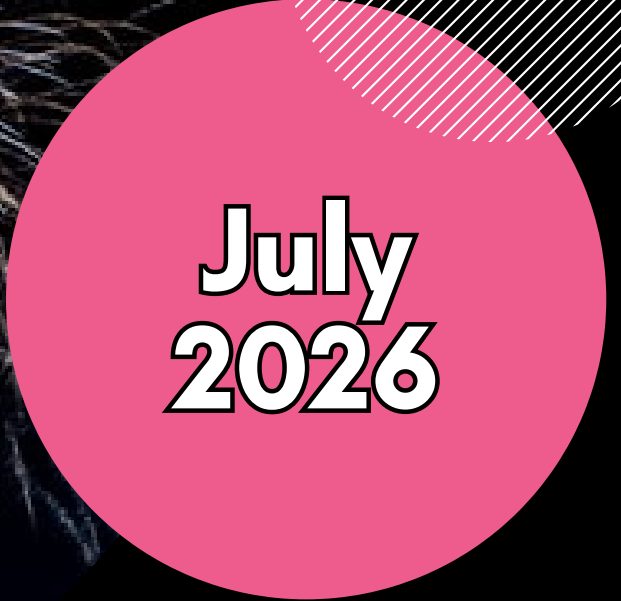
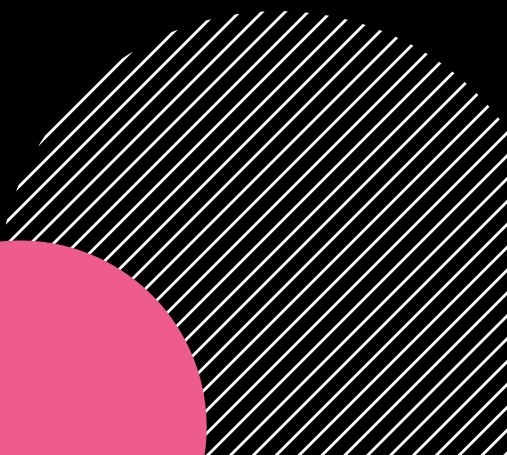
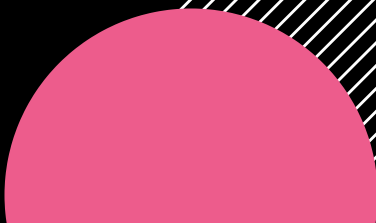




**July
2026**

MONTHLY DISEASE SURVEILLANCE REPORT

OTSEGO COUNTY DEPARTMENT OF HEALTH



Scan the QR code to download our app!



Otsego County Data Dashboards



WHAT YOU NEED TO KNOW

New York State Health Advice on Eating Fish You Catch

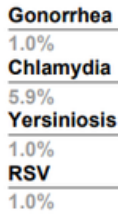
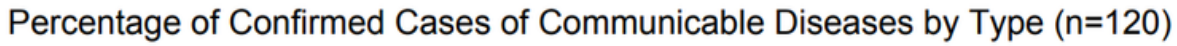
Fishing is a fun, healthy activity for the whole family, and fish are a great choice for a healthy diet. However, some fish contain chemicals at levels that can be harmful. Use the link below to help you make healthier choices about eating the fish you catch. There is different advice based on who you are, where you fish, what you catch, and how much fish you eat.

[Find the Advice on Eating Fish you Catch HERE](#)

Who You Are Matters

- People who can get pregnant (under age 50) and children under age 15 should follow the more protective Sensitive Population advice.
- Chemicals in fish can have a greater effect on childhood development and unborn babies. Many of these chemicals can stay in the human body for decades. People who eat highly contaminated fish and get pregnant may be at higher risk of having children who are slower to develop and learn. Breastfeeding can also pass on some of these chemicals to a baby.
- Everyone else may have fewer health risks and can eat more fish by following our General Population advice.
- Adirondack and Catskill freshwaters continue to have their own Regional Advice for eating fish you catch.

COMMUNICABLE DISEASES



COVID-19
1.0%

Lyme Disease
86.3%

Communicable diseases are diseases which are spread from person to person, or animal, surface or food to a person. These are also known as transmissible diseases or infectious diseases. Communicable diseases are caused by pathogens such as viruses, bacteria and fungi and are spread by way of air, water, food or bodily fluids.

**** Lyme Disease
numbers are not final
until NYS DOH review ****

RABIES

Animal Bites Reported 11	Number of Animals Sent for Rabies Testing 20
Individuals sent for Post Exposure Treatment 14	Animal Specimens Testing Positive for Rabies 1

There are 3 main ways to prevent exposure to rabies for both humans and pets. These include:

- Vaccination of pets: It is a NYS law that your cats, dogs and ferrets be vaccinated for rabies. It is also a NYS law that any unvaccinated pet exposed to a rabid or suspected rabid animal be euthanized or quarantined for 6 months at owners' expense.
- Avoidance of wild animals
- Testing of animals: If there is a bat or other animal in your home that you think might have scratched or bitten someone, catch it and have it sent for rabies testing. You should contact the health department any time you find a bat in the home to discuss the situation.

Upcoming Rabies Clinics

All clinics are 6-8pm

No appointment Needed

Click [HERE](#) for our 2026 Rabies Clinic Schedule!



MONTHLY HEALTH TOPIC



Summer Food Safety



1 in 6

Approximate number of Americans diagnosed with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about \$400 million worth of it (25% more than an average week)

Basic Tips

**C
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N**

Clean surfaces, utensils and hands with soap and water.

Wash all produce under plain running water before eating, cutting or cooking.

SEPARATE

Separate plates and utensils.

When grilling, use separate plates and utensils for raw and cooked meat

COOK

Use a food thermometer.

Just because your burger is brown, not pink, doesn't mean it's safe to eat.

Chill raw and prepared foods promptly if not consuming after cooking.

CHILL

What Are You Making?

BARBECUE

Cook all meat to recommended temps

Burgers:
160°F

Poultry:
165°F

Sausage:
160°F

Steaks:
145°F

FRUIT SALAD

Rinse all produce before peeling/chopping

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served

