



TIOGA COUNTY BOARD OF HEALTH

IN ORDER TO ASSURE A QUORUM,

PLEASE RSVP TO 607-687-8630

IF YOU WILL NOT BE ABLE TO ATTEND THIS MEETING

TO: Members of the Board of Health

FROM: L. McCafferty, Secretary

DATE: April 14, 2022

RE: Board of Health Meeting - Thursday, April 21, 2022,
7:30 a.m., Multi-Purpose Conference Room, 2nd Floor of Health and Human
Services Building at 1062 St. Rt. 38, Owego, NY 13827.

AGENDA

Introduction of New Member: Teresea Leary

Introduction of Guest

-Robert Williams, Tioga County Deputy Director of Emergency Services, TC Deputy
County Fire Coordinator, TC Coroner

Presentation

- Overview of Tioga County Emergency Services, Robert Williams

Additional Items

Old Business

- Meeting Minutes
- Enforcements
- BOH Calendar

New Business

- None

Informational

- Agency Updates – March 2022

Next Meeting Information

- May 19, 2022

TIOGA COUNTY BOARD OF HEALTH

MEETING MINUTES March 17, 2022

BOARD MEMBERS PRESENT :

J. Picco, DDS, President (By Zoom)
T. Hills, DVM, Vice President (In Person)
R. Kapur-Pado, DO (By Zoom)
W. Standinger III, Legislator (In Person)
T. Nytch, DVM (In Person)
W. Simmons (In Person)

STAFF PRESENT:

L. McCafferty, Secretary (By Zoom)
P. DeWind, Esq., County Attorney (By Zoom)(Arrived at 7:38 A.M.)
A. Reigelman, Secretary to the Public Health Director (In Person)

ABSENT:

J. Raftis, DO, FACEP
K. Millar, CRNA

GUEST:

Wendy Walsh, District Manager, Tioga County Soil and Water Conservation District (Arrived at 7:30 A.M.,
Departed at 8:07 A.M)

Dr. Picco asked Dr. Hills to chair meeting.

CALL TO ORDER: 7:34 a.m. by Dr. Hills.

INTRODUCTION OF GUESTS:

Dr. Hills introduced Ms. Walsh who presented on Tioga County Soil and Water Conservation District (SWCD).

PRESENTATION:

Ms. Walsh provided an all-encompassing overview of Tioga County's SWCD.

- Formation of SWCD in 1944; listed governing board & district staff members
- Programs & Services offered (Ag programs vs. non-Ag programs)
 - Ag Program Ex.- Ag Environmental Management Program (AEM): with over 270 farms enlisted in the program helps farms with heavy use area protection, Riparian forest buffering, grazing systems, and more. Assists in planning, design, assistance and construction oversight in all areas.
 - Non-Ag Programs Ex.-Hydro-seeding, Stream Program, permit assistance, equipment rental, flood control projects, etc..
- Various funding sources comes from private landowners, local municipalities, federal/state grants
- Upper Susquehanna Coalition is fully administered out of Tioga County SWCD. Offers wetland restoration, buffer work, water quality improvement, stream corridor rehabilitation and more.
- SWCD Participates in other County Committees: Ag & Farmland Protection Board, Ag Resource Group, Hazard Mitigation Service Committee, etc.

Ms. Walsh ended with questions from the Board:

- Dr. Kapur inquired what kind of budget SWCD works with.
 - Ms. Walsh explained that they have County appropriation of funds, grant funding, and funding that comes from the state, encompassing about \$700,000-\$800,000; and a greater sum with the Coalition.

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- Dr. Nytch inquired about Riparian repairs and if private landowners have the ability to choose the kind of trees/foliage that will be planted.
 - Ms. Walsh stated that SWCD provides options of foliage they can plant and landowners have input in what is chosen. Ultimately, the goal is to have foliage that provides the best coverage.
 - Mr. Simmons commented that he had worked with SWCD with a Riparian Buffer project for his land. In which he stated is going very well.
- Question was asked if SWCD has enforcement ability, if landowners do not comply by regulated water source locations.
 - Ms. Walsh replied that they are not a regulatory agency; they can educate and provide options, but can not enforce. Often times they are a go between for New York State Department of Environmental Conservation (NYSDEH) and landowners.
- Ms. McCafferty commented that Ms. Walsh provided a great overview especially in discussing point source and non-point source contamination. Stated that the Environmental Health Program works closely with SWCD.
- Dr. Hills thanked Ms. Walsh for her presentation; thereafter the entire Board stated their appreciation.

ADDITIONAL ITEMS:

N/A

OLD BUSINESS:

- Meeting Minutes: Motion to approve prior minutes made by Dr. Nytch; seconded by Dr. Kapur-Pado; all were in favor, motion approved.
- Enforcements:
 - Dr. Nytch inquired why the Arby's stipulation was so costly. Ms. McCafferty replied that the stipulation increases if the establishment does not correct a violation that previously occurred. Dr. Nytch requested that the number of violations (within one year) also be included on the enforcement log. Ms. McCafferty stated that would be accommodated.
 - Ms. McCafferty explained the water-related stipulation; which was a failure to report a monthly water test.
 - Short discussion of types of water test panels for supplies, with focus on lead in water supplies. Ms. McCafferty will provide example of water sampling schedules.
- Board Vacancy Update: Ms. McCafferty stated that Mr. Simmons, the Board of Health's new member was in attendance. Dr. Hills introduced everyone on the Board.
 - Mr. Simmons gave an overview of his background:
 - Grew up on dairy farm in Berkshire, and continued the dairy farm for a time, then went to beef cattle. (currently retired from);
 - Attended college for forestry;
 - Went into sales for dairy nutrition;
 - Worked in Precision Management (with Nutritional Management)
 - 4h Leader;
 - Currently works closely with Berkshire Fire District and Emergency Services;
 - Feels big responsibility to public service.
 - Ms. McCafferty requested County Attorney DeWind explain why only one candidate.
 - A draft resolution recommending both candidates was not accepted, as there was only one current vacancy. County Attorney DeWind explained that the existing vacancy was filled by Mr. Simmons. Since the Board did not have another vacant seat (and the next vacant seat was not yet established) a second member could not be included.
 - Dr. Picco commented that he received an email from Ms. Haray-Butcher stating her resignation from the Board of Health.

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- Dr. Kapur-Pado welcomed Mr. Simmons, and asked if a letter was sent to the second candidate (referred to in the February 17th meeting) Teresea Leary.
 - Ms. McCafferty stated that, to her knowledge, unknown if any correspondence went to any candidates. Then asked the Board what letters they would like to be distributed, and to whom.
- Dr. Nytech asked why both candidates could not be brought on, as he thought the February 17th meeting had determined that they would expand to 10 members.
 - Response: Did not motion to expand to 10 members.
- County Attorney DeWind stated that the Board should reach out to the next candidate and ask if they would like to serve, then would need to be approved at the next Legislative meeting.
 - Dr. Picco asked County Attorney DeWind if the Board should motion to approve Ms. Haray-Butcher's resignation.
 - County Attorney DeWind replied that would not be necessary, it is understood that the resignation is accepted.
- County Attorney DeWind noted that the Board could make a motion for next candidate.
 - Legislator Standinger made motion to advance next candidate to Legislators; Mr. Simmons seconded.
- Dr. Hills asked if there was any discussion on the matter.
 - Dr. Kapur-Pado inquired if the Board needed to call and ask Ms. Leary if she would still like to serve on the Board before sending to Legislators (as she has not been contacted in over four months). She asked if that was how Mr. Simmons's appointment took place.
 - Ms. McCafferty commented that she called Mr. Simmons to ask of his interest before resolution was put through.
 - County Attorney DeWind stated that a resolution could be put forward contingent on Ms. Leary's acceptance.
 - Ms. McCafferty stated that she was frustrated about the lack of professional courtesy with keeping all candidates informed, and asked if anything was sent by the Committee to the candidates.
 - Dr. Kapur-Pado replied that the Committee did not send any correspondence to any candidates.
 - Dr. Picco stated that Ms. Leary should be called to see if still interested; then after response will send letters to all candidates on outcome.
 - Legislator Standinger stated the earliest Ms. Leary would be approved would be at the April 12th Legislative meeting.
 - Ms. McCafferty stated that she will reach out to Ms. Leary to inquire of interest, then will submit to Legislature. The Secretary will send letters to all candidates on behalf of the Board.
- Dr. Hills asked if all were in favor to move forward to Legislature to fill Ms. Haray-Butcher's position with Ms. Teresea Leary; all members were in favor; motioned carried.

