



**May
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

Pedestrian Safety: It's No Accident

Pedestrian injuries are a leading cause of injury-related hospitalizations and deaths in New York State. Each year, approximately 300 pedestrians are killed and more than 15,000 are injured in motor vehicle crashes. By staying alert and following traffic laws, both drivers and pedestrians can help prevent these tragedies.

Driving or Walking: See! Be Seen!

Drivers

- Yield to pedestrians in crosswalks and at intersections.
- Obey speed limits and slow down in neighborhoods and school zones.
- Watch for pedestrians when turning or approaching intersections.
- Never drive distracted—put the phone away.
- Be prepared to stop when vehicles ahead are yielding.

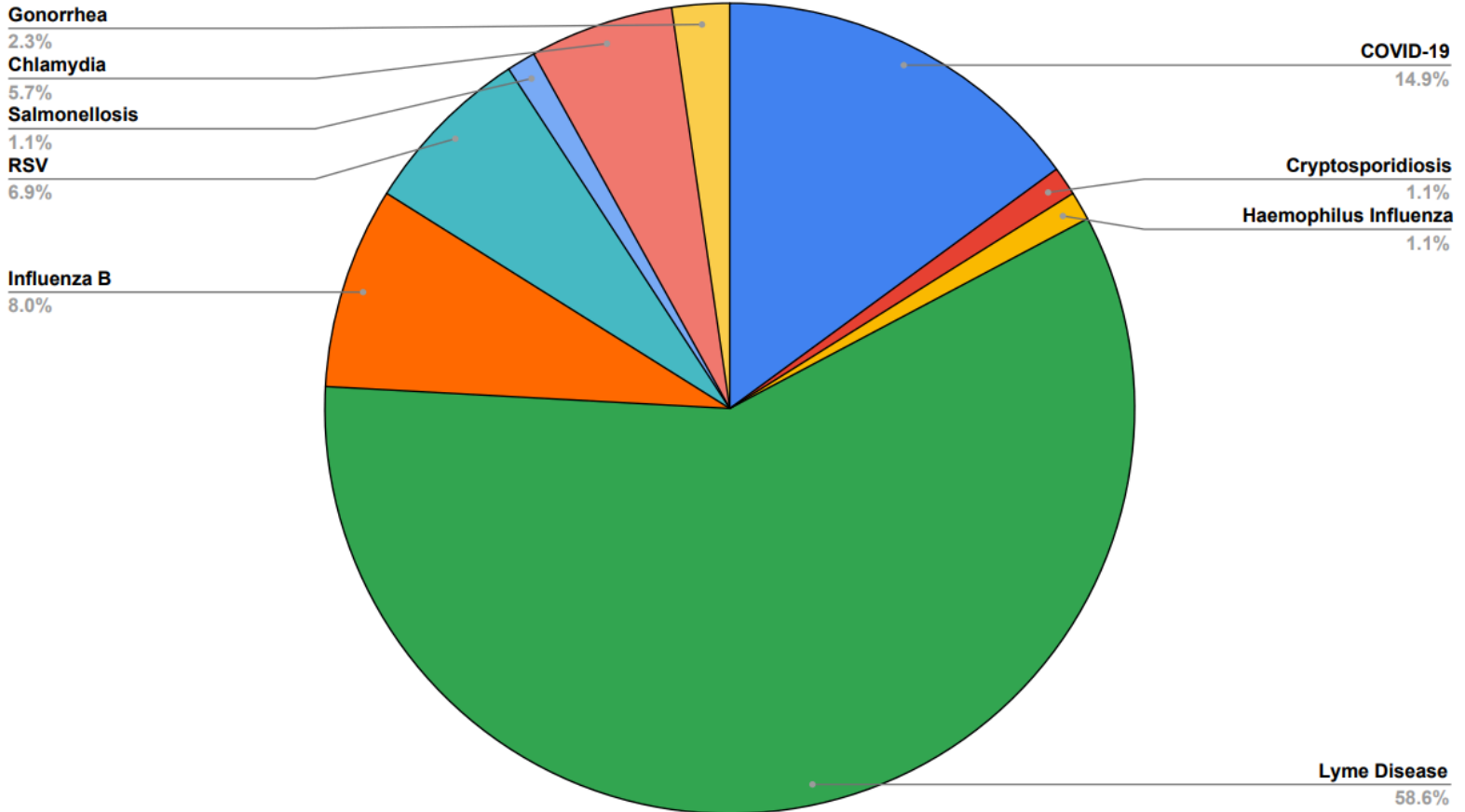
Pedestrians

- Cross at intersections and marked crosswalks.
- Obey pedestrian signals and stay alert while crossing.
- Use sidewalks when available; if not, walk facing traffic.
- Wear reflective or light-colored clothing at night.
- Make eye contact with drivers before crossing.

