



# ENVIRONMENTAL NEWSLETTER

Volume 11, Issue 2

Summer 2015

## ***Environmental Public Health Event Calendar***

Food Safety Training Classes

10 am to 12 pm

Jun. 2, 23, Jul 14 ,Aug 11, Sep 1

2 to 4 pm

Jun. 11, 17 , Jul 23, Aug 27, Sep 24

*Holden Classes*

*Aug. 6 10 am to 12 pm*

*2 to 4 pm*

***ServSafe 8 hour class***

Aug. 25 and Nov 10 2015

Call 66-747-6121 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 .

## **Food Permits Renewal**

Food Establishments (restaurants, cafes, bars, hotel breakfast, caterers, mobile food trucks/carts, coffee shops, temporary food booths, grocery stores, and convenience stores ) except non-profits are required to renew there Johnson County Food Permit prior to 1 July 2015.

If you have not received your renewal form please call our office a 660-747-6121 ext . 258.

## **Inspection Reports Online**

Want to see how your favorite eating place is doing? You can check their Inspection results at [www.johnsoncountyhealth.org](http://www.johnsoncountyhealth.org) . Just look up your favorite or the new place you have been hearing about to see how they are doing in meeting the requirements of the Missouri Food Code. Food Establishments also must have a copy posted near the entrance for your review.

## **How clean is your ice?**

Many people think ice ,because it is cold , has special magical properties. That bacteria and viruses cannot be transmitted by it thus there is no need to insure clean sanitary ice makers, bins, scoops, tongs, and buckets . Nothing could be further from the truth.

In order to insure a safe ice supply you must:

Clean the ice bin, lid , scoops, tongs and buckets on a routine bases.

Install a water filter and insure the filter is changed on schedule.

Teach employees to wash hands prior to filling an ice bucket.

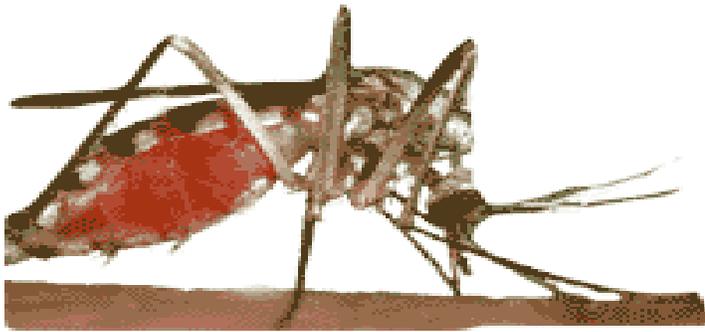
Teach employees never to place their hands inside the ice bucket or touch any part of an ice scoop except the handle.

Never stack ice buckets or ice containers.

The bottom of a dirty bucket will get dirt and debris inside the other bucket should you stack them.



## Protect Your Family from Mosquitoes—FIGHT THE BITE!



With the onset of spring, many residents will be outside enjoying the weather and working in their yards. In addition to planting flowers and sowing grass seed, now is the time to prepare for the upcoming mosquito season. Since the arrival of the mosquito borne West Nile Virus (WNV) to Johnson County in 2002, the Johnson County Community Health Services (JCCHS) has urged residents every spring to control standing water around their homes in order to reduce the number of mosquitoes. Recently Missouri has seen the arrival of other diseases transmitted by mosquitoes such as Dengue Fever and Chikungunya Virus.

In 2014 Missouri had 4 Dengue Fever cases, 15 Chikungunya cases and 13 WNV cases resulting in 2 deaths.

We can prevent these diseases by controlling the mosquitoes. Mosquitoes need standing (still, stagnant) water to reproduce. The best, most cost effective, least hazardous way to control mosquitoes is to prevent standing water. Trash such as cups and empty potato chip bags have been found to contain hundreds of mosquito larvae.

Anything that can hold a half-inch of water for more than 5 days needs to be eliminated, drained or cleaned. Home owners should clean out gutters, check flat roofs for proper drainage and insure the water is channeled away from the foundation and not allowed to pool. This will not only help to control mosquitoes but reduce moisture and mold problems in buildings. Old tires, trash, used equipment and appliances should be eliminated.

