

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 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: Important Additional Safety Notes Concerning COVID-19: For many families Thanksgiving is a traditional family gathering time. But during this pandemic, gatherings of people outside your immediate family could cause danger in spreading COVID-19. Remember to wash hands frequently. Practice Thanksgiving safely.

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.

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)	105	647
International Travel (visits/consults)	1	10
Nurse Appointments	0	0
COVID/Other Vaccinations	94	8,570
Total Visits	200	9,422

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 (case contacts)	327	3,485
Community Health Screenings	9	74
Influenza Vaccines (Flu Shots)	0	4
Lead Case Management	0	7
Newborn/Prenatal Home Visits	4	105
Cribettes distributed	3	48
School Nurses (student care YTD)	298	1,047

COMMUNICABLE DISEASE REPORT

Infectious Diseases (not flu/sti/covid)	21	181
Influenza (A & B)	0	6
Hospitalizations due to Influenza	0	0
COVID-19 (coronavirus)	3,255	8,815
Hospitalizations Due to COVID-19	97	496
Sexually Transmitted Infection		
STI Positive Results	56	538
Chlamydia	48	424
Gonorrhea	18	124
Syphilis	0	4

WIC Services - Sept.

New Participants	139
Recertifications	73
Other Contacts	528
Total Ashland & Richland Counties:	740



National Health Observances for November: American Diabetes Month; Lung Cancer Awareness Month; Alzheimer's Disease Awareness; Prematurity Awareness Month; **Nov. 12:** World Pneumonia Day; **Nov. 14:** World Diabetes Day; **Nov. 18:** Great American Smokeout; **Dec. 1:** World AIDS Day.

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).



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

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
Total Births (all ages)	120	1051
Births to Teens.....	9	66
Repeat Births*.....	79	666
September . . YTD		
Total Deaths	172	1183
Female.....	83	566
Male.....	89	617
Causes of Death		
Heart Related.....	41	361
Cancer.....	22	181
COVID-19 (coronavirus).....	52	159
Alzheimers/Dementia.....	12	84
Accidents (drugs/falls/crashes).....	2	71
Lung Diseases.....	9	67
Renal/Kidney.....	4	42
Strokes/CVA.....	3	40
Flu/Pneumonia.....	1	22
Parkinson's.....	1	13
Suicides.....	1	10
Homicides.....	1	6
Other (not listed above).....	13	105
Deaths Pending Autopsy.....	9	18

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

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

Location	Cases	Deaths	Hospitalized
Richland County	1,660	18	47
Ohio	115,315	1,054	4,545
United States	2,266,815	43,367	not available
Worldwide	11,755,582	197,116	not available

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.

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 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
Community Health 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.

