

## NEWS AND INFORMATION



### Don't Let Food Safety Take a Vacation This Summer

Food safety should always be top of mind but with summer heat coming to play, it's even more important to separate, clean, cook, and chill foods properly. According to the Centers for Disease Control and Prevention, one in six Americans could get sick from food poisoning this year alone and could also have long-term health consequences.

Keep these tips in mind to prevent foodborne illness for a fun summer outside!

#### Separate your meats from other foods:

- When shopping, pick up meat, poultry, and seafood last, right before checkout.
- Separate these foods from other food in your shopping cart and grocery bags.
- To guard against cross-contamination, put packages of raw meat, poultry, and seafood into individual plastic bags.
- Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep them at 41°F or below in an insulated cooler.

#### Food preparation:

- Defrost carefully. Never allow food to defrost on the counter, outside, or in warm water. Defrost food in the refrigerator, in the microwave, or under cool running water. When defrosting food in the refrigerator, cover raw meat and place it on the bottom shelf so juices won't drip onto other foods. When defrosting food in the microwave, cook it immediately afterward.
- Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

#### Cook fully and keep hot things hot and cold things cold:

- Cook foods to safe internal temperatures. If you need a refresher for safe internal cooking temperatures, read this chart.
- Put leftover foods into the freezer or fridge immediately after serving. When preparing foods to be stored, try to put them in as small of container as possible to increase their cooling time. This helps to prevent the growth of harmful bacteria that can lead to food poisoning.
- Use a refrigerator thermometer and make sure the temperature of the fridge is at 41°F or less.



### International Travel

Planning to travel outside of the United States this summer? Before it is time to head out, double check that the area that you are heading to does not have travel notices or restrictions! One website that you can check is [wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices). This website, managed by the Center for Disease Control and Prevention (CDC) is used to inform travelers about global health risks during outbreaks, special events or gatherings, and natural disasters, and to provide advice about protective actions travelers can take to prevent infection or adverse health effects.

If you are travelling to an area where you will need vaccinations or prophylactic (preventative) treatment, the Warren County Health District has a clinic that can help connect you to these services. Our international travel clinic includes the following vaccines and treatments:

- Hepatitis A, B and A/B
- Typhoid
- Meningitis
- Yellow Fever
- Polio
- Rabies
- Malaria Preventative Medications

This clinic is open on Mondays from 7:30AM-4:00PM. If you are interested in making an appointment or have any questions, call 513-695-1467.



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

## Sun Safety

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

Why? Exposing your skin to the sun year-round means you are exposing it to ultraviolet radiation, which can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common form of cancer in the U.S.

Skin cancer is on the rise in the U.S. The National Cancer Institute estimates there were 100,640 new cases of skin melanomas and 8,290 related deaths in 2024. In 2021, there were an estimated 1.4 million people living with melanoma of the skin in the U.S.

About 6.1 million people are treated for basal cell carcinoma and squamous cell carcinoma, the two most common types of skin cancer, in the U.S. every year, according to the Centers for Disease Control and Prevention. Sunscreen is one way to protect against the rise in skin cancer rates.

To have protection against the sun it is recommended to use broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days. In addition:

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips.
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- There is no sunscreen that completely blocks UV radiation, so other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is completely waterproof. Check the instructions on your sunscreen for information about its water resistance and reapplication instructions if you are sweating or going in the water.

Only sunscreens in lotion, cream, stick, gel, oil, butter, paste, spray, and powder dosage forms can be legally marketed. Sunscreen in all other dosage forms – including wipes, towelettes, body washes, and shampoos – cannot be legally marketed.

People of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:


- Pale skin.
- Blond, red, or light brown hair.
- Been treated for skin cancer.
- A family member who has had skin cancer.

If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Even on an overcast day, up to 80% of the sun's UV rays can get through the clouds. Stay in the shade as much as possible.



 **HealthSource**  
of Ohio Mobile Health Services

Warren County  
Health District  
  
Public Health

**Mobile Dental** is coming to Warren County: Thanks to HealthSource of Ohio's **Mobile Dental Team**, you can see a dentist for exams, x-rays, cleanings, sealants, and fluoride. 

**When? Beginning June 25th**  
**Where? 416 S. East Street, Lebanon**

### How does it work?

- Complete the **Mobile Health Services Permission Form** (scan the QR code below).
- HealthSource Mobile Dental will be on site at the **Warren County Health District** and will perform exams, x-rays, cleanings, sealants and fluoride.
- After the visit, you will receive a report from the Dental Team.
- We accept most insurance plans, including Medicaid, and also offer sliding fee for uninsured based on income.

If you need more information about HealthSource Mobile Health Services, email: [SBHConsent@hsohio.org](mailto:SBHConsent@hsohio.org)



Scan the code for the Permission Form






## What's Happening at WCHD this month?



**Wednesday, June 19th**- Juneteenth-WCHD CLOSED

**Saturday, June 22nd**- WCHD will be set up at the Springboro Juneteenth Jubilee. Join us for a fun filled afternoon located at North Park in Springboro !

### ALL MONTH:

-  **FREE at home COVID-19 tests** available. If you are interested in getting some COVID-19 tests, call 513-695-3126 to schedule a pick up time.
-  **Nutrition and diet counseling** provided by WCHD dietitian, Laura Brodt. If you are interested, call 513-695-1477 to set up an appointment.
-  **Vaccination Clinics.** Adult and childhood vaccines available. Need a COVID-19 and/or flu vaccine? Call 513-695-1468 or 513-695-1229 to get scheduled.
-  **Various Health Clinics.** Need to see a doctor or medical professional? Visit [warrenchd.com](http://warrenchd.com) to see a description of the clinics WCHD offers or call 513-695-2428 to speak to a representative.
-  **FREE naloxone kits and fentanyl test strips.** To set up a time for pick up, call 513-695-3126