



ENVIRONMENTAL NEWSLETTER

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Fall 2015

Environmental Public Health Event Calendar

Food Safety Training Classes
10 am to 12 pm
Sep 1, Oct 1, Nov 5, Dec 8, 17
2 to 4 pm
Sep 24, Oct. 20, Nov. 17

ServSafe 8 hour class

Nov 10, 2015
8am to 5pm
Call 660-747-6121 ext. 258 to register

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JCCHS Public Health Calendar

Immunization Clinics for all ages
Mondays thru Friday 8am-5pm
Satellite WIC Clinics available in
Holden. Call 660-747-2012 for
details.
Home Health and Hospice Services
available 7 days a week and 24
hours every day. Call 660-747-6121
for more information.
JCCHS offers CPR, use of an AED
and First Aid training for Child Care
Workers and the general public.
Call 660-747-6121 for more
information.
STD/HIV testing by appointment
660-747-6121 .

Winter is coming and so is Flu Season

To get ready for winter weather you check your snow shovel, inventory your coats, hats and gloves.

To prepare for the flu season:

Get vaccinated. Make arrangements to take the seasonal immunization every year. Johnson County Community Health Services as well as many doctors offices and pharmacies conduct flu clinics. Listen to KWKJ 98.5 FM / KOKO 1450 AM, read your local newspaper or visit our web site www.johnsoncountyhealth.org to find out when flu clinics will be held this fall and winter.

Wash your hands. Wash your hands often with soap and water. Use hand sanitizers frequently when soap and water are not available. Avoid touching your eyes, nose and mouth unless you have just cleaned your hands. This is how germs are transferred from a surface such as a door handle to a person making them ill.

Stay Healthy. Avoid contact with sick people. Ensure you get enough sleep and eat plenty of fresh fruits and vegetables. While most people who get the flu recover without any problems in an average year 200,000 people are hospitalized and 36,000 people die from complications of the flu in the United States. For further information Visit the Missouri Department of Health and Senior Services website at www.dhss.mo.gov or Fight the Flu Missouri www.fighttheflumo.com .

If you do get sick :

- 1) Stay home.** Do not go to work, daycare, shopping, church or school until 24 hours after your fever has ended. Do this to limit your contact with others even if your illness is mild. The person that you come in contact with and infect may develop a more severe case. Cover your cough and wash your hands often.
- 2) Call your doctor and let them know you are ill/ control the fever.** Depending on existing medical conditions that you have, they may prescribe medications for you or advise that you take over the counter medications to control the fever and other symptoms.
- 3) Stay hydrated by drinking lots of water, sports drinks and fruit juice.**
- 4) Watch for warning signs and seek additional medical care if you observe the following conditions:**

Children –

Fast breathing or trouble breathing. Bluish skin color. Not drinking enough fluids. Not waking up or not interacting. Being so irritable that the child does not want to be held. Flu-like symptoms improve but then return with fever and worse cough. Fever with rash.

Adults-

Difficulty breathing or shortness of breath. Pain or pressure in the chest or abdomen. Sudden dizziness. Confusion. Severe or persistent vomiting.

COVER YOUR COUGH

11 Food Safety Tips for the Slow Cooker



Food Safety Tips when Using your Slow Cooker

Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served. But that's not all you can do with the slow cooker. It is perfect for making overnight oatmeal, a game day dip or even a winter stew. This is a dream come true for any multitasker, but if you neglect food safety rules, this dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

- 1. Start with a clean space.** Make sure the cooker, utensils and work area are clean. And don't forget to wash your hands.
- 2. Keep perishable foods refrigerated as long as possible.** Bacteria multiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the pot.
- 3. Prep meat and vegetables separately.** If you prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
- 4. Always defrost meat or poultry before putting it in the slow cooker.** Defrosting will ensure your food cooks all the way through to the safe internal temperature.
- 5. Pay attention to temperature.** It is important to make sure your slow cooker reaches a bacteria-killing temperature. Start your slow cooker on the highest setting for the first hour and then switch it to low for longer cooking. However, it is still safe to cook foods on low the entire time – for example, if you are leaving for work. Just make sure your food reaches the

proper internal temperature (see #9).

6. Make sure your foods fit. The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!

7. Cut up your meat. Large chunks of meat may take too long to cook all the way through. Cut meat into smaller pieces before adding to the slow cooker.

8. Keep the lid on. It is important to retain the heat when making a slow cooker meal, so avoid taking the lid off. Only remove the lid to stir or check for doneness.



9. Use a food

thermometer. The *only* way to know for sure that your food is safe to eat is with a food thermometer. Cook chicken to 165°F, hamburger and ground meats to 155°F, Beef, pork, fish and vegetables to at least 145°F.

10. Store leftovers in shallow containers and refrigerate within two hours. One of the best parts of your slow cooker meal is the leftovers. But you must make sure you are storing them safely and eating them in a timely manner, so you don't have leftovers with a side of food poisoning. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.

11. Never re-heat in your crockpot. Cooked foods should be reheated on the stove, in an oven or using a microwave until it reaches 165°F. Many people place the cooked food to be reheated in the ceramic insert of the slow cooker and use the microwave to reheat. After it reaches 165°F the hot food can be placed in the slow cooker to keep it hot at 135°F or higher for serving.



