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. Be sure to see the whole list of safe temperatures in our story here: https://www.richlandhealth.org/holiday-food-safety

After cooking, keep food hot (at 135°F or above) The possibility of bacterial growth actually increases as food cools after cooking because the drop in temperature allows bacteria to thrive.

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 more rapidly in the Danger Zone—the unsafe temperatures between 41°F 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.


DON’T FORGET YOUR FLU SHOT! If you haven’t received your annual flu vaccine shot for the 2021-22 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.
Health Report

Equity Challenge announced for Richland County

The Richland County Task Force on Racism has announced plans for an Equity Challenge, an online effort to help residents learn how systemic racism impacts the community. See the full story at RichlandSource.com (search "Equity Challenge").

The eight-day effort from November 14 to 21 will allow participants to receive daily emails or text messages with links to videos, podcasts and/or reading assignments, each aimed at exploring the impact of systemic racism.

Sign up for daily emails or text messages at: www.richlandchallenge.com

In The Know About COVID-19 Vaccines

Need to know more about COVID-19 vaccines and where to get yours? How about booster shots? You can find the links you need and the contact information at this website: richlandhealth.org/covid-vaccine-qa

What’s a booster shot?

For some viruses, the protection we get from a vaccine starts to wear off over time. An additional dose of the vaccine may be needed to boost your immune response and make sure we’re protected from the virus.

Boosters are common for many vaccines, like Tdap (tetanus, diphtheria, and pertussis).

Modernas boosters available at Richland Public Health for those that qualify (must be six months out from second dose). Call 419-774-4700 to register.

COVID-19 Vaccination Information

All adults ages 18 and older can get a COVID-19 vaccination using either the two-dose Moderna and Pfizer vaccines or the one-dose Johnson and Johnson vaccine. Individuals age 5 and older can get the Pfizer vaccines.

Our registration number (for Moderna vaccine only) is 419-774-4700. See richlandhealth.org/covid-vaccine-qa for all Richland County providers.

As of November 1, Richland County had vaccinated 50,463 with at least one dose of the vaccine and Ohio had vaccinated 6.48 million individuals.

COVID-19 Cases from Oct. 1 to Nov. 1, 2021

<table>
<thead>
<tr>
<th>Location</th>
<th>Cases</th>
<th>Deaths</th>
<th>Hospitalized</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richland County</td>
<td>1,660</td>
<td>18</td>
<td>47</td>
</tr>
<tr>
<td>Ohio</td>
<td>115,315</td>
<td>1,054</td>
<td>4,545</td>
</tr>
<tr>
<td>United States</td>
<td>2,266,815</td>
<td>43,367</td>
<td>not available</td>
</tr>
<tr>
<td>Worldwide</td>
<td>11,755,582</td>
<td>197,116</td>
<td>not available</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>September . . . YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Deaths</td>
</tr>
<tr>
<td>Female</td>
</tr>
<tr>
<td>Male</td>
</tr>
</tbody>
</table>

Causes of Death

Heart Related ........................................ 41
Cancer .................................................... 22
COVID-19 (coronavirus) ................... 52
Alzheimers/Dementia ............................. 12
Accidents (drugs/falls/crashes) ............ 2
Lung Diseases ........................................... 9
Renal/Kidney ........................................... 4
Strokes/CVA ............................................. 3
Flu/Pneumonia ......................................... 1
Parkinson’s ............................................. 1
Suicides ................................................. 1
Homicides .............................................. 1
Other (not listed above) ...................... 13
Deaths Pending Autopsy ....................... 9
 repeat births = 2nd or more live births
Birth & Death statistics include City of Shelby

Infant Mortality: Richland County

September: 1

Year To Date: 2

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 ABCs: 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
Community Health Sciences .......... 419-774-4761
WIC ................................................. 419-774-4560