

## Holiday Food Safety Planning

Here are some quick reminders about the importance of food safety, especially with Holiday Meals in the coming months. The **Four Steps To Food Safety** can help prevent food-borne illness in the home.



**1) Clean!** Everything that touches food should be clean. Cleanliness is a major factor in preventing food-borne illness. Consumers have a role in ensuring that food is handled safely after it is purchased.

**2) Separate!** Fight cross-contamination! Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils and hands.

**3) Cook!** Use a food thermometer when cooking. Using a food thermometer is the only way to tell if food has reached a high enough temperature to destroy harmful germs. Use a food thermometer to measure the internal temperature of foods, such as meat, hamburgers, poultry, egg casseroles, and any combination dishes to ensure that a safe temperature is reached and that harmful bacteria are destroyed.

**Here's the minimum internal temperature guidelines but be sure to see the whole list of temperatures on our website:** Beef, pork, veal, lamb (roasts, steaks and chops): 145°F; Ground meats: 160°F; Poultry: 165°F; Eggs and egg dishes: 160°F; Leftovers: 165°F; Fin Fish: 145°F.

**4) Chill!** Make sure the temperature in the refrigerator is 40°F or below and 0°F or below in the freezer. Use a refrigerator/freezer thermometer to check the temperature. Harmful bacteria grow most rapidly in the **Danger Zone**—the unsafe temperatures between 41°and 135°F — so it's important to keep food out of this temperature range. Refrigerate or freeze perishables, prepared food, and leftovers as soon as possible. Food needs to cool to 70°F in two hours and to 40°F in no more than six hours.

For complete information on the **Four Steps To Food Safety**, click on the “News” tab at richlandhealth.org or click the food safety slider on the home page. You will also find information about preparing the Thanksgiving Day turkey.

**Important Additional Safety note:** For many families Thanksgiving is a traditional family gathering time. But during this pandemic, gatherings of people outside your immediate family (*a person's smallest family unit, consisting of the closest relatives, such as parents, siblings, and children*) could lead to dangerous coronavirus spread. Practice Thanksgiving safely.

### DON'T FORGET YOUR FLU SHOT!

**If you haven't received your annual flu vaccine shot for the 2020-2021 flu season, there is still time. Peak flu season doesn't start until February.**

**Call the Public Health Clinic at 419-774-4700 to schedule an appointment convenient for you.**

**National Health Observances for November:** American Diabetes Month; Lung Cancer Awareness Month; Alzheimer's Disease Awareness; COPD Awareness Month; Prematurity Awareness Month; 11-17: World Antibiotic Week; Nov. 19: Great American Smokeout; Dec. 1: World AIDS Day.

### PUBLIC HEALTH NURSING

Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

#### Public Health Clinic September YTD

Immunizations (visits/includes TB).....	46	575
International Travel (visits/consults).....	0	19
STI/HIV Testing.....	37	109
Total Visits.....	83	703

For Clinic Appointments for child, adult, travel, and shingles vaccine as well as flu shots: call 419-774-4700. All visits to the Clinic are by appointment.

#### Public Health Nursing September YTD

CMH (client visits).....	8	91
Community Health Screenings.....	0	162
Influenza Vaccines (Flu Shots).....	0	52
Lead Case Management.....	0	2
Newborn/Prenatal Home Visits.....	13	151
Cribs distributed.....	10	69
School Nurses (student care YTD).....	290	1,440

### COMMUNICABLE DISEASE REPORT

Infectious Diseases (other than flu/sti).....	266	1,273
Influenza (A & B).....	0	1,063
Hospitalizations due to Influenza.....	0	94
COVID-19 (coronavirus).....	248	889
<b>Sexually Transmitted Infection</b>		
STI Positive Results.....	79	617
Chlamydia.....	52	419
Gonorrhea.....	27	198
Syphilis.....	0	0
HIV.....	0	0

### WIC Services - Sept.

New Participants	207
Recertifications	337
Other Contacts	520
<b>Total Ashland &amp; Richland Counties:</b>	<b>1,064</b>



## Smile BIG Richland

Smile Big Richland is Richland Public Health’s Pediatric Dental Health Program. Through funding from the Richland County Foundation and donations from national and local organizations, our mission is to educate and prevent the prevalence of tooth decay in youth between the ages of 0 to 18.

Did you know that dental disease is the most common chronic illness for children in the U.S.? About 20% of children between the ages of 5 to 11 have at least one untreated decayed tooth. While dental disease is preventable, dental care is the most common unmet health need of children.