Drain decorative yard ornaments, flowerpots and recycling containers by drilling holes in their bases. Change the water in pet bowls daily and in birdbaths twice a week. Clean livestock water troughs weekly. Cover, drain or maintain chlorine residual in pools to prevent mosquitoes from breeding.

Fish in farm ponds and decorative water features are usually enough to control breeding mosquitoes in these situations. To control mosquitoes in sewage lagoons, ponds or in areas subject to seasonal flooding, use a product that contains *Bacillus thuringiensis* subspecies *israelensis*. Several local feed and hardware stores sell these products in a doughnut shape or granular form.

In addition to controlling standing water around their homes, residents can avoid being bitten by mosquitoes by:

1. Wearing long sleeves, pants and a hat.
2. Avoid being outside during times of heavy mosquito feeding—dawn and dusk.
3. Treating clothing with a repellent containing Permethrin.
4. Cover exposed skin with an insect repellent containing DEET or picaridin.

Public health officials are often asked about alternatives to DEET and if it is safe for pregnant women and children to use. Recent studies indicate that DEET is safe to use when applied according to directions. More information about the safety of DEET can be found on the Centers for Disease Control (CDC) website at [www.cdc.gov/ncidod/dvbid/westnile/ga/insect\\_repellent.htm](http://www.cdc.gov/ncidod/dvbid/westnile/ga/insect_repellent.htm).

Small children often forget to wash their hands and will put their fingers in their mouths. For this reason, parents should apply repellents regardless if it contains DEET, picaridin or “natural” ingredients. Non-DEET repellents have to be applied more often and have been shown not to be as effective.

Johnson County may not be the tropics but a spring time mosquito cleanup must become a part of our annual routine along with surveying after rain to eliminate standing water if we are to control WNV. Besides eliminating a disease threat, eliminating mosquitoes will make spending time outdoors more enjoyable.

Additional information about the West Nile Virus can be found at the Missouri Department of Health and Senior Services web site at [www.dhss.mo.gov](http://www.dhss.mo.gov) and on the CDC web site at [www.cdc.gov](http://www.cdc.gov).



## Open Burning Is Not Good for People or the Environment

Now that the summer has finally arrived, many people will be out mowing, trimming and generally cleaning up property and landscaping. Besides beautifying the property, removing the trash and debris that can hold water is an important way to reduce the mosquito population and prevent mosquito borne illnesses. Some things to consider when cleaning up your property is how to properly dispose of the waste.

Johnson County Community Health Services (JCCHS) encourages all residents and businesses in Johnson County to reuse, recycle and compost waste whenever possible. When this is not possible, the waste should be disposed in accordance with the Environmental Protection Agency (EPA) and Missouri Department of Natural Resources (DNR) regulations so as not to pollute the air, soil and water.



Tree limbs, grass trimmings and leaves may be burned in the county but a better alternative is to chip, shred and compost these materials. Compost makes excellent fertilizer and soil amendment; while tree limbs can be used for mulch. Small brush piles left along a fence-row may provide habitat for wildlife. Alternatives to burning are available on the EPA web site at [www.epa.gov](http://www.epa.gov). A permit to burn leaves and brush is required within the city limits of Warrensburg, Holden and Knob Noster.

Studies by the EPA concluded that the open burning of household trash releases dangerous pollutants into the air. Because of the lower combustion temperatures, trash burned at private homes burns less efficiently than waste from a municipal incinerator, releasing high levels of dangerous pollutants, including dioxins, volatile organic compounds, acetaldehyde, formaldehyde, hydrogen chloride and naphthalene. Open burning exposes individuals to toxic emissions that may irritate the eyes, skin and upper respiratory tract. It can also depress the central nervous system leading to severe headache, dizziness and fatigue. Additional information on the dangers of backyard burning can be found on the web at [www.epa.gov/msw/backyard](http://www.epa.gov/msw/backyard).

