



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

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www.wcchd.com

Holiday Food Safety

Food is always an important part of holiday festivities. But holiday meals can take a turn for the worse if food safety isn't a regular ingredient in preparing and cooking the food.

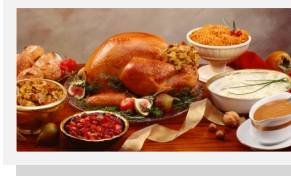
The food you serve your family can be very harmful if it isn't handled safely or refrigerated properly.

Foodborne disease infections continue to be a serious health issue in the United States, causing an estimated 76 million people to become sick each year. The most common foodborne diseases associated with meat, poultry and fish are *Salmonella*, *Campylobacter*, and *E. coli*.

Most people become sick by eating contaminated foods or beverages or by coming in contact

with someone who has a foodborne illness

Be "food safe" during the holidays by following these four basic steps of food safety: *Clean*, *Separate*, *Cook*, and *Chill*.



◆ **Clean** Remember to wash your hands with soap and warm water for 20

seconds before and after handling food. Handwashing is one of the best ways to prevent the spread of foodborne illness.

◆ **Separate** Try to use one cutting board for raw meat, poultry, and seafood and a separate one for fresh produce. Keep fish and seafood, raw turkey, roasts, hams, and other meats and their juices separate from other side dishes

when preparing meals.

◆ **Cook** Cook meat and poultry to a safe minimum internal temperature: turkey, stuffing, casseroles, and leftovers to 165°F; beef, veal and lamb roasts to 145°F; "fully cooked" ham to 140°F and fresh ham, pork, and egg dishes to 160°F. Use a food thermometer.

◆ **Chill** Chill food promptly. Keep the fridge at 40°F or below to prevent bacteria from growing. Custard pies and other egg dishes should always be kept cool. Put leftovers in the refrigerator within 2 hours. Remember to never defrost food at room temperature.

Remember, be "food safe" for the health of you and your family.

FLU SHOTS AVAILABLE!

Call
513-695-1229

The Centers for Disease Control and the Warren County Health District recommend a yearly flu vaccine as the first and most important step in protecting against flu viruses.

The Warren County Health District is currently offering flu shots to individuals 6 months of age and older, by appointment.

Please call 513-695-1229 to schedule your appointment.

Flu shots are \$25.00

Private Insurance, Medicaid, most Medicaid Managed Care Plans and Medicare accepted.

Moms Quit for Two

Are you pregnant and smoking? Would you like to quit....and earn free diapers? Quitting smoking is one of the most important things you can do for your health and the health of your baby.

WCHD can help you quit through the Moms Quit for Two program. The Moms Quit for Two program works with you to help you quit smoking and stay smoke free during/after your pregnancy.

The program is free to pregnant women residing in Warren County. Once enrolled in the program, you will receive positive

support to help you quit smoking, attend 4 prenatal (one on one) quit smoking sessions and take a monthly breath test to verify that you are tobacco free. The program offers moms who quit smoking the opportunity to earn a \$25.00 monthly diaper voucher for up to a year post-partum, and two \$25.00 diaper vouchers during pregnancy.

If you are pregnant and interested in quitting smoking, call the WCHD Moms Quit for Two program at 513-695-1261.

The Offices of the Warren County Health District will be closed November 23rd and November 24th for the Thanksgiving Holiday.



Health Literacy

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

About 9 out of 10 English-speaking adults in the United States

have poor health literacy. Those with poor literacy are more likely to report poor health and engage in risky behaviors. Low health literacy has also been linked to poor health outcomes such as higher rates of hospitalization and less frequent use of preventive services.

Taking care of our health is part of everyday life, not just when we visit a doctor, clinic, or hospital. Health litera-

cy can help us prevent health problems and protect our health, as well as better manage those problems and unexpected situations that happen.

Listed below are ways you can improve your health literacy and make better decisions about your health:



Write down or record the provided health information from your doctors and their staff.

Ask your healthcare professionals to use familiar language and write down their contact info in case you need to ask questions later.

Ask questions if something is not clear or if you don't understand

how to apply the provided information. Let the health care professional know if what they are telling you is confusing in any way.

Take advantage of local resources and attend health education programs at local health departments, hospitals, and clinics.

Share information, stories, and trusted sources of health information with friends and family. If you need help to find reliable sources, ask your local public or medical librarian.

Open Burning

Autumn brings on a cool crispness, perfect weather for stories around the campfire, tailgating at college and professional football games, and homecoming bonfires. As winter draws near,

many homeowners are getting their fireplaces ready to burn on a cold night.

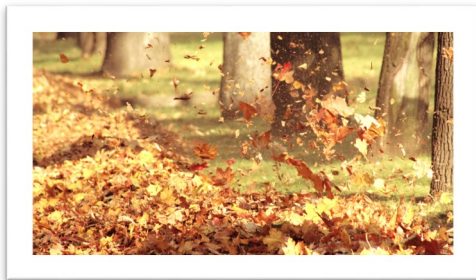
Fire provides a natural source of warm and a wonderful ambiance, both indoors and out. However, the smoke from fire contains particulate matter that can bring on temporary respiratory irritation and cause breathing challenges for those with asthma and other pulmonary illnesses.

There are easy guidelines one can follow to burn as clean of a fire as possible:

- Whether it is an outdoor fire pit

or an indoor fireplace, always burn dry, seasoned wood. Wet logs generate more smoke.

- Outdoor fires must not exceed three feet wide and two feet high.



- Be sure to fully extinguish your fire; smoldering embers contribute to air pollution and may reignite and cause unexpected fire.

Many communities within Butler, Clermont, Hamilton and Warren counties have outdoor fire regulations and may require a permit. Be sure to check with your local fire department and/or visit:

www.southwestohioair.org/residents/open_burning for more information on open burning in your community.

Mobile Mammography

The St. Elizabeth Mobile Mammography Van is coming to the Warren County Health District:

Wednesday, November 15

Call 859-655-7400 to schedule your desired appointment time.

Covered by Medicare, Medicaid and most private insurances companies.

Financial assistance available to those who qualify.

The Warren County Health District will be closed on Friday, November 10th in observance of Veteran's Day.

