



ENVIRONMENTAL NEWSLETTER

Volume 12, Issue 1

Winter 2015

Environmental Public Health Event Calendar

Food Safety Training Classes
10 am to 12 pm

Jan 20, Feb 9, Mar 15, Apr 5

2 to 4 pm

Jan 28, Feb 5, Mar 24, Apr 21

Holden City Hall Class

Feb 18 2016 10 am to 12 pm .

ServSafe 8 hour class

Feb 16, 8am to 5pm

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 .

Winter Time Power Outages

Live in Missouri long enough and you will eventually experience a winter storm that causes the power to go out. Being unprepared for a prolong power outage can turn an inconvenience into a life threatening event. Here's how to stay warm, stay safe, see and eat during an outage.



Close the doors on unneeded rooms to conserve heat and drain water lines if unable to maintain heat in the home.

Keep Safe

Power company repairmen have been killed by improperly connected home generators while they were working on downed power lines. A disconnect switch must be installed and utilized if you intend to connect a whole house generator. Power must never flow from your generator into the power company's line. Individual appliances can be unplugged from the wall and plugged into an extension cord run to the generator.

Keep Warm

You should have your heating system serviced professionally in the fall to make sure that it is clean, working properly and ventilated to the outside. Many homes heated by propane or natural gas still require electricity to operate the controls and the fans. Ask the serviceman if yours requires electricity to operate and if so how much. A 2,500 watt generator might be big enough to operate your gas furnace while a heat pump may require a 15,000 watt or larger generator to provide heat.

Inspect and clean fireplaces, wood stoves and pellet stoves. Obtain a supply of wood or pellets and check to see if your pellet stove requires electricity to operate the feed hopper.

Kerosene and propane heaters designed to be operated inside buildings may be used if proper ventilation is provided.

Never attempt to heat a home with a charcoal grill, outdoor gas cooking grill or similar appliance.

Consult a licensed electrician before you purchase a generator. They will help you properly wire your home or appliance to receive generator power. As well as help you determine what size and type of generator that best fits your situation.

Whole house standby generators that start automatically when the power goes out are the best option if you can afford it. These units detect the loss of power, switch off the connection between the home and the power company, and then provide power to the home. When power is restored they automatically shut down and restore the connection to the power company. This type of generator sits outside the home and is connected to a fuel tank or propane gas line. Properly sized you can operate everything electric in home as if you were receiving power from the electric company.

Keep portable generators out of the house and garage, position generators at least 20 feet from the house. Store diesel, gasoline and kerosene in properly labeled containers designed to store these fuels. Store them in a safe location, not in the house or an attached garage. Store wood and pellet at least 10 feet away from the fire

Prevention of Norovirus

Practice proper hand hygiene

Wash your hands carefully with soap and water, especially after using the toilet and changing diapers, and always before eating, preparing, or handling food.



Noroviruses can be found in your vomit or stool even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better. So, it is important to continue washing your hands often during this time.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

Wash fruits and vegetables and cook seafood thoroughly



Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.

When you are sick, do not prepare food or care for others who are sick

You should not prepare food for others or provide healthcare while you are sick and for at least 2 days after symptoms stop. This also applies to sick workers in settings such as schools and daycares where they may expose people to norovirus.

Missouri Department of Health requires food workers and preparers with norovirus illness not work until at least 24 hours after symptoms stop. If you were recently sick, you can be given different duties in the restaurant, such as working at a cash register or hosting.

Clean and disinfect contaminated surfaces



After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

Disinfecting after a vomiting or diarrhea incident

Clean-up and Disinfection for Norovirus ("Stomach Bug")

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1 Clean up

- Remove vomit or diarrhea right away!**
 - Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
 - Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
 - Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles**
- Rinse thoroughly with plain water**
- Wipe dry with paper towels**

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these.

a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners

	<p>IF HARD SURFACES ARE AFFECTED... e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets</p> <p>1/3 CUP BLEACH + 1 GALLON WATER</p> <p><small>CONCENTRATION - 1000 ppm</small></p> <p><small>IF USING CONCENTRATED BLEACH, DECREASE THE AMOUNT OF BLEACH TO 1/4 CUP.</small></p>	
	<p>IF POROUS SURFACES ARE AFFECTED... e.g., wooden floors or unsealed concrete or natural stone surfaces</p> <p>1 2/3 CUP BLEACH + 1 GALLON WATER</p> <p><small>CONCENTRATION - 5000 ppm</small></p> <p><small>IF USING CONCENTRATED BLEACH, DECREASE THE AMOUNT OF BLEACH TO 1 CUP.</small></p>	

- Air dry surfaces unlikely to have food or mouth contact or...**
- Rinse all surfaces intended for food or mouth contact with plain water before use**

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.

Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

IF CLOTHING OR OTHER FABRICS ARE AFFECTED...

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and **bleach** if recommended, choosing the longest wash cycle
- Machine dry



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



cfour.org

disinfect-for-health.org



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

Environmental Public Health
723 PCA Road
Warrensburg, MO 64093
(660) 747-6121 Fax: (660) 747-1294
www.johnsoncountyhealth.org

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

Tammy Carlyle
EPHS Supervisor
(660) 747-6121 Ext. 258
carlyt@lpha.mopublic.org

Victoria George
EPHS
(660) 747-6121 Ext280
georgv@lpha.mopublic.org

Ray James
EPHS
(660) 747-6121 Ext. 259
jamesr@lpha.mopublic.org

Tips for Diaper Changing



Have a big changing Pad. You never know where you'll wind up having to do a diaper change or how disgusting the surface will be. So always bring a changing pad that's big enough that your baby can fit on without having to touch the surrounding area.

Wipe down public changing tables. If you're in a public bathroom with a changing table, make sure to wipe it down first with a disinfectant wipe. Wipe it down again when you are done for the next user.

Dispose of the diaper carefully. Throw the used disposable diaper in the trash immediately. For those times when you're not near a trashcan or if you are using a cloth diaper, always bring plastic bags in your diaper bag to put them in.

Wash your hands. No matter how harried you are, never forget. If you're not near a sink, use an alcohol-based gel that you carry in your diaper bag.

Wash your babies hands. Assume your baby has touched unclean surfaces while in the bathroom.

Wash your diaper bag. Over time your diaper bag is going to get yucky— especially if you occasionally have to stuff a dirty diaper in there.

Power outage Cont.

place or stove.

Install a Carbon Monoxide (CO) detector to alert you of the presence of this deadly, odorless, colorless gas.

Install a smoke detector and make sure you test batteries monthly.

Keep at least one fully charged 5 lb or larger A B C Fire Extinguisher on hand when operating a fire place, wood stove or generator.

Plan for light

Flashlights or battery operated lights that also have a hand crank are a good option. Camping lanterns and oil lamps can be used but open flames such as candles and tiki torches should be avoided due to the fire danger. An LED light bulb that can screw into a regular lamp is a good choice for those with a generator as they use less power than florescent bulbs.

Plan to eat

Stock foods that do not require cooking or refrigeration. Canned foods are a good choice but only if you remember to have a manual can opener on hand

Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. A full freezer will keep the temperature for approximately 48 hours if the door remains closed. Buy dry or block ice to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Discard all cold foods that have been at 41°F for more than 4 hours.

Use BBQ charcoal , gas grills and camp stoves outside to cook on.