NEW BUSINESS:

- N/A

INFORMATIONAL:

- Ms. McCafferty stated that the Agency Report and Cannabis Conversation handouts were sent to the Board (electronically).
 - She let Board members who were present via Zoom know that they would be sent Health Educational promotional "rocks" encouraging vaccination, as they were distributed to those who attended in-person.

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- “Rocks” are promotion for vaccines in general; especially promotion of children to get vaccinated. Preventable childhood disease.
- COVID is still around, continuing surveillance.
- Healthy Neighborhoods- Public Health did not receive grant funding; frustrating because originally told that it would only be to first-year awards, now counties that have never received grant are being rewarded.
- Offered to reach out to Bob Williams, Deputy Director of Emergency Services, to present on topic of Tioga County Fire and Emergency Services.

Dr. Kapur-Pado welcomed Ms. McCafferty back to attending in person.

County Attorney DeWind let the Board know that last night the Governor extended order 11 until April 15, 2022 for public meetings to continue to hold meetings virtually. Since the next Board of Health meeting is April 21st, the Board will plan to meet fully in person.

Ms. McCafferty reminded the Board to complete the Tioga County Annual Policy Review and Financial Disclosure Statements. Reminder email with information will be sent to Board after meeting.

Dr. Hills concluded meeting at 8:41 A.M. and thanked everyone for attending.

Minutes respectfully submitted by Ms. McCafferty.

Joseph Picco, DDS, President

Lisa C. McCafferty, R.S., MPH; Secretary

Minutes approved April 21, 2022



Public Health
Prevent. Promote. Protect.

Tioga County

April 2022 Enforcements

<u>Business</u>	<u>Type of Violation</u>	<u>Fine Paid/Date</u>	<u>Year to Date</u>
Cliff Bays Southern Tier Microd Club 96 Catatank Hill Rd.. Candor, NY	Water	\$200.00 3/14/2022	First



Tioga County Public Health Department

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



Public Health
Prevent. Promote. Protect.

Tioga County

NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Although the Healthy Neighborhoods grant ends March 31st, we have reconfigured the service and will be continuing to work with families.
- Kylie Holochak, in partnership with other local agencies, has developed Marijuana Campaign. Five surrounding municipalities opted in for onsite consumption of marijuana and to opening dispensaries. She is also working to help update smoking policies to include marijuana along with tobacco in smoke free spaces.
- Kylie has been coordinating Creating Healthy Schools and Communities mini grants. The Town of Richford and Village of Waverly have applied for mini grants of \$13,000 to help improve infrastructure. Waverly School District has also been awarded funding through this grant for \$24,000. Town of Barton has also expressed interest, which we will look to onboard in June 2022.
- Laura Bennett is working with Town of Richford to develop a sun safety policy with the Cancer In Action Prevention grant.
- Laura Bennett and Dan Scherrer conducted survey of area veterinarians about Rabies. One finding that people would like more information about is animal bites and Rabies. Brochure guides and informational magnets were created and distributed to the community and veterinary offices.
- Early Intervention referrals have increased significantly, many children are waiting for services due to lack of providers. Jordan Marsh reached out to various agencies, and was able to get one provider to hold a group therapy session for 4 of our EI kiddos.
- Preschool numbers have also increased, possibly seeing this trend due to Covid.
- EI will be delivering "spring buckets" with helpful supplies for their kiddos soon.
- Our intern, Samantha Black, is surveying current EI parents. Also working with Dan Scherrer on special nitrate sampling in the Village of Spencer to map nitrate results and identify potential areas of concern within the Village.
- Environmental Health worked a bite report for a pig.
- Adam Ace presented Healthy Neighborhoods Program at Newark Valley Baptist Church Senior Luncheon.
- We have ordered a new Ford Escape for our vehicle fleet.
- Laura Schurter is training as backup for Preschool Billing.
- Tioga Smiles Dental Van moved to the Newark Valley Schools. It has been three years since we have been able to serve the kids in Newark Valley and we are seeing an increase in extensive decay. We are also working with Spencer Van Etten School District to secure electrical hook-ups at the Middle and Elementary so we can reach more patients while at those sites.

- 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

- March 14, 2022 was the second year anniversary of the first case of Covid in Tioga County.
- Stephen Mastro compiled “Post Covid” Resource Guide and distributed to all contacts. Hard copies available in Health and Human Services Building. By extending Stephen’s position, we have a cushion for Covid responsibilities and outreach.
- Held homebound booster vaccine clinic, providing Pfizer Covid vaccine booster to those interested in the homebound population of Tioga County who we had vaccinated last year.
- [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 March 25, 2022; since March 14, 2020 onset:

New York State	National
Total Known Cases: 5,124,391	Total Known Cases: 81,565,957
Total Known Deaths: 68,390	Total Known Deaths: 1,002,259
Total Known Recoveries: 3,730,994	Total Known Recoveries: 63,824,394
- Current Numbers To Date; since March 14, 2020 onset:
 - **740** Days Since Public Health EOC activated (3/14/2020)
 - **10,776** Confirmed Cases (Data from NYS CommCare system)
 - **20,395** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
 - **4,323** Household Trips/Deliveries
 - **186** Complaints
 - **3,970** Facebook Likes
 - **981** Facebook Posts
 - **48** Media Interviews
 - **110** Press Releases

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

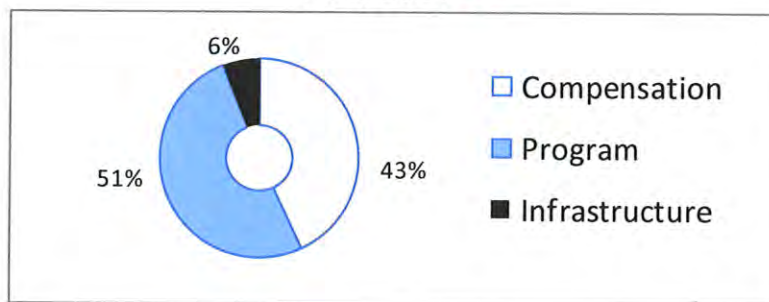
Attachments:

1. Financial Snapshot March 2022.
2. Data Report March 2022.
3. Article: "Barton exploring county grant opportunity," Morning Times, March 19, 2022.
4. Article: "Opinion/ Letters to the Editor," Owego Pennysaver, March 6, 2022.
5. Article: "Students No Longer Need to wear Masks," Candor Chronicle," March 9, 2022.
6. Article: "Tioga County Covid update," Tioga County Courier, March 2, 2022.
7. Article: "Tioga County COVID Brief for February 23-March 1, 2022," Owego Pennysaver, March 6, 2022.
8. Article: "Tioga County Weekly COVID Brief for March 2-March 8, 2022, Owego Pennysaver, March 13, 2022.
9. Article: "Tioga County Weekly COVID Brief for March 9, 2022-March 15, 2022," Owego Pennysaver, March 20, 2022.
10. Advertisement: "March is National Nutrition Month!" Morning Times, March 19, 2022.
11. Advertisement: "2 Years of COVID-19 in Tioga County," Owego Pennysaver, March 13, 2022.
12. Flyer: "Free COVID-19 Test Kits..." March 2022.
13. Flyer: "10 Tips for Healthy Eating," March 2022.
14. Flyer: "This of That..." March 2022.
15. Flyer: "It's Not Luck," March 2022.
16. Flyer: "What The Health!?", March 2022.
17. Bulletin Boards: "March is National Nutrition Month," "Water your Garden," 56 Main St., Owego, March 2022.