If residents choose to burn household trash and yard waste, they should ensure that it is done in a safe manner. It is recommended that the fire be at least 75 feet from structures; be on a concrete pad or gravel; attended at all times; started small without the use of flammable liquids; and have a water hose, rake and a shovel available to contain the fire. The Johnson County Commission will periodically issue burn bans during drought conditions due to the high fire danger. During these burn bans, no burning may occur.

Residents may NOT burn tires, rubber, painted wood, treated wood, boats, vehicles, mobile homes, furniture or buildings at any time.

State regulations prohibit any waste generated by a business, trade, industry, or any demolition operation from being burned or buried onsite. This includes, but is not limited to paper, cardboard boxes, pallets, tires, rubber products, hazardous materials, Styrofoam, plastics, vinyl siding, petroleum based products, asbestos containing material and treated wood.

Prior to conducting burning under DNR special provisions check with

DNR to ensure all requirements are being met. The Kansas City Regional Office may be contacted at 816-251-0700. Fact sheets may be viewed at the DNR publications web site at <http://www.dnr.mo.gov/pubs/index.html>. Common violations committed during agricultural operations are starting the fire with tires or petroleum products and burning a large amount of brush or grass land at one time thus impairing the visibility of motor vehicles or planes. A property owner who is burning for agricultural operations in compliance with DNR and the Air Conservation Law could still be cited by the Highway Patrol if the amount of smoke generated impedes traffic. Junk cars, old farm machinery, metal boats and appliances can be turned into cash at one of the counties scrap metal dealers. Most scrap metal dealers will provide the names of individuals that will pick up and haul items for you. Besides saving and reusing valuable metals, this helps keep the community looking good and puts money into the local economy.

Aluminum, metal cans, glass, plastic, cardboard, newspaper, office paper and magazines can be recycled at the Johnson County Sheltered Workshop located at 607 Ridgeview Drive in Warrensburg or call (660)747-7990. The City of Holden Recycling Center is located on N. Buffalo St. They accept paper, and cardboard from 8:00am to 4:30pm Monday thru Friday.

Tire recycling and disposal facilities can be found on the Missouri Department of Natural Resources web site at [www.dnr.mo.gov/env/swmp/tires/tirelist.htm](http://www.dnr.mo.gov/env/swmp/tires/tirelist.htm). Private property owners that have between 500 and 10,000 used tires may contact DNR's Solid Waste Management Program's Scrap Tire Unit at 573-751-5401 to have them cleaned up for free.

Citizens that observe what they believe is a violation of DNR regulations may report it to DNR at 816-2510700 or on the DNR Environmental Report website at [www.dnr.mo.gov/concern.htm](http://www.dnr.mo.gov/concern.htm).





**JOHNSON COUNTY**  
COMMUNITY HEALTH SERVICES  
*Home Health • Public Health • Hospice*

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## Summer Time Grilling Courtesy of FSIS

Cooking outdoors was once only a summer activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining brightly, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and



causing food borne illness. Use these simple guidelines for grilling food safely.

### Thaw Safely

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold running water. You can microwave defrost if the food will be placed immediately on the grill.

### Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill. Marinate under refrigeration.

When using a cooler, keep it out of the direct sun by placing it in the shade or shelter. Avoid opening the lid too often, which

lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

### Keep Everything Clean

If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths, and wet wipes for cleaning surfaces and hands.

### Cook Thoroughly

Use a food thermometer to be sure the food has reached a safe minimum internal temperature. Beef, veal, pork and lamb steaks, roasts and chops can be cooked to 145 °F. Hamburgers, sausage and ground meats should reach 155 °F. All poultry should reach a minimum of 165 °F.

### Keep Hot Food Hot

After cooking meat and poultry on the grill, keep it hot until served — at 135 °F or warmer.

### 'Serving the Food

When taking food off the grill, use a clean platter and utensils. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather (above 90 ° F), food should never sit out for more than 1 hour.

#### SAFE MINIMUM INTERNAL COOKING TEMPERATURES

- **Poultry: 165°F**
- **Ground Meats: 155°F**  
*(hamburgers, bratwurst, hotdogs and sausages)*
- **Whole Muscle Meat: 145°F**  
*(beef steaks, fish filets, pork chops)*

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