For more information from the NYS Department of Health click [HERE](#)

COMMUNICABLE DISEASES

Percentage of Confirmed Cases of Communicable Diseases by Type (n=106)



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 ****

INFLUENZA

New cases in Otsego County

<10

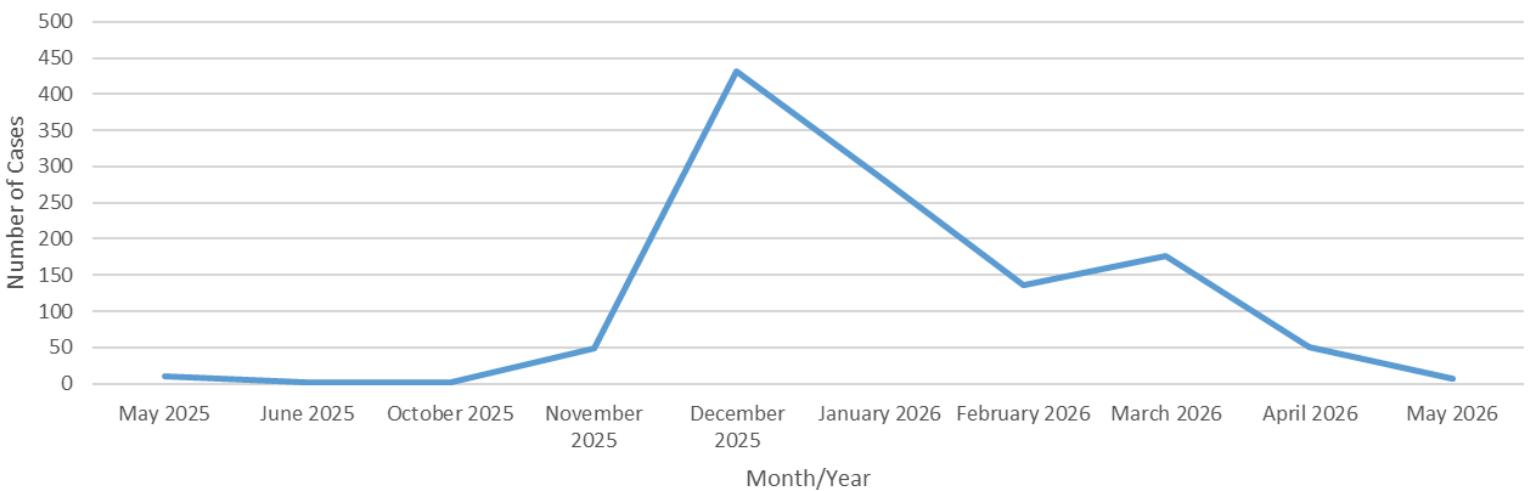
Total cases in Otsego County

1,241

2025-26 season

(Oct 2025 - May 2026)

Number of Cases (2025-26)