Financial Snapshot
FINAL 2021

	2017 Actual	2018 Actual	2019 Actual	2020 Actual ²	2021 Budget	Actual ^{*1,3} 2021	Percentage of 2021 Budget
Revenues							
Fees	742,121	1,100,359	1,112,262	739,661	1,119,950	625,355	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	1,906,875	65 %
TOTAL	5,142,638	5,928,092	5,919,745	4,710,796	6,412,359	4,848,032	76 %
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	2,481,148	63 %
Core Infrastructure	215,131	521,824	529,838	302,917	347,691	275,464	79 %
TOTAL	5,142,638	5,928,092	5,919,745	4,710,796	6,412,359	4,848,032	76 %
FTE: 2021 Approved Headcount of 35 FTE: 31 FT & 4 PT	22.6	23.8	26.3	23.7	29.2	-----	-----

Allocation of Expenses
Final 2021^{*1,3}



- *Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent FINAL figures for 2021.
 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 2020	Y-E 2021	Mar-22	Y-T-D
Community Health				
Healthy Neighborhoods Program Visits	94	112	32	89
- HNP revisits	40	14	2	7
Communicable Disease	618	0	0	0
- Respiratory (Legionellosis, Strep)	143	4	0	2
- Influenza	571	49	36	125
- Tick caused	19	105	1	16
- Hepatitis	20	53	17	37
- Gastrointestinal Disease	16	40	1	8
- 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	1	1
Narcan Distributed (added 8/18)	41	160	1	25
Dental				
New Clients	124	154	11	62
Dental Screenings	631	782	91	252
- Clients with no tooth decay	237	328	25	86
-Clients WITH tooth decay	116	310	42	102
- Clients with EXTENSIVE tooth decay	251	128	24	64
Extractions	91	179	12	26
Children Services				
Children w/ Special Health Care Needs NEW Referrals	11	7	0	0
- Current Children being served	104	92	0	18
Environmental Health				
Animal bite investigations	119	150	17	40
Rabies Clinics	2	6	0	1
- Number of Animals	391	1098	0	80
Food Establishment Inspections	81	182	12	30
- Establishments with Violation	10	26	1	4
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	5
Enforcement Actions	11	31	2	5
Weights & Measures				
Inspection Sites	69	129	6	10
-Devices Inspected	277	499	0	13
Petroleum Quality Samples Taken	0	0	0	0
COVID-19				
* Days Public Health EOC activated from year start	285	364	N/A	91
Total COVID Cases for period	XXXX	5628	184	3614
Individuals Tracked	5849	13224	184	3901
Calls Taken	15257	7824	45	355
Quarantine/Isolation Orders Issued	4323	13586	130	2412
Household Trips/deliveries	2518	1772	4	33
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	XXXX	36	1	2

* EOC originally activated starting 3/14/20

Barton exploring county grant opportunity

By JOHNNY WILLIAMS
News Editor

BARTON — During a quick monthly meeting this week, the Barton Town Council noted that it was exploring a grant application that could mean \$13,000 for certain municipal projects.

Specifically, the Tioga County Public Health Department is offering a five-year, \$13,000 Creating Healthy Schools and Communities Grant. While the grant has several different initiatives, one of them is focusing on "increasing safe accessible physical activities in eligible municipalities."

"The primary focus of this strategy is to connect activity-friendly routes to at least two everyday destinations with an emphasis on walking," health department officials stated in a letter to the town. "Activity-friendly routes make it safe and convenient for people of all abilities to walk, run, bike, skate, or use wheelchairs. Within communities, implementation should focus on places with dangerous conditions, a high-percentage of low-income residents, and/or historic disinvestment."

According to health officials, if awarded, the grant monies can be used on the following items:

- Paint, chalk and stencils for crosswalks and temporary road markings, bike lane striping, sharrow (shared-lane markings, reflective tape, paint rollers/brushes)
- Bump outs, speed bumps, portable speed bumps, rubber curbs, traffic cones, delineator posts and miscellaneous traffic calming items
- Curb cut-outs
- Miscellaneous signage
- Radar speed signs, trailers, speed camera systems.
- Streetscape items
- Bike racks
- Bike fix-it stations
- Trail signage
- Multi-use path materials
- Replacement of existing sidewalk to restore a sidewalk to its original condition
- Complete Street pop-up events and Tactical Urbanism events.

Examples of items that could not be purchased by the grant funds include traffic lights, certain traffic signs, street lighting, bus shelters and new capital project construction, officials said.

Town Clerk Arrah Richards said it was too late to apply for the first round of funding, but that the town council should consider the project for the next round of grants.

Morning Times 3/19/22

OPINION/LETTERS TO THE EDITOR

Dear Editor,

For the business community, did you know that as an employer you can put benefits in place that support a healthy workforce? One such benefit is paid time off to get screened for cancer. Now that the screening age for colorectal cancer has been lowered from age 50 to age 45, even more of your workforce may be able to get this life-saving screening.

March is Colorectal Cancer Awareness Month and a good time to learn about cancer screening and ways to encourage employees to get screened. Screening tests look for disease before there are symptoms, and may find cancer early

when it may be easier to treat. When it comes to colorectal cancer, screening may even prevent it! Colorectal cancer screening may find growths, called polyps, which can be removed before they turn into cancer.

The Cancer Prevention and Action Program (CPiA), supported with funds from New York State, can help employers that want to learn more about paid time off for cancer screening benefit. This benefit allows employees to get screened for breast, cervical and colorectal cancer without having to use accrued leave or sick time.

Studies have shown this

policy is cost effective to the employer. To learn more visit www.takeactionagainstcancer.org or call (607) 687-8619.

*Sincerely,
Laura Bennett, Public
Health Educator
Cancer Prevention in
Action of Tioga County*

Editor's Note: *Owego Pennysaver* 'Letters to the Editor' must be signed and a daytime phone number included for verification. Letters should be no more than 400 words in length. We reserve the right to edit for length or clarity. "Letters to the Editor" do not necessarily represent the opinions of this publication. *Owego Pennysaver 1316/22*

Students No Longer Need to Wear Masks

Tioga School Districts Following New Guidance

STAFF REPORT

On Feb. 27 New York State Governor Kathy Hochul announced that the New York State school mask mandate would be lifted starting on Wednesday, March 2.

Masks are no longer required on school buses or in the school setting for

students, staff, and teachers. The mask mandate has also been lifted for child care programs. This decision comes after the Centers for Disease Control (CDC) updated their mask guidance.

School districts are now be following the New Masking Guidance Update released from New York State Department of Health (NYSDOH) on March 1, 2022.

In this guidance NYSDOH notes

that masks are still required upon returning to school for those who test positive for COVID-19 on days six to 10. Regardless of one's vaccination status, the NYSDOH still recommends wearing a mask for 10 days after a known exposure to a positive case.

If a student or staff member has a known exposure to a positive case while at school, districts should notify the affected individuals or their parent/guardian of their exposure.