Thinking about selling your Rural Home?

After listing their rural property that has an onsite waste water system (OWTS) for sale and waiting months to find a buyer many sellers find themselves in a jam just days before closing.

The buyers mortgage company or bank has asked that the septic system (OWTS) under go a License Loan Evaluation or Inspection. A few years ago this was a small percentage of loans that inspections were done on. Now virtually 100% of loans where the property is not connected to a community sewer system are required by the lender to have and pass the inspection. For sellers finding last minute issues this often results in increased cost, stress and aggravation.

The voluntary loan evaluation and inspection process was established to provide information in real estate transactions involving conventional or government loans as to whether the on-site sewage disposal system is malfunctioning or otherwise not meeting the Missouri Department of Health & Senior Services (DHSS) standards. There is nothing in State Law or County Ordinance that requires an inspection be done when a property sells and nothing that says if problems are found they must be corrected. However most lending institutions will require any deficiencies noted to be corrected. Even when an owner is refinancing, most lenders require the inspection and that any items noted be corrected prior to refinancing .

DHSS authorizes and licenses private individuals who have passed a course to inspect or evaluate existing on-site sewage disposal systems upon the request from a lending institution, realtor, real estate broker, potential buyer and/or property owner. This process includes a microbiological test and inspection of the well if there is one.

While both inspections and evaluations make identical inspections of the private water supply and are made to determine if on-site sewage disposal systems are malfunctioning or otherwise meeting DHSS standards, they differ in respect to their thoroughness. Inspections identify both the components and functionality of a system. Inspections are especially valuable to consumers wanting to receive a more complete view of the current on-site system. Evaluations solely determine if the on-site system is malfunctioning.

Property owners who are thinking about listing their property for sale are strongly recommended to have an inspection of their system done to determine what if anything needs to be corrected prior to listing it. Waiting until there is a closing date may result in higher cost as the only contractor available to do the work in the time required charges a higher price. If your lagoon needs to be fenced by tomorrow you may be forced to hire

the work done rather than relying on friends to help.



The most common deficiencies are:

- 1) No fence around the lagoon.
- 2) Lagoon is leaking or has trees growing out of the berms.
- 3) Lagoon does not meet setbacks. Too close to a property line or the home.
- 4) There is no system; just a pipe that runs to a ditch or a pasture.
- 5) The OWTS system or well is not on the same property as the house.

This last one may seem surprising but many times rural property owners make their own headaches when they sell off part of their property. They fail to insure that the well and OWTS along with sufficient set backs remain with the property. This may make the property unsellable or greatly increase the cost of repairs to get it in a saleable condition.

If your property has not sold in the last 15 years a good idea would be to visit the Johnson County Assessors office and pick up a copy of the aerial photograph . They will print this off for you and it will allow you to determine where the county thinks your property lines are. Finding out that part of the house is not on the property happened twice in 2014. Surveys and negotiations with neighbors to work property lines out takes time.

For a list of licensed inspectors, please contact our office 660-747-6121 x258 or online www.johnsoncountyhealth.org.



JOHNSON COUNTY
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Home Health • Public Health • Hospice

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Please call, email or drop by to give us your up to date contact information.

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New Staff Member



Victoria George has assumed the position of Environmental Public Health Specialist. Victoria is a spring 2015 graduate of University of Central Missouri where she received a Bachelor's Degree in Biology. Victoria plans on obtaining a Master's in Public Health in the future.

She has already taught food safety classes, attended Onsite Wastewater Treatment System training, done multiple food and OWTS inspections and is working on completing training for childcare facilities and lodging inspections.

Victoria states "I am extremely excited to be able to do my part in learning everything I can learn and ensuring that our community is healthy and safe."

Illegal Dumping is a Felony

Besides being an eyesore dumping can also be a health hazard. Illegal Dumpsites provide a home for pest such as mosquitos that transmit Dengue, West Nile and Chikungunya virus as well as rats and mice.

Old tires , refrigerators and construction waste can be toxic to the environment. Which is why it is illegal to dump sold waste on public lands, private lands or waterways in the State of Missouri.

Popular dump sites are often monitored by hidden cameras in a effort to combat this activity. Someone caught illegally dumping solid waste faces the possibility of being charged with a Class D felony and if convicted fined of \$20, 000 or more. Even the lesser charge of Littering is a Class A misdemeanor and if convicted a person faces a fine of up to \$1,000.00 and a year in the county jail.



To avoid these penalties insure you dispose of waste correctly. Rather than burn or dump illegally try and reuse , repurpose, compost or recycle the material. If that is not possible take your items to a permitted landfill . If you are unsure how to properly dispose of an item , contact the Solid Waste Management Program of Missouri Department of Natural Resources at 800-361-4827 or visit dnr.mo.gov/env/swmp/index.html . To file a online report of illegal dumping or burning visit dnr.mo.gov/concerns.htm.

THE
Missouri Tobacco
QUITLINE
1-800-QUIT-NOW
(1-800-784-8669)