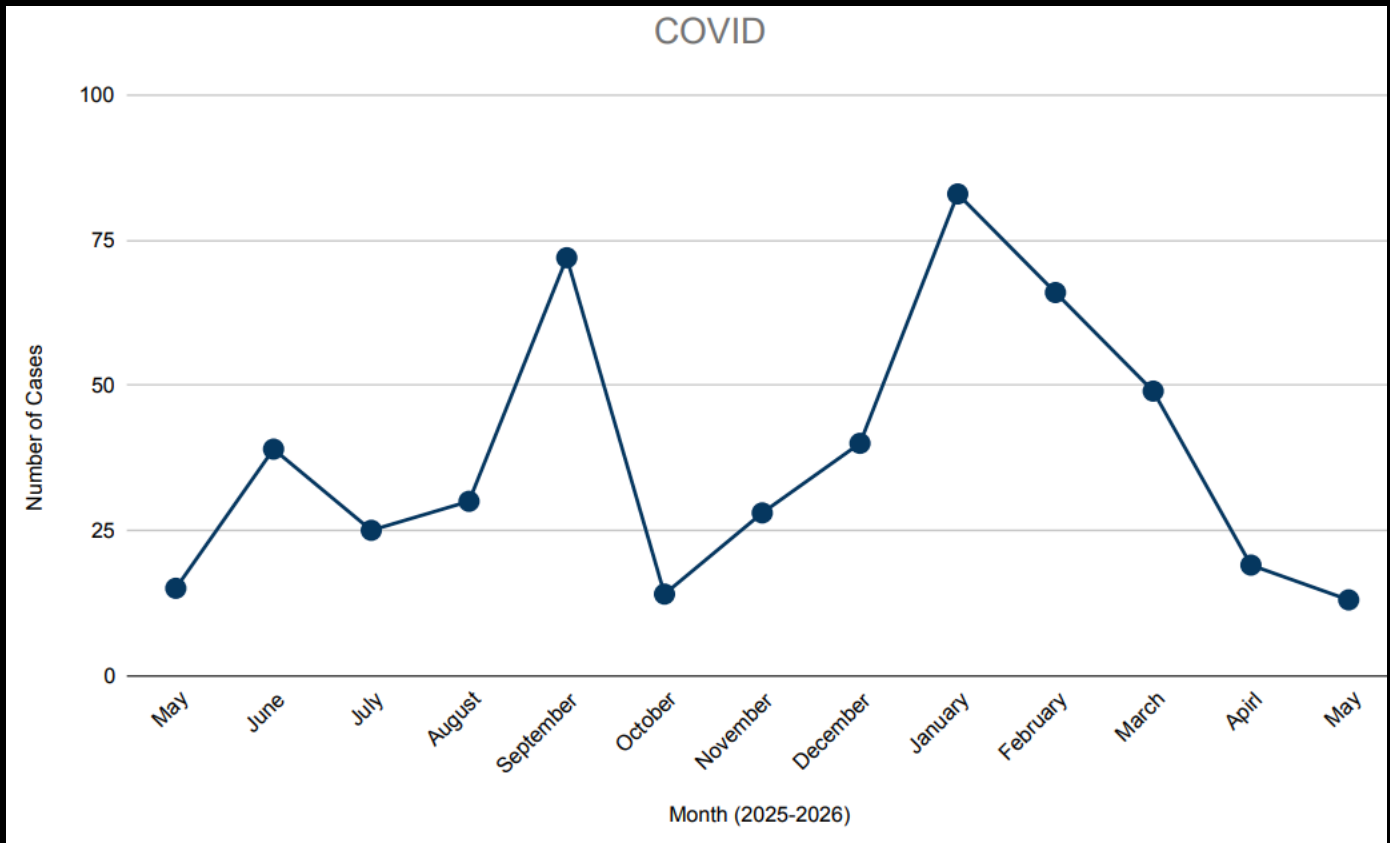


Click [HERE](#) to visit our influenza dashboard to see additional influenza data

COVID

New cases in Otsego County

13



RABIES

Animal Bites Reported

18

**Number of Animals Sent
for Rabies Testing**

6

**Individuals sent for
Post Exposure Treatment**

3

**Animal Specimens Testing
Positive for Rabies**

0

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

Barbecue Food Safety Tips

Wash Your Hands

Wash hands and forearms with warm water and soap for at least 20 seconds before preparing or serving food, and after handling raw meat, trash, pets, using the restroom, eating, drinking, or smoking.

Cooking Food Safely

Always use a food thermometer to verify safe cooking temperatures:

Food Minimum Internal Temperature:

- Chicken 165°F
- Ground Beef/Hamburger 160°F
- Pork 150°F
- Hot Dogs 140°F
- Eggs 145°F
- Leftovers 165°F
- Other Hot Foods 140°F

Insert the thermometer into the thickest part of the food. Avoid touching the cooking surface, which can give a false reading.

Prevent Cross-Contamination

- Wash hands after handling raw meat.
- Use separate utensils and cutting boards for raw and ready-to-eat foods.
- Never place cooked food on surfaces that held raw meat.

Safe Food Service

- Keep hot foods at 140°F or above.
- Keep cold foods at 40°F or below.
- Serve food within 2 hours.
- Use utensils when serving food.
- Refrigerate leftovers immediately.

Clean and Sanitize

- Clean food preparation surfaces frequently.
- Sanitize with a solution of 1 capful of bleach per gallon of water.
- Keep food, utensils, and serving items covered until use.

Additional Food Safety Tips

- Marinate foods in the refrigerator.
- Keep insects away and trash covered.
- Store food in shaded areas when outdoors.
- Tie back long hair and avoid loose jewelry or artificial nails.
- Do not prepare or serve food if you have had vomiting or diarrhea within the last 24 hours.
- Bring plenty of paper towels for hand and surface cleaning.

[Click here for more information](#)