Schools are still encouraged to improve ventilation, encourage vaccination, conduct surveillance testing, and provide access to free testing.

The NYSDOH recommends that students, staff, and teachers continue wearing a mask if they feel more comfortable for personal reasons. They should also wear a mask if they know they were in close contact with someone who has tested positive for COVID-19.

Those who are immunocompromised should discuss the need to wear a mask with their health care provider and continue to take extra precautions.

Anyone who is symptomatic, regardless of vaccination status, should

stay home until they test negative or for five days from symptom onset. Exposed students, staff, and teachers may remain in school as long as they are wearing a well-fitting mask and undergo recommended testing.

If a cluster of new COVID-19 infections is identified within a school, Tioga County Public Health will work with the school district on mitigation measures to prevent further spread of the virus.

Parents/guardians who have questions should refer to their school district's website to view updated information specific to their school's mask policy.

Tioga County Public Health will continue to monitor and be vigilant about COVID-19 cases and will identify clusters if they develop in the community or in a school. *Candor Chronicle 3/9/22*

Tioga County Covid update

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 financial 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, please know that there are resources available to help.

- *Tioga County Mental Hygiene:*

Services and support for individuals of all ages and families include coping with emotional problems, mental illness, marital issues, depression, alcoholism and substance abuse. 607-687-4000
<https://tiogacountyny.gov/departments/mental-hygiene/>

- *Tioga County Department of Social Services:*

Provides financial and social services to eligible County residents through programs such as Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), Emergency Rental Assistance, Emergency Solutions, Low-Income Household Water Assistance Program, and Pandemic Emergency Assistance Fund (PEAF) 607-687-8300
<https://tiogacountyny.gov/departments/social-services/>

- *Tioga Opportunities, Inc.:*

Provides a variety of services including Services for Older Adults, Women, Infants, and Children (WIC), Transportation, Apartments for Rent, and more. 607-687-4222 <https://tiogaopp.org/>

- *NY Project Hope:*

An emotional support helpline, educational materials, trusted referrals, and local provider agencies...all dedicated to helping you manage and cope with changes brought on by COVID-19. 844-863-9314
<https://nyprojecthope.org/>

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

COVID-19 case breakdown in Tioga County from February 16 to 22 2022: (Please Note: Data does not include positive at-home tests)

- New Cases: 80
- Hospitalizations: 4
- (Known) Deaths: 0
- Current Active Cases: 37

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 <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

- *COVID-19 Resources:*

- COVID-19 Vaccine Locations: <https://www.vaccines.gov/>
- Find a COVID-19 Test Site Near You: <https://coronavirus.health.ny.gov/find-test-site-near-you>
- COVID-19 State Run Testing Locations: <https://coronavirus.health.ny.gov/covid-19-testing>
- New York State Dashboard: <https://coronavirus.health.ny.gov/covid-19-testing-tracker>
- Tioga County Public Health Website: ph.tiogacountyny.gov
- Tioga County Public Health Facebook Page: <https://www.facebook.com/tiogacountypublichealth>

Tioga County Courier 3/2/2022

Tioga County COVID Brief for February 23 – March 1, 2022

New York State Governor Kathy Hochul announced that the state's school mask mandate would be lifted starting Wednesday, March 2, 2022.

With this announcement, masks are no longer required on school buses or in the school setting for students, staff, and teachers. The mask mandate has also been lifted for childcare programs.

According to Tioga County's Health Department, this decision comes after the Centers for Disease Control (CDC) updated their mask guidance.

School districts are now following the New Masking Guidance Update released from New York State's Department of Health (NYSDOH) on March 1, 2022. In this guidance, NYSDOH notes that masks are still required upon returning to school for those who test positive for COVID-19 on days six through ten. Regardless of one's vaccination status, the NYSDOH still recommends wearing a mask for 10 days after a known exposure to a positive case.

If a student or staff member has a known exposure to a positive case while at school, the brief wrote, districts should notify the affected individuals

or their parent / guardian of their exposure.

The health department continued, "Schools are still encouraged to improve ventilation, encourage vaccination, conduct surveillance testing, and provide access to free testing."

The NYSDOH recommends that students, staff and teachers continue wearing a mask if they feel more comfortable for personal reasons. They should also wear a mask if they know they were in close contact with someone who has tested positive for COVID-19. Those who are immunocompromised should discuss the need to wear a mask with their healthcare provider and continue to take extra precautions.

Anyone who is symptomatic, regardless of vaccination status, should stay home until they test negative, or for five days from symptom onset. Exposed students, staff and teachers may remain in school as long as they are wearing a well-fitting mask and undergo recommended testing.

If a cluster of new COVID-19 infections is identified within a school, Tioga County Public Health stated they would work with the school district on mitigation measures to prevent further spread of the virus.

Parents and guardians who have questions should refer to their school district's website to view updated information specific to their school's mask policy.

Tioga County Public Health will continue to monitor and be vigilant about COVID-19 cases and will identify clusters if they develop in the community or in a school, they concluded in their brief.

In the meantime, the COVID-19 case breakdown in Tioga County from February 23, 2022 – March 1, 2022 (data does not include positive at-home tests), is

as follows.

According to the department there were 52 new cases during this time frame and three hospitalizations. There are currently 18 active cases.

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.

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.

Onesio Pennington 3/1/22

Tioga County Weekly COVID Brief for March 2 – March 8, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from March 2, 2022 to March 8, 2022 as follows.

According to the department there were 39 new cases during this time frame and two hospitalizations. There are currently 39 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.

On March 14, 2020, Tioga County saw its first confirmed case of COVID-19. Looking back, it's truly overwhelming how much we have all gone through over the last two years. We have all been impacted by missed time with our families and friends. Businesses in our community have been pushed to their limits to keep their doors open. Students have been forced to adapt while they struggle to get a normal education. But nothing compares to the devastating losses that our community has been through from

losing parents, grandparents, siblings, other family members, friends, coworkers, nursing home residents, and more to COVID-19.

While the early days of COVID-19 brought so much fear and uncertainty, the last year has also offered hope. On Dec. 11, 2020, Pfizer became the first vaccine to receive Emergency Use Authorization. On Jan. 13, 2021, Tioga County held the first Moderna Vaccination Clinic, where they were able to vaccinate 100 Essential Workers.

Since then, they have been able to hold over 50 COVID-19 Vaccination Clinics, just in Tioga County alone, where they have been able to vaccinate those as young as five years old. They have also seen treatment options become available that have proven to be effective when given early on.

Unfortunately our community continues to be impacted by COVID-19. We still have residents suffering from more severe COVID-19 infections, and we continue to experience losses.

In their weekly brief, Tioga County's Department of Health wrote, "COVID-19 is still here and we will continue to encourage Tioga Coun-

ty residents to be vigilant and take appropriate steps to protect themselves against this virus."

The continued, "We acknowledge the fatigue that everyone is feeling after dealing with so much the last two years. It's time we continue moving forward and adapt to what life is like with COVID-19. There is no way to know what might come next for COVID-19, but our team will continue monitoring the spread of this virus throughout our community and will follow important updates from the New York State Department of Health and the Centers for Disease Control. We will communicate with Tioga County and share any important updates

or announcements."

Those interested in following COVID-19 case updates may visit

<https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

The health department continued, "We want to thank the entire Tioga County community for your support throughout this pandemic. The last two years have been anything but easy on our Public Health Team, but we will continue, as we have been, to be there for our community, ready with whatever comes next.

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.

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Tioga County Weekly COVID Brief for March 9, 2022 – March 15, 2022

– March recognized as National Nutrition Month –

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from March 9, 2022 to March 15, 2022 as follows.

