



ENVIRONMENTAL NEWSLETTER

Volume 10, Issue 3

Winter 2014

Environmental Public Health Event Calendar

Food Safety Training Classes
10 am to 12 pm
Nov 4, 18 Dec 2, 16, Jan. 5, Feb 10
2 to 4 pm

Nov 11, Dec 11, Jan 29, Feb 26

Holden City Hall Food Safety Class
Feb 26 10 am to 12pm

ServeSafe 8 hour class
Nov 13 2014 , Feb. 12 , May 14 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
WIC Monday-Friday 730 am to 6 pm
in our Warrensburg Office. 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 Allergies

Food allergies are a growing food safety and public health concern that affect an estimated 4%–6% of population in the United States. Allergic reactions to food can be life threatening.

Food facilities should develop procedures for preventing an allergic reaction and responding to a food allergy emergency.

Servers should be trained to take customer allergy questions seriously and have access to recipe ingredients so they can answer diners questions. Procedures to avoid cross contamination between foods such as a separate utensil to serve each type of food, keeping foods covered, using a separate deep fat fryer for shrimp as an example must be followed. Staff should be trained to handle customers request to prepare a allergy order separately. The order should be prepared separately with clean utensils / equipment and carried to the table by itself utilizing two servers or making two trips washing hands between trips. Train staff to recognize and respond to diners who might be experiencing a reaction and encourage the diner to seek medical attention . If a customer is having breathing difficulty immediately call an ambulance .

A *food allergy* occurs when the body has a specific and reproducible immune response to certain foods. The body’s immune response can be severe and life threatening, such as anaphylaxis reaction. Anaphylaxis can cause you to go into shock; your blood pressure drops suddenly and your airways narrow, blocking normal breathing. Signs and symptoms of anaphylaxis include a rapid, weak pulse, a skin rash, and nausea and vomiting.

Eight foods or food groups account for 90% of serious allergic reactions in the United States:

- Milk
- Eggs
- Fish
- Crustacean shellfish
- Wheat
- Soy
- Peanuts
- Tree nuts.



What to Do If Symptoms Occur

The appearance of symptoms after eating food may be a sign of a food allergy. The food (s) that caused these symptoms should be avoided, and the affected person, should contact a health care provider for appropriate testing and evaluation.

Persons found to have a food allergy should be taught to **read labels** and **avoid the offending foods**. They should also be taught, in case of accidental ingestion, to **recognize the early symptoms** of an allergic reaction, and be properly educated on — and armed with — appropriate treatment measures.

Persons with a known food allergy who begin experiencing symptoms while, or after, eating a food should **initiate treatment immediately**, and go to a **nearby emergency room** if symptoms progress.

The symptoms and severity of allergic reactions to food can be different between individuals, and can also be different for one person over time.

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Onsite Sewage / Septic Systems

On-site sewage systems are a fact of life for people who live in the country or in unincorporated areas. Since most of us are city dwellers, we have the attitude of “flush and forget.” People who purchase or build a house in the country often do not realize what is involved with being a rural homeowner, particularly concerning sewage disposal.

State law RSMo 701.025-701.059 prohibits discharge of sewage onto the ground surface, into waterways, lakes or ponds or off the property that it serves. Although this law has existed for over twenty years only small lots were required to obtain a permit and have the completed work inspected. Many took that to mean, since no permit was required and no one came to check to see if they followed the law, that they could do anything they wanted to on larger lots and many “Old Timers” will tell you there are no rules or permits needed for building. This attitude resulted in many Johnson County homes not being salable as banks and mortgage companies now require the onsite wastewater system to pass a Licensed Loan Inspection prior to issuing a loan. People that disregarded the law and built a lagoon too close to a pond or boundary line or who later sold off a portion of the land without figuring set back distances created a situation where as the land cannot sell as the loan cannot be processed without repairs / modifications being made so that the system conforms to State law. It is very common for homes to be put on the market only to have the sale delayed or fall thru due to problems with the existing system. The most common reason for a system to fail is lack of a lagoon fence, or if it's full of woody vegetation.

Pre-existing properties that do not meet set back distances, do not have a fence or who have trees growing out of the berm will not be required by JCCHS to make repairs as long as your sewage is contained on your property. However this “grandfathering” means nothing to a bank or mortgage company that often requires everything to be fixed prior to issuing a loan. Many people have been denied refinancing on their own property due to a septic system issue.

Currently (effective April 2006) all onsite systems for single family homes being repaired, modified or new installations require an Onsite Wastewater Permit issued by the Johnson County Community Health Services (JCCHS). Any work / installation of an onsite wastewater system (lagoon, any type of septic system, septic tank, lateral field, absorption field) requires a permit prior to construction and inspections of the completed work.

The Johnson County Commission approved the Johnson County Code of Health Regulations Onsite Wastewater Treatment Systems (OWTS) Ordinance effective April 9, 2006.

