



Holiday Food Safety

Mobile Mammography Available

The St. Elizabeth Mobile Mammography Van is coming to the Warren County Health District located at 416 S. East St. Lebanon

Wednesday
November 15

Call 859-655-7400 to schedule your desired appointment time.

Covered by Medicare, Medicaid and most private insurances companies.

Financial assistance available to those who qualify.

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

temperature: 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.warrenchd.com or www.foodsafety.gov

Do You Need Health Insurance?

Do you need health insurance? Would you like assistance finding out if you are eligible for Medicaid or help determining what options are available for Marketplace Health Insurance?



WCHD offers assistance in helping you navigate your way

through the process. Open enrollment begins November 1, 2018 so schedule an appointment now to begin planning for your health insurance coverage for 2019.

Call 513-695-2475 to schedule your appointment. Open to all Warren County residents.

The Offices of the Warren County Health District will be closed on November 12 in observance of Veteran's Day and November 22nd/23rd for the Thanksgiving Holiday.

Caregiver Tips to Prevent Falls

November is National Caregiver Month, which recognizes the roles caregivers play to help older loved ones remain safe and independent in their own homes and communities. One of the most important jobs a caregiver can do is to help loved ones understand their risk of falling and help them make the changes that can help prevent falls. But what can a caregiver do when their loved one doesn't want to think about, much less talk about, falls and how to keep from falling?

Prevent a Fall



A caregiver can:

- Focus on the fun aspect of getting out and moving and doing things your loved one likes. Offer to exercise with her or do any activity she enjoys or would like to try. Being physically active helps to build balance and strengthen muscles.
- Help your loved one redecorate and rearrange his home. With his agreement, you can make simple, inexpensive changes that are attractive, yet still reduce the risk of slipping, tripping or falling. Installing extra lighting to brighten stairs

and storing frequently used kitchen items within reach can make a loved one's life easier, as well as safer.

- Help your loved one clean and de-clutter her home. Again, with her agreement, you can help her get rid of clutter and move seldom used items to a safe location out the path where she usually walks.

The goal is to work with your loved one to help improve the quality of his or her life. And in the process, you can reduce their risk of falls.

Visit www.steadyu.ohio.gov to find more tips and resources.

Acute Flaccid Myelitis (AFM)

AFM is a rare but serious condition. AFM affects the nervous system, specifically the spinal cord. AFM can be caused by a variety of germs, including several viruses: enteroviruses, West Nile virus, and adenoviruses. Environmental toxins and genetic disorders may also cause AFM. AFM is only one of a number of conditions that can result in neurologic illness with limb weakness. Oftentimes, however, a cause for AFM cannot be identified.

AFM symptoms can include sudden onset of arm or leg weakness and loss of muscle tone and reflexes. Some people, in addition to arm or leg weakness, will have facial droop/weakness, difficulty moving the eyes, drooping eyelids, or difficulty with swallowing or slurred speech. If you or your child develop any of these symptoms you should seek medical care right away.

AFM is diagnosed by examining a patient's nervous system in combination with reviewing pictures of the spinal cord. A doctor can examine a patient's nervous system and the places on the body where he or she has weakness, poor muscle tone, and decreased reflexes. A doctor can also do an MRI (magnetic

resonance imaging) to look at a patient's brain and spinal cord, do lab tests on the cerebrospinal fluid (the fluid around the brain and spinal cord), and may check nerve conduction (impulse sent along a nerve fiber) and response. It is important that the tests are done as soon as possible after the patient develops symptoms. Although there is no specific treatment for AFM, a doctor who specializes in treating brain and spinal cord illnesses may recommend certain interventions on a case by case basis.

Recommendations for preventing AFM include being up to date on all recommended vaccinations (including poliovirus), protecting yourself from mosquito-borne viruses by using mosquito repellent, staying indoors after dusk and by removing standing or stagnant water from nearby property to minimize the number of mosquitoes present. Although we don't know if it is effective in preventing AFM, you can also wash your hands often with soap and water, avoid close contact with sick people and clean surfaces with a disinfectant, especially surfaces that a sick person has touched.

The Centers for Disease Control

(CDC) is actively investigating AFM cases and monitoring disease activity. They are working closely with healthcare providers and state and local health departments to increase awareness for AFM. CDC is encouraging healthcare providers to recognize and report suspected cases of AFM to their health departments, and for health departments to send this information to CDC to help us understand the nationwide burden of AFM. CDC is also actively looking for risk factors and possible causes of this condition by encouraging healthcare providers to monitor AFM in patients and sending information to local health departments.

The WCHD will continue to work with health care providers, Ohio Department of Health, local partners and CDC to identify and investigate any suspect cases and to educate the public as information becomes available.

For more information visit www.warrenchd.com or www.cdc.gov/acute-flaccid-myelitis