According to the department there were 49 new cases during this time frame and four hospitalizations. There are currently 23 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.

Also, did you know that March is National Nutrition Month?

According to Tioga County's Health Department, every year during the month of March, National Nutrition Month is recognized through an educational campaign that focuses on making informed food choices and developing healthful eating and physical activity habits.

The department wrote, in a prepared release, "Good nutrition is essential to our overall health."

According to the CDC, those with healthy eating patterns may live longer and are at lower risk of developing serious health problems like heart disease, type 2 diabetes and obesity.

The health department added that good nutrition is also vital in helping our immune system function.

They wrote, "A balanced diet consisting of different vitamins and minerals, along with other healthy lifestyle factors like adequate sleep and low stress, can help our body better fight infection and disease. Boosting our immune system is especially important when illnesses, like COVID-19, are circulating around our community."

The department offered some helpful tips for making healthy food choices; make half your plate fruits and veggies; include whole grains; don't forget the dairy; add lean protein; avoid extra sugar and fat; and get creative in the kitchen and try new recipes.

They noted that if you get off track, make sure you get right back on track the next day, and recommended trying new foods, and satisfying your sweet tooth in a healthy way.

"Remember, everything you eat and drink matters," they continued, adding, "It is easy for us to get off track with healthy eating habits especially with the added stress in our lives over the last two years from the pandemic. National Nutrition Month is the perfect time to prioritize your own health by making healthy food choices and adopting every day healthy habits."

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.

One90 Pennsylvania 3/15/22

MARCH IS NATIONAL NUTRITION MONTH!

10 TIPS FOR HEALTHY EATING

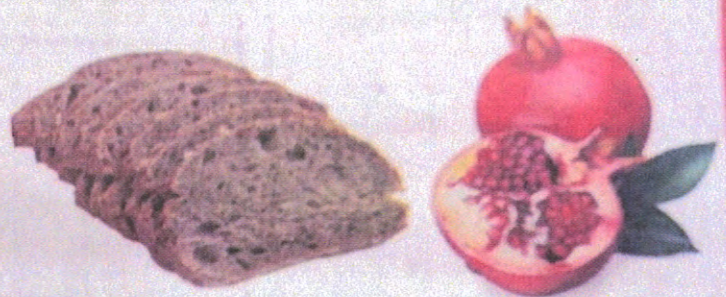
1 BALANCE CALORIES

2 ENJOY YOUR FOOD

3 PRACTICE PORTION CONTROL

4 READ THE NUTRITION LABEL

5 FILL HALF YOUR PLATE WITH FRUITS & VEGGIES!



6 CHOOSE LOW-FAT OR FAT-FREE DAIRY PRODUCTS

7 FOCUS ON WHOLE GRAINS

8 LIMIT FOODS HIGH IN SALT, ADDED SUGAR, & SOLID FATS

9 PREP HEALTHY OPTIONS

10 DRINK WATER



FOR MORE NUTRITION TIPS: EATRIGHT.ORG



Morning Times 3/19/22

2 Years



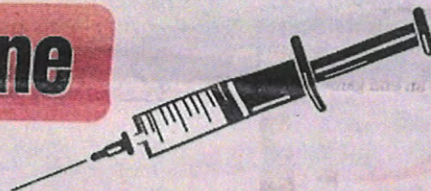
of COVID-19 in Tioga County

On **March 14, 2020** Tioga County Public Health was notified of its first case of COVID-19.

Thank You!

For your support as we, all, continue to learn to navigate life while protecting the well-being of our community.

COVID-19 Timeline



March 14, 2020

First confirmed case of COVID-19 in Tioga County.

April 15, 2020

First death from COVID-19.

November 19, 2020

Tioga County reaches 1,000 COVID-19 cases.

December 11, 2020

Pfizer becomes the first COVID-19 vaccine to receive Emergency Use Authorization.

January 13, 2021

Tioga County hosts it's first COVID-19 vaccination clinic.

December 18, 2021

Tioga County hosts it's first COVID-19 vaccination clinic for children 5 and up!

February 2022

Over 50 vaccination clinics have been held in Tioga County.

Today

We continue adapting to our "new normal."

FREE COVID-19 TEST KITS for Tioga County Residents

BARTON TOWN HALL

During normal business hours:
Monday-Thursday
9:00am to 4:30pm

OWEGO POLICE DEPARTMENT

During normal business hours:
Monday-Friday
8:00am to 4:00pm

CANDOR VILLAGE HALL

During normal business hours:
Tuesday 11:00am to 5:00pm
Wednesday 8:00am to 2:00pm

OWEGO TOWN HALL

During normal business hours:
Monday-Friday
8:00am to 4:30pm

NEWARK VALLEY VILLAGE HALL

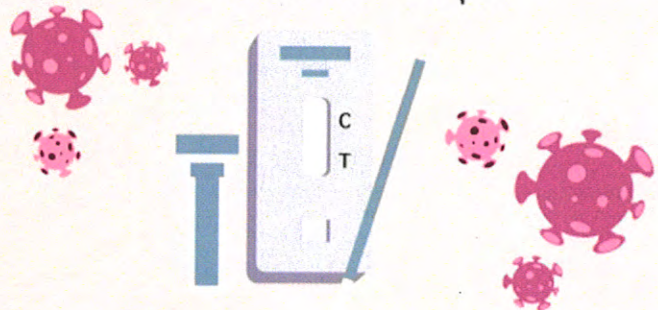
During normal business hours:
Mon.-Thurs. 9:00am to 5:00pm
Friday 9:00am to 12:00pm

TIOGA TOWN HALL

During normal business hours:
Monday-Friday
8:00am to 4:30pm

NICHOLS TOWN HALL

During normal business hours:
Monday 8:00am to 5:00pm
Tues.-Thurs. 8:00am to 2:00pm
Friday 8:00am to 12:00pm



*Additional locations and times will be added as we are made aware.

**Available while supplies last. Distributed on a first come, first serve basis.



10 TIPS FOR HEALTHY EATING

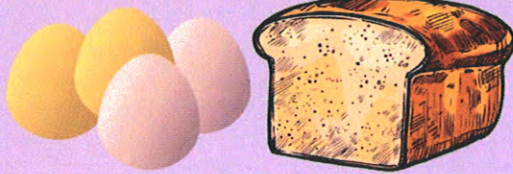
1 BALANCE CALORIES

2 ENJOY YOUR FOOD

3 PRACTICE PORTION CONTROL

4 READ THE NUTRITION LABEL

5 FILL HALF YOUR PLATE WITH FRUITS & VEGGIES!



6 CHOOSE LOW-FAT OR FAT-FREE DAIRY PRODUCTS

7 FOCUS ON WHOLE GRAINS

8 LIMIT FOODS HIGH IN SALT, ADDED SUGAR, & SOLID FATS

9 PREP HEALTHY OPTIONS

10 DRINK WATER



THIS OR THAT

WHICH DO YOU LIKE MORE?



APPLES

GRAPES

KIWI

PEACHES

STRAWBERRIES

CARROTS

TOMATOES

BROCCOLI

SPINACH

BRUSSEL SPROUTS

PEARS

CHERRIES

ORANGES

PLUMS

BLUEBERRIES

SWEET POTATOES

BELL PEPPERS

CAULIFLOWER

KALE

GREEN BEANS



It's Not Luck

Preparing for disasters and emergencies shouldn't be left up to chance!

Start with these 3 steps!

