

## NEWS AND INFORMATION



## Cooking Safety

Thanksgiving is a time for gratitude, family, and, of course, delicious food! However, the joy of the holiday can quickly turn sour if proper safety precautions aren't taken in the kitchen. To ensure a happy and safe Thanksgiving celebration, here are some essential cooking safety tips to keep in mind.

### 1. Keep a Clean Kitchen

Maintaining a clean and organized kitchen is essential for safety. Ensure all surfaces are clean, and wash your hands frequently, especially when handling raw poultry. Use separate cutting boards for meat and vegetables to prevent cross-contamination, and regularly sanitize surfaces and utensils.

### 2. Avoid Overcrowding

While it's tempting to prepare all your dishes simultaneously, overcrowding the stove and oven can lead to accidents. Overcrowding can cause hot dishes to spill or tip over, posing a fire hazard. Cook dishes in batches or use multiple kitchen appliances to spread out the workload.

### 3. Use a Meat Thermometer

To ensure your turkey is cooked to perfection, invest in a good-quality meat thermometer. The internal temperature of the turkey should reach 165°F (74°C) to ensure it's safe to eat. Check the temperature in the thickest part of the breast and thigh, avoiding contact with bones.

### 4. Be Cautious with Deep Frying

Deep-frying turkey has become popular, but it can be extremely dangerous if not done properly. If you choose to deep-fry your turkey, do it outdoors, away from flammable materials, and never overfill the fryer with oil. Always follow the manufacturer's instructions and have a fire extinguisher nearby.

### 5. Keep Flammable Items Away

Be mindful of flammable materials such as kitchen towels, oven mitts, and wooden utensils. Keep these items away from open flames and hot surfaces to prevent accidents. Opt for flame-resistant or silicone oven mitts for added safety.

### 6. Maintain a Safe Distance from Children and Pets

Thanksgiving can be a chaotic time in the kitchen, with children and pets often eager to participate. Keep them at a safe distance from hot surfaces, stovetops, and sharp utensils. Designate a kid-friendly area for them to play and enjoy the holiday safely.



## November is National Diabetes Month



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. Around 90% of all diabetics in the U.S. are Type 2, while only 10% are Type 1.

Type 2 diabetes, the most common type of diabetes, is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes mainly from the food you eat. Insulin, a hormone made by the pancreas, helps glucose get into your cells to be used for energy. In type 2 diabetes, your body doesn't make enough insulin or doesn't use insulin well. Too much glucose then stays in your blood, and not enough reaches your cells.

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction destroys the cells in the pancreas that make insulin, called beta cells. This process can go on for months or years before any symptoms appear. Some people have certain genes (traits passed on from parent to child) that make them more likely to develop type 1 diabetes. However, many of them won't go on to have type 1 diabetes even if they have the genes. A trigger in the environment, such as a virus, may also play a part in developing type 1 diabetes. Diet and lifestyle habits don't cause type 1 diabetes.

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



WarrenCoHealth



warrencountyhd



Warren County Health District

## Whooping Cough

Whooping cough (pertussis) can cause serious illness in people of all ages but is most dangerous for babies. Symptoms of whooping cough usually develop within 5 to 10 days after you come into contact with the bacteria that cause it. Sometimes symptoms do not develop for as long as 3 weeks. Whooping Cough symptoms can be classified into three stages: Stage 1, 2, and 3.

Stage 1, or early symptoms can last 1-2 weeks and include:

- Runny or stuffed up nose
- Low-grade fever (less than 100.4F)
- Mild, Occasional cough (babies do not do this)
- Apnea (life threatening pauses in breathing) and cyanosis (turning blue or purple) in babies and young children

Many times, in the early stages of whooping cough, it is very easy to think it is just a common cold.

Stage two symptoms can begin one to two weeks after symptom onset, and can last anywhere from 1-10 weeks. During this time, someone affected by whooping cough will develop rapid, violent, and uncontrolled coughing fits. As the illness continues, these coughing fits will increase in frequency and intensity.

Stage three is recovery, which can be slow, as the cough becomes milder and less common as someone gets better, but they can return if someone develops another respiratory infection.

Whooping cough can cause serious and sometimes life-threatening complications in babies. This is especially true within the first 6 months of life. It is important to know that some babies with whooping cough don't cough at all. Instead, it causes them to stop breathing and turn blue.

The best way to prevent whooping cough is to get vaccinated. Two vaccines in the United States help prevent whooping cough: DTaP and Tdap. These vaccines also provide protection against tetanus and diphtheria. These vaccines cannot give you whooping cough, tetanus, or diphtheria. WCHD offers both of these vaccinations. If you need to get scheduled, call 513-695-1229.

For people exposed to whooping cough, CDC recommends preventive antibiotics only if they:

- Live with the person who has been diagnosed with whooping cough.
- Are at increased risk for serious disease (e.g., babies, people with certain medical conditions) or will have close contact with someone who is at increased risk for serious disease (e.g., women in their third trimester of pregnancy, people who work with or care for high risk individuals).

If you've been exposed to the bacteria that causes whooping cough, talk to your doctor about whether you need preventive antibiotics. This is especially important if there is a baby or pregnant woman in your household or you plan to have contact with a baby or pregnant woman.

## What's Happening at WCHD this month?

November 10th, 23-24th- WCHD closed

**CLOSED**



# VETERANS DAY

HONORING ALL WHO SERVED



# HAPPY THANKS GIVING

### Weekly Nutrition and Weight Management Classes

These classes will include weekly weigh-ins and discussion of various nutrition and weight management topics, led by Laura Brodt, WCHD's registered dietitian! To sign up, call Laura Brodt at 513-695-1477.



### WCHD's Nursing Department Hours

WCHD's Nursing Department hours are as follows:

Monday-Thursday: 7:30AM-6:00PM  
Friday: 7:30AM-5:30PM

