILDHOOD LEAD POISONING
CASE MANAGEMENT

IMMUNIZATION EDUCATION
& PROMOTION



FOR MORE INFORMATION & TO APPLY, PLEASE GO TO
WWW.TIOGACOUNTYNY.COM/DEPARTMENTS/PERSONNEL-CIVIL-SERVICE/



NY-GC10861040-01

*Come help us serve
Tioga County!*



FREE COVID-19 TEST KITS for Tioga County Residents

BARTON TOWN HALL

Monday-Thursday
9:00am to 4:30pm

CANDOR FOOD PANTRY

Wed. 3:00pm to 5:30pm

CANDOR VILLAGE HALL

Tues. 11:00am to 5:00pm
Wed. 8:00am to 2:00pm
Thurs. 12:00pm to 5:00pm

NEWARK VALLEY VILLAGE HALL

Mon.-Thurs. 9:00am to 5:00pm
Friday 9:00am to 12:00pm

NICHOLS TOWN HALL

Mon. 8:00am to 5:00pm
Tues.-Thurs. 8:00am to 2:00pm
Friday 8:00am to 12:00pm

OWEGO POLICE DEPARTMENT

Monday-Friday
8:00am to 4:00pm

OWEGO TOWN HALL

Monday-Friday
8:00am to 4:30pm

Morning Times 3/26/22

SPENCER TOWN HALL

Mon. 2:00pm to 6:00pm
Tues. 12:00pm to 3:00pm
Wed. & Sat. 8:30am to 12:00pm

TIOGA TOWN HALL

Monday-Friday
8:00am to 4:30pm

TIOGA COUNTY DEPT. SOCIAL SERVICES

Monday-Friday
9:00am to 5:00pm

LEGISLATIVE OFFICE

56 Main Street, Owego
Monday-Friday
8:00am to 5:00pm

TIOGA COUNTY PUBLIC HEALTH

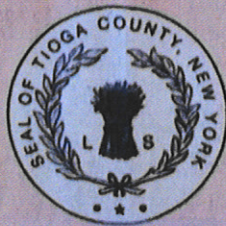
Monday-Friday
9:30am to 4:00pm

WAVERLY VILLAGE HALL

Monday-Friday
9:00am to 3:00pm



**IF YOU ARE FEELING
ILL, PLEASE DO NOT
VISIT THESE
LOCATIONS. SEEK
TESTING AT YOUR
DOCTOR'S OFFICE.**



Flood Safety



Learn & practice evacuation routes



Purchase or renew flood insurance



Learn more at [ready.gov/floods](https://www.ready.gov/floods)



SPRING INTO SAFETY

SUN SAFETY



- Use sunscreen with SPF 15+. Be sure to cover their entire body and reapply every 2 hours or after getting wet.
- Play in shaded areas such as under trees, tents, umbrellas, or pavilions.
- Dress in long-sleeved clothing, sunglasses and wide-brimmed hats.

Note: Sunscreen should not be used on children under the age of 6 months. Instead, keep them out of direct sunlight.

CHECK FOR TICKS

- Avoid wooded or grassy areas.
- Wear long pants tucked into socks.
- Stick to trails or walk ways.
- Apply insect repellent.
- Check your clothing, yourself, children, and pets for ticks.
- Shower immediately after coming indoors.
- Remove ticks as soon as possible. Using tweezers, grasp the tick near its head. Gently pull the tick out. Do not squeeze or crush the tick. Dispose of it by flushing it down the toilet. Clean the area where the bite occurred with antiseptic.



LEAD POISONING PREVENTION

Children can be exposed to lead while playing outside! Soil around your home may be contaminated with lead from old paint or gasoline!

To reduce potential lead exposure...

- Plant bushes close to the house to keep children out of the soil.
- Wash their hands after they have been playing outside.
- Put doormats inside entryways and remove shoes before coming inside.
- Check the outside of your home for chipping or peeling paint.

Remember to get your child tested for lead at ages 1 and 2.