Know the risks for your area

- Think about disasters and emergencies that have previously affected:
 - your home/property
 - the communities that you visit regularly (work, shopping, school, church, etc.)
 - Find more info at [ready.gov/be-informed](https://www.ready.gov/be-informed)



Make a plan to lessen impacts of those risks by visiting [ready.gov/plan](https://www.ready.gov/plan)

Build a kit to be ready

- Include basic items such as water, non-perishable food, etc.
- Be sure to include items that meet the needs of your household (pets, children, etc.)



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



WHAT THE HEALTH!?

10 TIPS FOR HEALTHY EATING

<p>1 BALANCE CALORIES</p> <p>2 ENJOY YOUR FOOD</p> <p>3 PRACTICE PORTION CONTROL</p> <p>4 READ THE NUTRITION LABEL</p> <p>5 FILL HALF YOUR PLATE WITH FRUITS & VEGGIES!</p>	 <p>6 CHOOSE LOW-FAT OR FAT-FREE DAIRY PRODUCTS</p> <p>7 FOCUS ON WHOLE GRAINS</p> <p>8 LIMIT FOODS HIGH IN SALT, ADDED SUGAR, & SOLID FATS</p> <p>9 PREP HEALTHY OPTIONS</p> <p>10 DRINK WATER</p>
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WHEN LIFE HAPPENS...

Poison centers are ready 24/7 with fast, free advice.

I ate something that made me sick!

I splashed cleaner in my eye.

My child swallowed a button battery.

A snake bit me.

Our carbon monoxide alarm is going off!

My baby ate rat poison.

I took my medicine twice.

POISON Help WHEN YOU HAVE QUESTIONS, OUR EXPERTS HAVE ANSWERS
 CALL POISON HELP AT 1-800-222-1222

March COLON CANCER AWARENESS MONTH



✓Preventable ✓Treatable ✓Beatable

Colorectal cancer is the 2nd leading cause of cancer deaths in the United States. Every year 140,000 Americans are diagnosed with colorectal cancer and 50,000 die from it.

Screenings Save Lives!

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screenings can find colorectal cancer early, when treatment works best.

What Can You Do?

- Begin getting screened at 50 years old
- Be physically active
- Maintain a healthy weight
- Limit your alcohol consumption
- Do not smoke

BAT IN YOUR ROOM?

CATCH TRAP TEST



AND DON'T SQUISH MY BRAIN!

Tioga County Public Health

MARCH IS NATIONAL NUTRITION MONTH



Calorie-free does not mean zero calories. It means fewer calories per serving.

100% fat-free means 0g trans fat, cholesterol, and sodium.

2500 calories equal one pound.



Most nutrition labels are based off of 100% calories.

One calorie is 100 calories per serving.

1 Check the Serving size first. All the numbers on this label are for a 2/3-cup serving.

Nutrition Facts	
Serving Size 2/3 cup (160g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat	10g
Total Carbohydrate	45g
Total Protein	5g
Sodium	100mg
Dietary Fiber	10g
Sugars	10g
Total Sugar	10g
Added Sugars	10g
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	10%

2 This package has 8 servings. If you eat the whole thing, you are eating 8 times the amount of calories, carbs, fat, etc., shown on the label.

4 Choose foods with more fiber, vitamins, and minerals.

3 Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.

5 Choose foods with lower calories, saturated fat, sodium, and added sugars. Avoid trans fat.

www.nutrition.gov
www.fda.gov
www.usda.gov

WATER YOUR GARDEN

FLOWERS NEED SOIL, WATER, AND SUN.
WHAT DO YOU NEED TO GROW?

SOIL

STAY ROOTED

- Practice stress management
- Set boundaries
- Stay true to who you are
- Reflect

"Wherever life plants you,
bloom with grace."

SHOWERS

SOAK UP FEELINGS & EXPERIENCES

- Be present
- Minimize social media
- Spend time with loved ones
- Be mindful of your emotions

"In joy or sadness, flowers
are our constant friend."
- Okubara Kakuzi

SUN

BE JOYFUL

- Make time for hobbies
- Laugh
- Think positively
- Tap into your "inner child"

"May all your weeds
be wildflowers."

**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

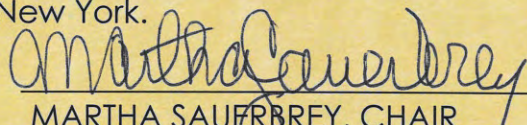
WHEREAS: Sharing evidence-based nutrition information is a crucial step toward improving the eating habits of Tioga County residents; therefore

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

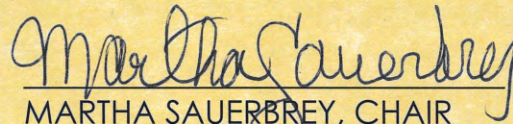
WHEREAS: The residents of Tioga County recognize the essential role public health plays in their everyday lives; therefore

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



In the Field of Environmental Health

Implementing NYS Drinking Water Standards for PFOA, PFOS, and 1,4-Dioxane

New York State continues to stay ahead of federal regulators by prioritizing and regulating emerging contaminants in drinking water.

Suffolk County Prepared for 1,4-Dioxane Regulation and Treatment

Chautauqua County: Reducing PFAS in Mayville in Record Time



SPRING 2022

Please click each green headline to read the full article.

ALSO INSIDE

A Message from our Center Director

Polystyrene Foam Ban (Foam Free NY)

Setting Limits for Heavy Metals in Spices

Resources

About Us

Get Ready for the New York State Fair

Learn more about the work that goes into planning for the New York State Fair.

Onondaga Health Department's Role

Perspectives from NYS Fair Volunteers



HAVE A STORY IDEA?
ceheduc@health.ny.gov

Implementing NYS Drinking Water Standards for PFOA, PFOS, and 1,4-Dioxane

In August 2020, NYS adopted new drinking water standards for public water systems that set maximum contaminant levels (MCLs) of 10 parts per trillion (10 ppt) each for perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS), and 1 part per billion (1 ppb) for 1,4-dioxane. An MCL is the highest level of a contaminant allowed in drinking water delivered by public water systems and is an enforceable regulatory limit. Limits are set far below levels that cause health effects. These levels consider available drinking water treatment technologies, the ability to accurately measure the contaminant, and the cost associated with removing the contaminant to acceptable levels.

Implementing MCLs is a big workload: Public water systems must regularly monitor for contaminants and report results to health departments. State and local departments are required to update and maintain compliance information in the Safe Drinking Water Information System (SDWIS). Health departments must also oversee that water systems notify the public of confirmed exceedances, and establish timetables and plans to bring water systems into compliance.

NYS DOH guidance states that all public water systems should report results for any unregulated per- and polyfluoroalkyl substances (PFAS) if they are detected when monitoring for PFOA and PFOS. These detections must also be reported in the water supplier's annual water quality report. This guidance helps evaluate the need for additional MCLs and helps identify local issues associated with unregulated contaminants.

Contributed by Kristine Wheeler, [NYS DOH Bureau of Water Supply Protection](#)

Suffolk County Prepared for 1,4-Dioxane Regulation and Treatment

Treating drinking water for 1,4-dioxane involves complicated technology called advanced oxidation process (AOP) that uses hydrogen peroxide in combination with ultraviolet (UV) light reactors.



The Suffolk County Department of Health Services (SCDHS) and the Suffolk County Water Authority (SCWA) were evaluating options to address 1,4-dioxane in public water systems, even before New York promulgated its MCL. SCDHS enacted a three-pronged approach

focused on monitoring of source water wells and local sources, providing support for piloting new treatment technologies, and public education and outreach.

1,4-Dioxane Contamination on Long Island

About 70 percent of Long Island's public water supply wells are impacted with 1,4-dioxane, according to earlier data collected through EPA's Unregulated Contaminant Monitoring Rule sampling. In Suffolk County, about 28 percent of approximately 500 public water supply well sites detected 1,4-dioxane levels, and about 40 percent of 165 public water supply distribution system sites countywide also had 1,4-dioxane detections prior to the new MCL. Fortunately, the majority of these results were below the MCL of 1 part per billion.