Prior to beginning any construction activity (including soil disturbance) in anticipation of the construction of buildings where people will live, work, or assemble, the property owner or their agent shall contract for a soil morphology or percolation test in the proposed area of the OWTS and apply for an OWTS permit

Missouri Department of Natural Resources (MDNR) permits facilities that have greater than three thousand gallons of wastewater daily flow or that produce other than “basically domestic” wastewater. In addition, the MDNR regulates all above ground on-site sewage systems (lagoons) for properties other than single family homes.

Multifamily units, places of assembly (churches) and commercial buildings (automotive garages, restaurants, daycares, and other businesses) using on site below ground septic systems require a JCCHS Onsite Wastewater permit.

In the late 1970s and early 1980s, Missouri Law allowed aerobic treatment units (ATUs) for single-family residences to discharge directly to the ground surface or waterway. Unfortunately, maintenance of these systems fell by the wayside and water pollution became a concern; therefore, the law was revised to its current status. If your home has a discharging ATU then it must be constructed with a soil absorption field or approved secondary treatment system.

If your home has a lagoon mow it at least once a year to keep trees from growing in and breaking down its berm. Removing trees and rebuilding a lagoon is often, more expensive than building a new one.

To obtain a list of Lagoon Fence Builders, Licensed Loan Inspectors or obtain more information on onsite systems contact JCCHS 660-747-6121 x 258 or access the information on line at our website www.johnsoncountyhealth.org.

Winter Storm Safety Checklist from the American Red Cross

What should I do ?

Dress in layers of lightweight clothing, wear mittens/gloves and a warm hat that covers your ears.

Wear insulated ,waterproof boots to keep your feet warm and dry and to maintain footing in ice and snow.



Minimize travel. Keep a disaster supply kit in the car.

Listen to a NOAA weather Radio or local news channel.

Winterize your car and keep the fuel tank full.

Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.

Maintain heating equipment and chimneys by having them cleaned and inspected every year.

Bring pets inside during the winter weather. Move livestock to shelter areas with drinking water available.

Running water, even a trickle, helps prevent pipes from freezing.

All fuel-burning equipment should be vented to the outside and kept clear.

What supplies do I need?

Food & Water – at least a 3 day supply of non-perishable , easy to prepare food and 1 gallon of water per person per day.

Flashlight with extra batteries

First Aid Kit. Medications—(7 day supply) and medical items (hearing aid batteries, glasses, contact lenses, syringes, cane).

Cell phone with chargers and Family Emergency Contact List .

Know the Difference :

Winter Weather Advisory– Conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch– Winter storm conditions possible within the next 36 to 48 hours . Review your winter storm plans and stay informed about weather conditions.

Winter Storm Warning– Life-threatening , severe winter conditions have begun or will within 24 hours. Take precautions now.

Cash. Expect power outages no ATM or Credit cards working.

Baby items (bottles, diapers, food)

Tools/supplies to secure your home if you have to leave.

Shovel, Sand, rock salt to make walkways and steps less slippery.

Warm coats, glove/mittens, hats , boots and extra blankets.

Alternate heating methods such as a fireplace with wood already cut or vented kerosene stove with fuel.

What do I do after the storm?

Go to a designated public shelter if your home loses power or heat during periods of extreme cold.

Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.

Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.

Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors if possible.

Help people who require special assistance such as elderly, people living alone, people with disabilities and children.





JOHNSON COUNTY
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Home Health • Public Health • Hospice

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Food Safety Training Classes

JCCHS continues to offer food service sanitation courses on a regular basis. Since May 2006 we have trained over 1750 workers in Food Sanitation Safety.



Food Handlers Classroom training is a 2 hour introductory course that covers the basics of safe food handling, dangers of food borne illness and personal hygiene. This course is recommended for all food service employees (wait staff, bar tenders, cooks, deli workers and dishwashers).

There is no charge for the classroom version of the Food Handlers Course. In 2015 we will be offering this class in Holden on Feb 26 and Aug 6 as well as our twice a month schedule of classes in our Warrensburg office.

Online Version

For those unable to attend our classroom version we have partnered with www.StateFoodSafety.com to offer an online class. Besides the convenience of 24 hour access this course is available in English, Spanish, Mandarin Chinese, Vietnamese and Korean .

There is a \$10.00 fee for this course that you pay online when you sign up . Go to www.statefoodsafety.com and select Johnson County Missouri.



ServeSafe® Food Protection Manager Certification Training and Examination is a nationally accredited course that is required by most restaurants prior to promotion to a management position.

Participants must read the textbook ServeSafe® Essentials 6th Edition thoroughly prior to the class.

\$140.00 Textbook/Class/Exam
\$60.00 Class/Exam without textbook

Registration and Fees must be paid three weeks prior to class to ensure a student has ample study time. Class will be from 8 am to 5 pm.

For more information on the National Restaurant Association Educational Foundation and the ServeSafe® course visit www.servsafe.org .

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Anaphylaxis is a sudden and severe allergic reaction that may cause death.

Not all allergic reactions will develop into anaphylaxis.

Additional information can be found at.

The Center for Disease Control has more information at http://www.cdc.gov/healthyyouth/foodallergies/pdf/Food_Allergy_Guidelines_FAQs.pdf

ServeSafe food allergy online training course <http://www.servsafe.com/allergens>