BATS HAVE MANY BENEFITS IN NATURE, BUT THEY CAN ALSO CARRY RABIES!

If you find a **BAT** in your home...

DO NOT 

release,



dispose of,

or destroy it.



For further instruction, call

Tioga County Public Health!

607-687-8600



WHAT THE HEALTH!?

PREVENT. PROMOTE. PROTECT. PREVENT. PRO
PREVENT. PROMOTE. PROTECT. PREVENT. PRO
PREVENT. PROMOTE. PROTECT. PREVENT. PRO

PUBLIC HEALTH WEEK APRIL 4-10, 2022

PREVENT. PROMOTE. PROTECT. PREVENT. PRO
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PREVENT. PROMOTE. PROTECT. PREVENT. PRO

The people of Tioga County benefit every day from the efforts of public health! Public health activities protect our residents from **infectious and chronic diseases**, environmental and workplace hazards, and **unintentional injuries and violence**.

Educating people about the benefits of healthy behaviors is an essential element in attaining good health and preventing premature illness and death. 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
- Eating more fruits and vegetables in order to prevent disease

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**, preventing lead poisoning, and so much more!

April 2022



EVERY DAY TREATS THE EARTH LIKE EARLY DAY

SAVE THE BEES

Why It Matters: Bees are important for the food we eat. They pollinate many of the plants that we eat. Without bees, we would not have many of the fruits, vegetables, and nuts that we eat.

What You Can Do:

- Buy local honey
- Plant flowers that bees like to visit
- Avoid using pesticides
- Create a bee-friendly garden
- Support local beekeepers

SAVE THE SEAS

Why It Matters: The ocean is a vital part of our planet. It provides us with food, oxygen, and a source of recreation. However, the ocean is under threat from climate change, pollution, and overfishing.

What You Can Do:

- Reduce plastic use
- Recycle properly
- Avoid single-use plastics
- Support sustainable seafood
- Reduce your carbon footprint

SAVE THE TREES

Why It Matters: Trees are essential for our planet. They provide us with oxygen, shade, and a source of timber. However, trees are being cut down at an alarming rate.

What You Can Do:

- Plant trees
- Support local nurseries
- Avoid buying wood products from unsustainable sources
- Recycle paper
- Support local tree care services