"SCWA had the resources to be out in front of the issue," explained Joshua Mednick, Senior Public Health Engineer Supervisor of Bureau of Drinking Water at SCDHS. "Their staff worked with NYS DOH and SCDHS to determine the best treatment technologies."

AOP Treatment and Early Efforts

Treating drinking water for 1,4-dioxane is expensive. It involves complicated technology called advanced oxidation process (AOP) that uses hydrogen peroxide in combination with ultraviolet (UV) light reactors. UV AOP reactors break up the chemical bonds of organic chemicals before removing the byproducts with the same type of granulated activated carbon filtration used to remove PFAS from drinking water.

SCWA piloted its first small AOP unit in 2011 at its Commercial Boulevard pump station. It effectively removed 1,4-dioxane as well as other volatile organic compounds. SCWA staff tested its mini-AOP reactor at 29 drinking water wells all with similar success. SCWA's first full-scale AOP reactor went online on March 1, 2018 at the Commercial Boulevard pump station. It achieves up to 99 percent removal of 1,4-dioxane.

What's Next?

The projects underway in Suffolk County require construction to house AOP reactors, purchasing the reactors and chemicals, as well as the installation and drilling of new water supply and monitoring wells. Seven locations require building additions to water treatment plants. Every well that will be receiving AOP treatment also must have a water quality characterization to identify compounds that may be competing for the treatment. SCWA has already completed characterization of over 36 wells.

With all these upgrades underway, SCWA water systems have remained in compliance with drinking water standards through a combination of taking impacted wells out of service and blending water to keep levels below standards.

"There'll always be the next contaminant of concern," Joshua advises. "We continue to remain proactive by requiring our larger districts to sample for other emerging contaminants to stay ahead of the next round of regulations. Even non-community water suppliers are helping us identify contaminants that can be regulated in the future by identifying how high levels are and where they are detected."

Contributed by Joshua Mednick, P.E., Suffolk County Department of Health Services

Chautauqua County: Reducing PFAS in Record Time

NYS DOH guidance states that public water systems should report results for all PFAS contaminants when monitoring for the two New York State regulated PFAS contaminants: PFOA and PFOS. This practice can help health departments identify unregulated PFAS contaminants of concern. Testing for unregulated contaminants in the Village of Mayville identified levels of unregulated perfluorononanoic acid (PFNA). After levels were confirmed, the County, Village, and New York State fast-tracked efforts to reduce PFNA levels within weeks.

Unregulated PFAS Detected in Village Supply Wells

Drinking water in Mayville is supplied by the Village's three public water supply wells. Investments were underway by the Village with about \$6.5 million to upgrade its water storage with a new 500,000-gallon tank, fix water mains in low pressure zones, and install a new public water supply well to replace an older well under the influence of surface water. The urgency for bringing a new well online heightened in December 2020 when PFNA detections were confirmed in the two closely adjoining water supply wells, 1 and 2. Test results for the third well showed even higher levels of PFNA leaving the Village no flexibility to take any wells out of service to reduce exposure. The Chautauqua County Department of Health and Human Services (CCDHHS) immediately issued a Do Not Drink Advisory for the Village of Mayville out of an abundance of caution, coordinating with NYS DOH, the Mayor, and DEC on plans for further sampling and bottled water distribution.

"It could have taken months to bring the new water supply online had everyone not coordinated so quickly," said William Boria, former Director of Environmental Health Services at Chautauqua County Department of Health and Human Services. "Village engineers brought a temporary pump, chlorine treatment, and a connection to electric online in just three days following the Do Not Drink Advisory. Water was restored and the Do Not Drink order was lifted by December 24th."

Finding the Source

The NYS Department of Environmental Conservation (DEC) and health departments launched an investigation into the source of PFNA, to rule out that private wells were impacted. A former field used for firefighting foam training/exercises was identified as a potential source of contamination.



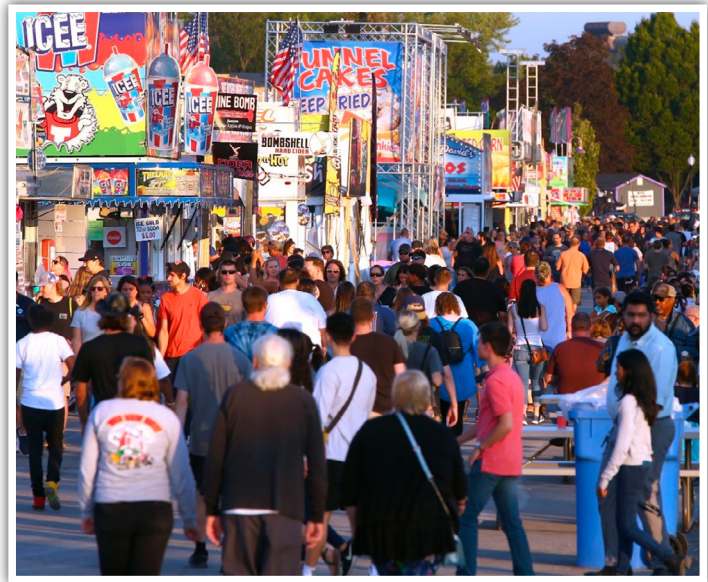
Photo left: Six granulated activated carbon treatment units. Photo right: Gary Ginsberg, Adam Helman and Daniel Lang, NYSDOH; Shawn Ecklund and Samuel Ambrose Village of Mayville, and Casey Miller, Chautauqua County Department of Health and Human Services.

Having only one good well in service was not going to meet peak summer water demand. The Village received emergency funding and installed six granular activated carbon (GAC) treatment units. The treatment system was operational by July 20, 2021. Both the new well and the treated well continue operating concurrently to meet demand.

Contributed by William Boria, recently retired, and Casey Miller; Chautauqua County Department of Health and Human Services

Get Ready for the New York State Fair

A lot of preparation accompanies the New York State Fair which is the largest mass gathering occurring in the state annually. Ensuring the safety of food from vendors is a joint effort between the NYS DOH and the NYS Department of Agriculture and Markets (A&M), per a Memorandum of Understanding. This MOU is only one of the many community sanitation and public safety aspects monitored by the NYS DOH, county and state agencies. For the county's role, see [Onondaga County's Role at the Fair](#). Here's a look behind the scenes at what goes into getting ready for the State Fair.



This year, the New York State Fair will run 13 days from August 24th – September 5th.

Gearing Up

The following preparations begin each April by Central NY Regional Office (CNYRO) staff:

- Enforcement of the prior year's violations and review vendor corrective action plans
- Application review and permitting
- Soliciting NYS DOH volunteer inspection staff
- Organizing food operation lists and maps for staff assignments
- Providing staff training, consultation, and pre-operational inspections of Temporary Food Service Establishments
- Meeting with Fair Administration.

NYS DOH volunteers assist with temporary food service establishment inspections, and training A&M volunteer inspectors. Volunteers are asked to arrive a day early and work at the Fair for four consecutive days. Last year, staff volunteered from NYS DOH's Canton, Watertown, Western Regional Office and Central New York Regional Office.

Most high-risk food operations (serving menu items that could contribute to foodborne illness) are inspected first, with the goal to have every operation inspected by the fourth day of the Fair. Pre-operational inspections are conducted before permits are issued for new operations and those requiring corrective action plans from the previous year. Continued inspection activities focus on operations where critical violations were recorded, followed by second inspections of high-risk and some low-risk operations. Routine monitoring and complaint follow-up activities are also performed.

