



WARREN COUNTY HEALTH DISTRICT

Prevent - Promote - Protect



NO. 402
November 2019

NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H.
Health Commissioner

www.warrenhd.com

HIV TESTING

Getting tested for HIV is an important step toward prevention

Many youth in the U.S. are living with HIV

1 in 5 new HIV infection are in people ages 13-24

More than 50% of youth with HIV do not know they are infected

For an appointment, call the HIV clinic at 513-695-1263

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. Handwash-

ing 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 tem-

perature: 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.

For more information visit www.warrenhd.com or www.foodsafety.gov

PERTUSSIS INFORMATION

What causes Pertussis? Pertussis, commonly known as whooping cough, is caused by a bacterium, *Bordetella pertussis*.

How does it spread? Pertussis is spread through the air by infectious droplets and is highly contagious.

How serious is Pertussis? Pertussis can be a very serious disease, especially for infants.

How do I know if my child has Pertussis? The diagnosis is usually made based on history and physical examination. A lab test may be done.

What are the symptoms? Runny nose, mild cough, low grade fever, and sneezing. Within a few days the cough becomes more severe.

How do I prevent Pertussis? Best prevention is vaccination, cover your cough, and good hand washing.

For more information, please contact your physician or call the Health Department at 513-695-1468

The Offices of the Warren County Health District will be closed on Monday, November 11th in observance of Veteran's Day and Thursday, November 22nd and Friday, November 23rd for the Thanksgiving Holiday.

MAKE YOUR HOME SAFE FOR YOUR HOLIDAY GUESTS

One minute, you have trick-or-treaters at your door, and the next you have family and friends visiting for Thanksgiving dinner and all the other holidays.

Is your house ready for the guests—especially the ones who might be at increase risk for a fall? Nothing can change a celebration faster than a trip to the emergency room from a fall



that could have been prevented. Make your home an inviting and safe place for all your family and friends to celebrate the holidays.

OUTDOORS:

- Keep walkways and steps clear of leaves and debris
- Ensure outdoor walkways and steps are well lit
- Fix broken or uneven steps and loose handrails.

INDOORS:

- Remove rugs or secure them to the floor

- Use extra lamps and nightlights to help guest find their way
- Store clothing, linens, dishes, food and other necessities your guest may need within easy reach
- Arrange furniture to create clear, straight paths for walking and minimize the need to walk around things.

Visit www.steadyu.ohio.gov to find more falls prevention tips and resources to make your home a falls free zone.

KNOW THE FACTS ABOUT STROKE

What is Stroke? Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes. A stroke, sometimes called a brain attack, happens in one of two ways:

- Ischemic Stroke—when the blood supply to the brain is blocked
- Hemorrhagic Stroke—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Are you at risk for Stroke? Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke. Several factors that are beyond your control can increase your risk for stroke. These included your age, sex,

and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms of stroke? An easy way to remember the most common signs of stroke and how to respond is with the acronym F.A.S.T.:

F Face drooping: Ask the person to smile. Does one side droop?

A Arm weakness: Ask the person to raise both arms. Does one arm drift downward?

S Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?

T Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately.

Stroke treatment can begin in the ambulance.

Can Stroke be prevented? High Blood Pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks. There are several steps you take to reduce your risk of stroke:

- Eat a healthy diet low in sodium with plenty of fruits and vegetables
- Maintain a healthy weight
- Be physically active
- Don't smoke, and avoid secondhand smoke
- Limit alcohol use
- Prevent or manage your other health conditions.



For more information, please contact the Health District at 513-695-1228 or visit www.cdc.gov/stroke/index.htm