While treating dental health issues (such as cavities) is important, preventing dental health issues for our youth as a community is one of the best things we can do for them to ensure they grow up to have big, healthy, and strong smiles! That’s why we are offering FREE dental health back packs filled with toothbrushes, toothpaste, floss, fluoride treatment (for ages 6+) and age appropriate educational materials and goodies for Richland County youth between the ages of 0-18.

If your organization would like to help Richland Public Health distribute dental health backpacks at your location, contact Kashema Ginn, Health Educator at Richland Public Health at 419-774-4723 or kginn@richlandhealth.org

## FREE Changing Tables for Local Businesses

Richland Public Health is excited to partner with Pampers and Procter & Gamble to bring baby changing stations to men’s restrooms throughout Richland County.

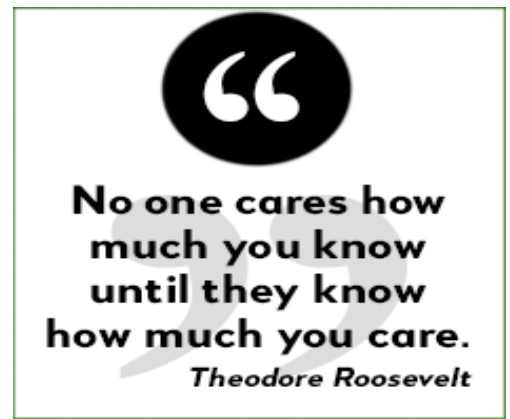
In 2018, a Florida father, Donte Palmer tweeted a photo of himself squatting in a stall and changing his son’s diaper on his legs. Palmer was forced to do this after he was unable to find a changing table inside a men’s restroom. This tweet went viral and Palmer founded #SquatForChange – an organization committed to arming dads with the proper changing tables to be hands in with their children.

When Pampers found that 9 out of 10 dads have gone into a public restroom to not find a changing table, they joined the fight with Palmer to properly equip public restrooms with these resources. In 2018, Pampers pledged to install 5,000 changing tables in men’s restrooms by 2021.

Richland Public Health has now joined the effort to make Diaper Changing stations available in men’s rooms of local businesses in Richland County at no charge.

To participate, go to richlandhealth.org/diapers and simply fill out the five question Survey Monkey. For more information and a clickable link. For more information call Shannon Nelson, Coordinator at 419-774-4761 or snelson@richlandhealth.org

*The Richland Public Health “Health Report” is a monthly production of Community Health & Prevention Sciences. Suggestions and corrections are welcome. Call Reed Richmond, Health Education & Communications Specialist, at 419-774-4726.*



### VITAL STATISTICS

The Vital Statistics division maintains records of all births and deaths in Richland County since 1908. For information on obtaining a birth or death certificate, check the website at richlandhealth.org or call 419-774-4500.

	September	YTD
<b>Total Births (all ages)</b> .....	118	1010
Births to Teens.....	8	80
Repeat Births*.....	72	656
<b>September . . YTD</b>		
<b>Total Deaths</b> .....	131	1081
Female.....	65	544
Male.....	66	537
<b>Causes of Death</b>		
Heart Related.....	44	319
Cancer.....	15	183
Alzheimers/Dementia.....	15	108
Lung Diseases.....	10	100
Strokes/CVA.....	11	61
Accidents (drugs/falls/crashes).....	4	51
Renal/Kidney.....	5	48
Flu/Pneumonia.....	2	29
COVID-19 (coronavirus).....	2	20
Suicides.....	2	13
Homicides.....	0	2
Infant Mortality (see below).....	1	3
Other (not listed above).....	13	111
Deaths Pending Autopsy.....	6	18

\*repeat births = 2nd or more live births  
Birth & Death statistics include City of Shelby

### Infant Mortality: Richland County

**September: 1** **Year To Date: 3**

Infant mortality is defined as the death of a baby before his or her first birthday. Infant deaths are considered an important indicator of the overall health of a society. Deaths to residents occurring outside of Richland County are not reflected in county death statistics. **KNOW the SAFE SLEEP ABC's: Alone, on Back, in a Crib.**

### CALLING THE HEALTH DEPARTMENT

Main Number.....	419-774-4500
Public Health Clinic.....	419-774-4700
Public Health Nursing.....	419-774-4540
Environmental Health.....	419-774-4520
Health & Prevention Sciences.....	419-774-4761
WIC.....	419-774-4560

Richland Public Health is an equal opportunity employer/provider of services.

RETURN SERVICE REQUESTED

GET YOUR FLU VACCINE SHOT  
Call 419-774-4700 for an appointment.



555 Lexington Avenue, Mansfield, OH 44907  
Prevent. Promote. Protect.  
**Richland Public Health**