Contributed by Erin Ingles and John Strepelis, NYS DOH Central New York Regional Office

Onondaga County's Role at the State Fair

The Onondaga County Health Department staff:

- Permit and inspect permanent food service establishments located on the fairgrounds, which are inspected at least five times during the Fair.
- Review the water system, check for proper backflow prevention devices, monitor chlorine levels, and collect bacteriological surveillance samples before the Fair opens.
- Monitor mosquito surveillance sites near the fairgrounds throughout the season. Mosquitoes from these traps are routinely sent to Wadsworth Laboratory and tested for mosquito-borne viruses. Just before the Fair opens, staff apply larvicide to several breeding sites around the fairground.
- Respond, along with NYSDOH, to any health-related incident, such as a foodborne outbreak, the finding of mosquito virus in a trap near the property, an animal bite investigation, or public drinking water issue.

Contributed by Lisa Letteney, Onondaga County Health Department

Perspectives from NYS Fair Volunteers

NYS DOH volunteer inspectors interact with vendors, other health departments, A&M staff, and the attendees. Overtime is available for those that are eligible. Training is provided. If interested, watch for the annual request and instructions for volunteers in April.

Left to right: Jahed Ahmed and Elizabeth Wilson enjoying the fair after work.



Elizabeth Wilson NYS DOH Western Regional Office

When I saw there was a request for volunteers for the New York State Fair, I jumped on it. I used to work in the Central Region and volunteered for two years doing food inspections. When I moved to the Western Region I continued because it was so much fun. I volunteered from 2017 to 2019, again in 2021, and may volunteer again if they request help. The Fair is a good chance to work with colleagues from different departments and

other areas of the state. It's interesting because most of the work is done outside and I am contributing to health and safety during the largest mass gathering in NY. Growing up, my family attended every year, so it's nice to give back by working to keep it safe for today's patrons.

I was able to stay after my workday was over and watch the shows, check out the butter sculpture, and see the sand sculpture (which last year was a tribute to frontline workers). You do need to bring your iPad to conduct the inspections, but not much else besides your thermometer. With any inspection, you never know what you'll encounter, so there is variety within the inspection which makes it interesting, and I liked being in a different work environment.

Jahed Ahmed A&M Food Inspector

I conducted sanitary and food inspections at food service vendors at the New York State Fair for the Health Department in 2021. As an A&M food safety inspector, we routinely inspect and investigate grocery retailers that have some food service. Yet, many aspects of health regulations are very similar to A&M regulations, so shifting gears was easy. Additionally, Health Department colleagues were very cordial and resourceful, making the transition smooth. When needed, they also accompanied us to the state grounds during a complicated inspection/investigation.

Watching an historic state event unfold before our eyes, while being of some help to the public, was rewarding and gratifying. During off hours in the evening, I enjoyed taking rides, tasting various foods/drinks, and watching children having fun on the grounds. I'd love to volunteer again.

Working at the Fair involves quite a bit of walking, and you will have to keep hydrated. Inspectors are used to working outdoors in all weather and therefore the State Fair offers more fun and satisfaction than obstacles. My positive experience is a testament to that. I strongly urge my fellow A&M employees to take the opportunity to volunteer.

Polystyrene Foam Ban (Foam Free NY)

Single use, disposable polystyrene foam containers have long been used by food service establishments in packaging to-go food because they are well insulated. The environmental impact of polystyrene, however, has been an ongoing concern as it's not readily biodegradable and is a top contributor to environmental litter. Most recycling centers don't accept it because it's difficult to recycle and low in value. The NYS Department of Environmental Conservation (DEC) enacted a [ban on polystyrene foam](#) containers effective January 1, 2022. It encompasses all food service providers engaged in selling or distributing prepared food or beverages for on-premises or off-premises



consumption. This includes (but is not limited to) grocery stores, food trucks, hotels, coffee shops, and sporting venues. Wholesale and retail stores are also banned from selling or distributing polystyrene items. Polystyrene loose fill packaging or packing peanuts are also banned. Food service providers may still use containers that do not contain polystyrene foam, such as aluminum, rigid plastic, paper, glass, biobased, and compostable materials. During inspection, health department staff do not need to assess compliance with the ban, but may provide education should they notice a violation.

Exceptions and Waivers

Polystyrene foam may still be used for prepackaged food filled and sealed before arriving at a food service provider. It may also be used in containers of raw foods intended to be prepared off-premises. A food service provider may apply for a hardship waiver if they can demonstrate that it creates a financial hardship to comply. Local laws are preempted by state law, unless certain conditions are met and a declaration has been filed with DEC.

Any facility operated by a not-for-profit corporation, federal, state or local government that provides food/meals to food-insecure individuals may apply for a renewable 12-month financial hardship waiver. Additionally, a covered food service provider with an annual gross income under \$500,000 (per location) with less than 10 non-franchise locations in NY may also apply for the waiver.

Contributed by Darby Greco, [NYS DOH Bureau of Community Environmental Health and Food Protection](#)

Setting Limits for Heavy Metals in Spices



As part of an initiative announced in the 2018 State of the State address, NYS DOH's Bureau of Toxic Substance Assessment (BTSA) collaborated with the New York State Department of Agriculture and Markets (A&M) to develop actionable limits for heavy metals found in spices. At the request of A&M, Andrea Candara and Lydia Marquez-Bravo of BTSA derived health-based guidance values for arsenic, cadmium, chromium, and lead in spices. These values represent the metal concentrations in spices that are protective against non-cancer and cancer health effects, based on toxicity data for each metal and available data on spice consumption rates. A&M used the health-based guidance values and marketplace spice sampling data to develop the actionable limits. For more information see [Technical Support Document for Derivation of Health-Based Guidance Values for Metals in Spices](#).

Contributed by Tom Johnson, [NYS DOH Bureau of Toxic Substance Assessment](#)

A Message from our Center Director

Health Department Team Efforts on Emerging Contaminants in Drinking Water

While chemicals like poly- and perfluorinated alkyl substances (better known as PFAS) are considered “emerging,” they have been with us for decades. Manufacturing, consumer products, food packaging, and firefighting foam may all contain PFAS, and likely have for quite some time. So, “emerging” doesn’t mean “new,” but more like “coming to light.”

Health departments have taken great strides towards shining a brighter light on these chemicals, requiring water suppliers to test for them. In 2020, we passed enforceable drinking water standards or maximum contaminant levels (MCLs) to address three emerging contaminants of greatest concern, PFOA, PFOS and 1,4-dioxane.

This issue highlights the partnership with state and local health departments, the NYS Department of Environmental Conservation and local officials to make these drinking water advances a reality. Actions range from rapid response, to long-term planning to reduce contaminant levels, to working with the Drinking Water Quality Council and stakeholder groups to get the input needed for future regulations. These efforts show once again that it’s after the regulation gets passed that the real work begins.

These efforts are also why New York’s drinking water is among the most protected of any state, as health department staff effectively oversee water system compliance, contaminant monitoring, and public health notification. Health departments attend town meetings and answer calls. If private wells are of concern, staff also have gone door to door to collect water samples, provide consultation, and direct people to any available resources.

This spotlight on drinking water is just one example of the work we do to protect New Yorkers. We continue to prove time and again that through health department teamwork and strong sense of purpose, we can meet today’s challenges and lead the nation as we go.



Gary Ginsberg, Director
Center for Environmental Health

Resources in this Issue

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[Environmental Public Health Tracking](#)

[Food Safety](#)

[Polystyrene Foam Ban](#)

[Technical Support Document for Derivation of Health-Based Guidance Values for Metals in Spices](#)

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In the Field of Environmental Health

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