Holiday Food Safety Planning

Here are some quick reminders about the importance of food safety, especially with Holiday Meals in the coming months. The Four Steps To Food Safety can help prevent food-borne illness in the home.

1) **Clean!** Everything that touches food should be clean. Cleanliness is a major factor in preventing food-borne illness. Consumers have a role in ensuring that food is handled safely after it is purchased.

2) **Separate!** Fight cross-contamination! Cross-contamination is the transfer of harmful bacteria to food from other foods, cutting boards, utensils and hands.

3) **Cook!** Use a food thermometer in cooking. Using a food thermometer is the only way to tell if food has reached a high enough temperature to destroy harmful germs. Use a food thermometer to measure the internal temperature of foods, such as meat, hamburgers, poultry, egg casseroles, and any combination dishes to ensure that a safe temperature is reached and that harmful bacteria are destroyed.

Here’s the minimum internal temperature guidelines but be sure to see the whole list of temperatures on our website: Beef, pork, veal, lamb (roasts, steaks and chops): 145°F; Ground meats: 160°F; Poultry: 165°F; Eggs and egg dishes: 160°F; Leftovers: 165°F; Fin Fish: 145°F.

4) **Chill!** Make sure the temperature in the refrigerator is 41°F or below and 0°F or below in the freezer. Use a refrigerator/freezer thermometer to check the temperature. Harmful bacteria grow most rapidly in the Danger Zone—the unsafe temperatures between 42° and 134°F — so it’s important to keep food out of this temperature range. Refrigerate or freeze perishables, prepared food, and leftovers as soon as possible. Food needs to cool to 70°F in two hours and to 40°F in no more than six hours.

For complete information on the Four Steps To Food Safety, click on the “News” tab at richlandhealth.org or click the food safety slider on the home page. You will also find information about preparing the Thanksgiving Day turkey.

**DON’T FORGET YOUR FLU SHOT!**

If you haven’t received your annual flu vaccine shot for the 2019-2020 flu season, there is still time. Peak flu season doesn’t start until February. You can walk-in or call the Public Health Clinic at 419-774-4700 to schedule an appointment convenient for you at Richland Public Health.

**Watch Out for Deer in November**

Deer-Vehicle Crashes (DVC) will be on the rise during Ohio’s fall. Richland County had 429 DVCs; fourth worst in Ohio for all of last year.

In 2018, there were a total of 18,309 DVCs with 980 injuries and three (3) deaths. November saw the most crashes last year with 4,142 - an average of 138 per day.

To avoid becoming a statistic:

- Look for deer crossing signs. Signs are placed at traditional deer travel routes.
- Drive with caution; if you see one deer there are likely to be more.
- It’s especially dangerous at dawn and dusk (more than half of DVCs happen between 5 p.m. and 12 midnight).
- Wear your seat belt and drive at sensible speeds for road conditions.

**National Health Observances for November:** American Diabetes Month; Lung Cancer Awareness Month; Alzheimer’s Disease Awareness Month; COPD Awareness Month; Hospice and Palliative Care Month; Nov. 21: Great American Smokeout; Dec. 1: World AIDS Day.
November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI), this year’s focus is on the link between diabetes and cardiovascular disease.

Type II diabetes is a serious condition that can lead to health issues such as heart attack, heart disease, stroke, blindness, kidney failure, nerve damage, and loss of toes, feet or legs.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

According to the Centers for Disease Control and Prevention, 84 million Americans have pre-diabetes and 12% know they have it. Join professionals from OhioHealth for information about preventing diabetes if you are at risk, managing diabetes if you have it, and achieving your best level of health. This is an adult program through the Mansfield/Richland County Public Library. Sessions will be held on November 14 at 6 pm and November 19 at 10 am at the Mansfield Library.

Make Your Home Safe for Holiday Guests

One minute, you have trick-or-treaters at your door, and now there are friends and family visiting for Thanksgiving dinner and other holiday festivities.

Is your house ready for guests – particularly those who might be at increased risk for a fall? Nothing can ruin a celebration faster than a trip to the emergency room for injuries from a fall that could have been prevented. Make your home an inviting and safe place for all your visitors to celebrate the holidays.

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

Indoors:
- Remove rugs or secure them to the floor with double-faced tape, tacks, or a slip-resistant backing;
- Use extra lamps and nightlights to help your guests find their way in your home any time of day;
- Store clothing, linens, dishes, food, and other necessities your guests may need within easy reach; and
- Arrange furniture to create clear, straight paths for walking and minimize the need to walk around things.

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