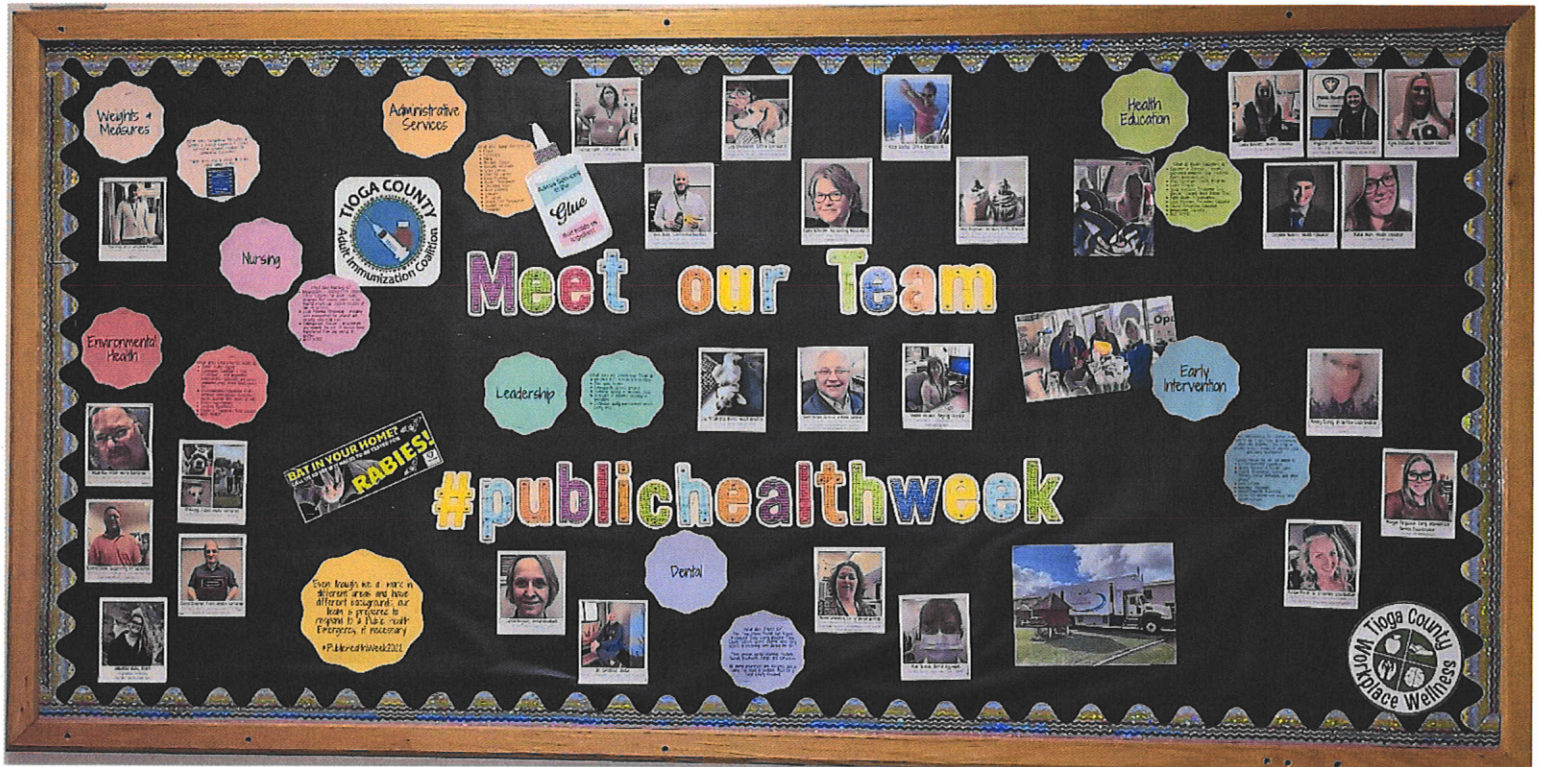
SAVE THE BIRDS

Why It Matters: Birds are an important part of our ecosystem. They help control insect populations, pollinate plants, and provide food for other animals. However, birds are facing many threats, including habitat loss, climate change, and pollution.

What You Can Do:

- Plant native plants
- Avoid using pesticides
- Support local bird conservation organizations
- Create bird-friendly gardens
- Avoid feeding wild birds

56 Main St., Oneigo April 2022



Tioga County Public Health

CHILD FIND PROGRAM

Child Find is a statewide program to ensure that all children achieve the best growth and development possible in the early years of life.

A voluntary and free program for Tioga County residents!

Who should be referred?


- Infants born before 33 weeks gestation
- Infants less than 4lbs, 1oz
- Children age 0-3 with an elevated lead level
- Children who are not eligible for direct services through Early Intervention OS
- You suspect your child has a developmental delay
- You are interested in periodic assessment for your child

Referrals can come from:
 Parents/Legal guardians
 Other Family Members
 Physicians
 Child Care Providers (with parental permission)
 Other Community Agencies

CONTACT US!
 607-687-8610
tiogacounty.ny.gov

Screen your child's skills:
 Gross Motor
 Fine Motor
 Personal-Social
 Problem Solving
 Communication

WATCH YOUR CHILD GROW



HHS Building April 2022



April 2022

REFERRED TO: HEALTH & HUMAN SERVICES COMMITTEE
FINANCE COMMITTEE

RESOLUTION NO. -22 AMEND 2022 BUDGET &
APPROPRIATE FUNDS
PUBLIC HEALTH

WHEREAS: Tioga County Public Health has received funding from the NYS Association of County Health Officials; and

WHEREAS: Funding is specific to Tioga County Public Health; and

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

RESOLVED: That funding be appropriated as follows;

