



WARREN COUNTY HEALTH DISTRICT Prevent-Promote-Protect



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NEWS & INFORMATION

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www.wcchd.com

Summer Food Safety

CRIBS for Kids

Are You In Need Of A Crib?

If you do not have a safe place for your infant to sleep, WCHD may be able to help. Pack-n-Play portable cribs available to families that qualify.

Education and information on infant safe sleep provided.

Call
513-695-2475
to see if you are eligible for the program.

Summer weather is here and it's time for grilling, picnics and outside fun. WCHD and the U.S. Department of Agriculture wants to remind you to prevent food-borne illness before you light up that grill and pack up the cooler. Hot and humid weather combined with outdoor activities, provide the perfect environment for harmful bacteria to multiply on food and make people sick.



Fill your picnic basket with these items that will help keep your summer fun while handling food at your gathering:

- If running water is not available, bring soap, paper towels, hand sanitizer or moist towelettes. This will help keep your hands clean throughout the day especially

after handling any raw meat or poultry.

- Avoid cross contamination by using clean plates and utensils. Don't place cooked food on a plate that once held raw meat or poultry.

Bring a couple of portable coolers – one for perishable foods and one for beverages— filled with ice. Perishable items like raw chicken, burgers or appetizers like fresh salsa, guacamole or bean salads should be kept at 40°F or below.

- Don't forget the food thermometer! Cook meat and poultry to the safe internal temperatures. Checking the temperature is the only way to know if your food is safe to consume. USDA recom-

mended safe minimum internal temperatures are:

- Beef, pork, lamb and veal (steaks, roasts and chops): 145°F with a three-minute rest time
- Fish: 145°F
- Ground meats (beef, veal, lamb, pork): 155°F
- Whole poultry, poultry breasts and ground poultry: 165°F
- Bring the right amount of food that you will consume at your picnic, but if you still have some leftovers, don't leave them outdoors for more than 2 hours.

Foodborne illnesses can be prevented by properly handling food at home or outdoors.

For more information visit www.fsis.usda.gov

Prevent Tick Bites

Tick exposure can occur year-round, but ticks are most active during warmer months. They live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

Here are a few tips to help prevent tick bites:

- Use Environmental Protection Agency (EPA) registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.



—Wear clothing treated with permethrin.

—Showers as soon as possible after spending time outdoors.

—Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair and in the groin area.

—Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

Vaccine Preventable Disease: Measles

With measles cases confirmed in 22 states, the Ohio Department of Health (ODH) and the Warren County Health District reminds all Ohioans about the importance of children and adults being up-to-date on all recommended vaccinations. Ohio currently has no confirmed measles cases while neighboring states Indiana, Kentucky, and Michigan do.

Vaccines stimulate the body's own immune system to protect the person against specific diseases.

Some serious and potentially life-threatening diseases that vaccines can help prevent include but are not limited to measles, mumps, rubella, whooping cough, chickenpox, tetanus, hepatitis A and B, and flu.

"Vaccination is the safest, most effective way to prevent serious vaccine-preventable diseases in children and adults, including measles," said ODH Director Amy Acton, MD, MPH. "I urge all Ohioans to talk with your healthcare provider to make sure that you and your children have received all recommended vaccines. If you do not have a healthcare provider, contact your local health department which may offer immunization clinics."

The measles, mumps and rubella (MMR) vaccine is highly effective at preventing transmission of measles. One dose of MMR vaccine is approxi-

mately 93% effective at preventing measles. Two doses are approximately 97% effective.

Measles is extremely contagious and can spread to others through coughing and sneezing. If one person has measles, up to 90% of those close to that person and who are not immune will also become infected. The measles virus can live for up to two hours in air where an infected person coughed or sneezed.



If other people breathe the contaminated air or touch an infected surface and then touch their eyes, noses, or mouths, they can also become infected. People infected with measles can spread it to others from four days before, through four days after, a rash appears.

While Ohio does not have any confirmed measles cases, more than 700 have been reported in 22 states – the most cases reported in the U.S. since 1994. Measles is still common in many parts of world, and large outbreaks are currently occurring in Israel, Ukraine, and the Philippines. Travelers with measles bring the disease into U.S. where it can spread in communities with pockets of unvaccinated people.

Measles symptoms include a rash, high fever, runny nose, cough, loss of appetite, and red, watery eyes. The rash usually lasts 5-6 days and begins at the

hairline, moves to the face and upper neck, and proceeds down the body. Diarrhea and ear infections are common complications of measles. More severe complications may also occur. As many as one out of every 20 children with measles gets pneumonia, the most common cause of death from measles in young children. About one child out of every 1,000 who get measles will develop encephalitis (swelling of the brain) that can lead to convulsions and can leave the child deaf or with intellectual disability. For every 1,000 children who get measles, one or two will die from it.

During pregnancy, measles increases the risk of premature labor, miscarriage, and low-birth-weight infants. Measles can be especially severe in persons with compromised immune systems. Complications from measles are more common among children younger than 5 years old and adults older than 20 years old.

More information about measles is available on the Centers for Disease Control and Prevention's website at www.cdc.gov/measles as well as recommended immunization schedules www.cdc.gov/vaccines/schedules

WCHD offers child, adult and travel immunization clinics. Call 513-695-1220 to schedule an appointment.

Reporting of Animal Bites

State law requires all animal bites to humans be reported to the local health department for investigation.

Upon receipt of an animal bite report, our Environmental Health Staff issues a written quarantine notice to the owner of the dog or cat.

Animal owners are not required to give up ownership of the biting animal and can quarantine

the animal in their home or a licensed boarding facility. Following the quarantine period, the animal's condition is checked for symptoms of rabies. The animal is released from quarantine, if properly vaccinated against rabies. If an animal dies or is euthanized during the quarantine period or if a wild animal is involved, the animal is submitted to the Ohio Depart-



ment of Health for laboratory testing to determine whether or not the animal is infected with rabies

For more information or to report an animal bite visit our website at www.warrenchd.com call 513-695-1220.