



# ENVIRONMENTAL NEWSLETTER

Volume 10, Issue 2

Fall 2014

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

### *Food Safety Training Classes*

10 am to 12 pm

Sept 2, 16 Oct 7 Nov. 4, 18

2 to 4 pm

Sept 11, 25 Oct 15, 23 Nov. 11

### ***ServSafe 8 hour class***

Nov 13, 2014 and Feb 12, 2015

Call 66-747-6121 X258 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.

## **Is it Flu season again !**

**If you are 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 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.

### **To avoid becoming ill this 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](http://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](http://www.dhss.mo.gov) or Fight the Flu Missouri [www.fighttheflumo.com](http://www.fighttheflumo.com).

## Trying to Decide About Raw Milk?

By the Center for Disease Control -



Developing a healthy lifestyle is a process with many decisions and steps. One step you might be thinking about is adding raw milk to your diet. Raw milk is milk that has not been pasteurized to kill harmful germs. Germs include bacteria, viruses, and parasites. It's important to understand the risks of drinking raw milk, especially because you may be hearing claims about the supposed "benefits" of raw milk.

Maybe you want to eat less processed food, or maybe you've heard that raw milk contains more of certain nutrients than pasteurized milk. Perhaps you've heard that raw milk can even prevent or solve various health problems. For some people, buying raw milk is one way they try to support local farmers and sustainable agriculture.

It is important to know that milk can be a very efficient home for bacteria and other germs. When milk is pasteurized, some bacteria remain in it, but the disease-causing ones are killed. Pasteurization is the process of heating milk to a high enough temperature for a long enough time to kill disease-causing germs. Harmful germs usually don't change the look, taste, or smell of milk, so only when milk has been pasteurized can you be confident that these germs are not present. To ensure that milk is safe, processors rapidly cool it after pasteurization, practice sanitary handling, and store milk in clean, closed containers at 45 degrees F or below.

You can't look at, smell, or taste a bottle of raw milk and tell if it's safe to drink. Make the best decision for the health of your family. If you want to keep milk in your family's diet, protect them by not giving them raw milk. Even healthy adults can get sick from drinking raw milk. If you're thinking about drinking raw milk because you believe it has health benefits, consider other options.

To meet three women whose choice of raw milk for themselves or their loved ones had life long consequences visit the CDC webpage at <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-videos.html>. Each of the women or their loved ones were part of an outbreak caused by raw milk.

More information about raw milk can be found on the internet at <http://cdc.gov/foodsafety/rawmilk/raw-milk-questions-and-answers.html>



## Smart shopping for fruits and vegetables

Follow these tips to save money while eating healthy:

### 1) Celebrate the Season.

Use fresh vegetables and fruits that are in season. They have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



### 2) Why pay full price?

Check the local newspaper, online, and at the store for sales and coupons that will cut food costs.

### 3) Stick to your list.

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

### 4) Try canned or frozen.

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh especially in the winter. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

### 5) Buy small amounts frequently.

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

### 6) Buy in bulk when items are on sale.

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

### 7) Store brands = Savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price.

### 8) Keep it simple.

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

### 9) Plant your own.

Start a garden in the yard or a pot on the deck for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

### 10) Plan and cook smart.

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.





**JOHNSON COUNTY**  
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## Wash, Rinse, Sanitize and Air Dry in Child Care Centers and Restaurants

It takes more than just soap and water to keep surfaces clean and germ free whether it is a food or child care facility. You hear people refer to a three step process when cleaning public places but it is actually a 4 step process. The fourth step is to air dry the item. Allowing the item to air dry prevents it from being re-contaminated by a dirty towel and is as important in killing viruses as the sanitizer step is.

The item must first be clean in order to sanitize it. If you pour a bottle of bleach on top of plate covered in dried hard food you still have a plate that is covered in dried hard food that no one want to eat off of.

The **Immersion Method** utilizing a three vat sink should be used for:

- Dishes, glassware, utensils, knives, pots and pans
- Cutting boards that will fit into the sinks
- Baby bottles
- Toys that can be immersed

### 1. **First sink:**

- Wash in clean, hot 110°F soapy water

### 2. **Second sink:**

- Rinse in clear, hot water to remove soap and food residue.

### 3. **Third sink:**

- Immerse for at least 30 seconds in a sanitizing solution of 100 ppm chlorine or for 1 minute in a 200 – 400 ppm Quaternary Ammonia solution.

**Air drying** must occur as using a towel to dry surfaces can contaminate the sanitized items.

The **Clean-In-Place Method** should be used for:

- Counter and stove tops
- Refrigerator and food shelves
- Large cutting boards
- Toys that cannot be immersed
- Diapering tables

For those items are too big to immerse in a sink utilize three spray bottles or three containers to hold your wash, rinse and sanitize solutions. As with the immersion method, air drying must occur to dry these surfaces/items.

Facilities that use heat sanitizing automatic dishwashers should ensure that the water in the dishwasher is capable of raising the surface temperature of the utensil to 160°F in order to achieve the sanitizing step.



Section 5-402.11 of the Missouri Food Code Prohibits a direct connection between the sewage system and a drain originating from equipment in which food, portable equipment, or utensils are placed.

Facilities currently having non-conforming food preparation/ware washing sinks must bring the sink into compliance when remodeling or change of ownership.

If there are questions regarding how to make your plumbing up to code, contact the office at (660) 747-6121 ext. 258.