From: A4053 416890	Public Health: Other Income	\$ 1,785
To: A4053 540640	Public Health: Supplies	\$ 1,785

REFERRED TO: HEALTH & HUMAN SERVICES COMMITTEE
FINANCE COMMITTEE

RESOLUTION NO. -22 CARRY FORWARD 2021 BUDGET AND
AMEND 2022 BUDGET, FOR PUBLIC HEALTH

WHEREAS: Tioga County Public Health (TCPH) has a vehicle fleet replacement plan as part of the Public Works Five Year Capital Plan; and

WHEREAS: TCPH was not able to order or purchase their planned and budgeted vehicle in 2021 as a result of industry shortages due to complications with Covid-19; and

WHEREAS: TCPH had a \$20,000 remaining in 2021 budget for the purchase of cars, and

WHEREAS: TCPH has opportunity to order an extra car in 2022 that will allow it to “catch up” with the replacement plan in 2022, which the Commissioner of Public Works supports; and

WHEREAS: TCPH receives at least 36% reimbursement for purchase of this vehicle, reducing local cost; and

WHEREAS: TCPH would like to carry forward \$17,712 of the 2021 remaining budget, and

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

RESOLVED: That funding be carried forward and appropriated as follows;

To: H4011 520060 Public Health Capital: Car/Truck \$ 17,712

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: Stroke is a leading cause of serious long-term disability and the fifth leading cause of death in the United States, killing over 150,000 people nationwide and more than 20 citizens of Tioga County each year; and

WHEREAS: Three out of every four strokes in the United States occur as new or first-time strokes; and

WHEREAS: Strokes can occur at anytime, anywhere, to any person and we all likely know someone who has been affected by a stroke; and

WHEREAS: Warning signs of stroke include sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; and sudden severe headache with no known cause; and

WHEREAS: Ninety-three percent of Americans recognized that sudden numbness on one side is a symptom of stroke, but only 38% were aware of all major symptoms and knew to call 9-1-1 when someone was having a stroke; and

WHEREAS: Patients who arrive at the emergency room within 3 hours of their first symptoms often have less disability 3 months after a stroke than those who received delayed care; and

WHEREAS: New and effective treatments have been developed to treat and minimize the severity and damaging effect of strokes, but much more research is needed, therefore

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

AMERICAN STROKE MONTH IN TIOGA COUNTY

and urges all the citizens of our County to familiarize themselves with the risk factors associated with stroke, recognize the warning signs and symptoms, and on the first signs of a stroke dial 9-1-1 immediately so that we might begin to reduce the devastating effects of stroke on our population.

Dated: May 10, 2022

MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: According to the United States Department of Agriculture (USDA), food waste is estimated at between 30%-40% of the food supply in the United States; and

WHEREAS: Food waste has detrimental impacts on society, as the resources used to produce and transport food, such as land, water, labor, and energy go to waste; and

WHEREAS: Safe and healthful food that is currently being thrown away could be used to help feed the 10% of food insecure Tioga County residents; and

WHEREAS: Food waste can occur at any stage in the production process. Common causes of food waste include spoilage, exposure to pests or toxins, equipment malfunction, temperature control issues, or the removal of produce that is safe to be eaten but looks undesirable or abnormal; and

WHEREAS: Consumers contribute to food waste by buying or cooking more food than necessary and choosing to throw out the leftovers; and

WHEREAS: The USDA and Environmental Protection Agency (EPA) have set a goal to decrease food waste by 50% by the year 2030; and

WHEREAS: We can all help to reduce food waste by planning meals and creating shopping lists, preparing perishable foods soon after shopping, being mindful of ingredients or leftovers that need to be used, and composting food that can no longer be eaten; and

WHEREAS: Tioga County Public Health in partnership with Tioga County Sustainability strive to provide education and outreach on reducing food waste to achieve a healthier and more sustainable Tioga County; now therefore

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

END FOOD WASTE MONTH

and urges all residents to take steps to minimize the amount of food wasted in their household.

Dated: May 10, 2022

MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE