



# WARREN COUNTY HEALTH DISTRICT

## Prevent-Promote-Protect



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## NEWS & INFORMATION

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[www.warrenhd.com](http://www.warrenhd.com)

### SAFETY TIPS FOR YOUR HOLIDAY TURKEY

Handling poultry incorrectly and undercooking it are the most common problems that lead to food-borne disease outbreaks linked to poultry. There are four tips to follow to help keep you and your family safe as you prepare your next holiday turkey.



● **THAW YOUR TURKEY SAFELY:** in the refrigerator in a container, in a leak proof plastic bag in a sink with cold water (changing water every 30 minutes) or in the microwave, following microwave oven instructions. NEVER thaw your turkey by leaving it on the counter. Bacteria can grow rapidly in the “danger zone” between 40 F and 140 F.

● **HANDLE YOUR TURKEY THE RIGHT WAY: CLEAN, SEPARATE, COOK, and CHILL.** Wash your hands

with warm soapy water for 20 seconds, use a separate cutting board, never place cooked or fresh food on the cutting board used for the turkey, wash the surface with hot soapy water before using for another food item.

● **COOK STUFFING THOROUGHLY:** cooking the stuffing separately from the turkey makes it easy to be sure it is thoroughly cooked. If you cook the stuffing in the turkey, put the stuffing in the turkey just before cooking. With either method, use a food thermometer to make sure the stuffing’s center reaches 165 F. Bacteria can survive in stuffing that does not reach 165 F.

● **COOK YOUR TURKEY THOROUGHLY:** set the oven temperature to at least 325 F. Place the completely thawed turkey in a roasting pan that is 2 to 2 1/2 inches deep. Cooking time will vary depending on the size of your turkey. Use a food thermometer to make sure the turkey has reached a safe internal temperature of 165 F. Check by inserting the thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Even if the turkey has a pop-up temperature indicator, you should still use a food thermometer to check that it is safely cooked. Let the turkey stand 20 minutes and after that remove the stuffing from the cavity and carve the meat.

For more information, visit [www.cdc.gov/foodsafety/communication/holiday-turkey.html](http://www.cdc.gov/foodsafety/communication/holiday-turkey.html)

Warren County Health District will be closed on Thursday, November 11th in observance of Veteran’s Day and Thursday, November 25th and Friday, November 26th for the Thanksgiving holiday.



### SAFE HOLIDAY TRAVEL

The holidays are right around the corner. Be sure to stay safe while traveling by following these few safety tips.

**Before Travel:**

- \*Consider the risks of yourself and others. If underlying condition such as asthma, obesity, diabetes, or heart issues exist, consider staying home.
- \*Check to see if your destination has any requirements or restrictions on travelers.



**During Travel:**

- \*Wear a mask covering your nose and mouth when in public.
- \*Avoid close contact with others. Keep 6 feet apart from others.
- \*Wash your hands thoroughly and often.
- \*Avoid touching your eyes, mouth, and nose.

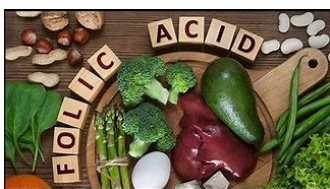
**Considerations for Types of Travel:**

- \*During air travel, watch out for close contact with others and frequently touched surfaces.
- \*During car travel, pay attention to stops along the way like gas, food, and bathroom breaks to limit contact with others.
- \*During bus/train travel, avoid touching surfaces, social distance from others, and wash hand after leaving bus/train.

## FOLIC ACID AND PREGNANCY

CDC urges all women of reproductive age to take 400 micrograms (mcg) of folic acid each day, in addition to consuming food with folate from a varied diet, to help prevent major birth defects of the baby's brain (anencephaly) and spine (spin bifida). Folic Acid is a B vitamin. Our bodies use it to make new cells.

**Why folic acid is important before and during pregnancy:** during pregnancy when a baby is developing, folic acid helps form the neural tube. All women of reproductive age should be taking folic acid daily. In



the US about half of pregnancies are unplanned. The birth defects of the baby's brain and spine occur very early in a pregnancy, (3-4 weeks after conception), before most women even know they

are pregnant. A higher dose of folic acid is not necessary unless a doctor recommends taking more due to other health conditions. When planning to become pregnant, women who have already had a pregnancy affected by a neural tube defect need to contact their healthcare provider. The CDC recommends that these women consume

4,000mcg of folic acid each day one month prior to becoming pregnant and through the first 3 months of pregnancy.

Every woman of reproductive age needs to get folic acid everyday, whether she is planning to get pregnant or not, to help with making new cells.

**How to get enough folic acid:** take a vitamin that has folic acid in it. Make sure you are eating foods fortified with folic acid, such as, breads, cereals, and corn masa flour.

For more information, talk with your healthcare provide or visit:

[www.cdc.gov/ncbddd/folicacid/features/folicacid-prevents-ntds.html](http://www.cdc.gov/ncbddd/folicacid/features/folicacid-prevents-ntds.html)

## ALZHEIMER'S AWARENESS

Alzheimer's disease is a degenerative brain disease and the most common form of dementia in the world. Alzheimer's disease affects a person's memory, thinking, and behavior to the degree of interfering with daily life. Symptoms include age, family history, overall brain health, brain injuries, and culture background.

Age is the greatest known risk factor for Alzheimer's and other dementias, but these disorders are not a normal part of aging. While age increases risk, it is not a direct cause of Alzheimer's. Most individuals with the disease are 65 and older. After age 65, the risk of Alzheimer's doubles every five years.

Family history is another risk factor that is heavily linked with Alzheimer's. If someone in your immediate family has Alzheimer's disease then that increases the risk of its development. The risk increases if more than one family member has the illness. When diseases tend to run in fami-

lies, either heredity, environmental factors, or both, may play a role.

There is a link between head injuries and future risk of dementia. Protect your brain by buckling your seat belt, wearing your helmet when participating in sports, and "fall proofing" your home.

Brain health is directly affected by the health of your heart. The heart supplies all the blood and nutrients needed to the brain for proper function.

The risk of developing Alzheimer's appears to increase based on the health of

the heart. A damaged heart includes heart disease, diabetes, stroke, high blood pressure, and high cholesterol. Additional evidence shows that



plaques and tangles in the blood vessels are more likely to cause Alzheimer's symptoms if strokes or damage to the brain's blood vessels are present.

Research shows that older Latinos are about one-and-a-half times as likely as older whites to have Alzheimer's and other dementias. Older African-Americans are about twice as likely to have the disease as older whites. The reason for

these differences is not well understood, but researchers believe that higher rates of vascular disease in these groups may also put them at greater risk of developing Alzheimer's.

For more information, visit

[www.alz.org/help-support](http://www.alz.org/help-support)