

GASCONADE CO. HEALTH DEPT. SEPTEMBER NEWSLETTER

August was a busy month at the health department. We participated in a lot of fun activities and saw many people for back to school immunizations! Staff from the Gasconade County Health Department participated in the Back to School Fair in Owensville. Our public health nurses taught kids about washing their hands and let the kids use a blacklight to see the “germs” on their hands. The health department passed out pencil pouches that included goodies such as a ruler, pencil sharpener, and new pencils to all the children that came to the Back to School Fair, which was roughly 160 kids!



We also had a MU Extension Nutrition Program Associate who came to our WIC clinic on August 7th to pass out recipes, giveaways, and to talk to clients about nutrition. We are excited to have the MU Extension nutrition education program return in the future.



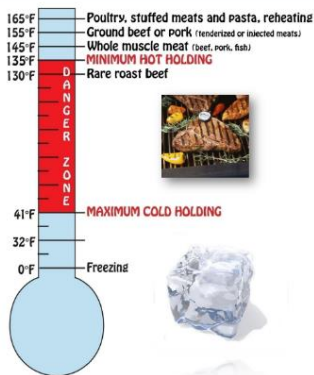
The staff at the health department recently participated in the Buckle UP Phone DOWN challenge. One of the grants we have that will start in October is geared toward education on safe driving in teens aged 10-19. The staff at the health department believe in the importance of safe driving and educating community members and teens about safe driving. The Buckle UP Phone DOWN challenge is a reminder to wear seatbelts and to put the phone down while driving. Nationally, the risk of being involved in a critical crash is 23 times greater if the driver texts while driving and 66% of vehicle passengers and drivers killed on Missouri roadways were unrestrained. Please join us in taking the Buckle UP Phone DOWN challenge!



September is National Preparedness Month. It is a great time to start thinking about a preparedness plan in case of an emergency. The Environmental Specialist here at the health department is Molly Maddox, and she encourages everyone to take these 3 steps to prepare for an emergency: 1) Create a plan for your family, 2) Prepare an emergency kit, and 3) Listen for information about what to do and where to go during an emergency. An emergency kit should contain the following items: bottled water, canned/dried food, battery-powered radio, flashlight, extra batteries, first aid kit, prescription medicine, clean clothes and sturdy shoes, extra credit card, extra money, sturdy trash bags, and formula and baby food if there is an infant in your home. Take time to prepare for an emergency so if an emergency happens you are ready!



FOOD PREPARATION CRITICAL TEMPERATURE



Prevent Foodborne Illness by Cooking and Holding Foods at the Proper Temperature

September is also National Food Safety Education Month. This is a reminder to remember to cook meat, fish, turkey, chicken, etc. at correct temperatures. It is also important to be aware of food recalls as these could affect you and your family. Our website has a link under Resources called "Food Safety Recalls." This widget updates automatically and is a great source of information if you have questions or concerns. Our Facebook page is also a good resource for information regarding food recalls. Here at the health department we do our part to ensure the food in the community is safe. Molly Maddox and Administrator Greg

Lara work hard to inspect local food agencies to ensure that they are meeting food safety requirements.



Some other things happening around the health department include our WIC clinic that is held every Monday in Owensville and the 1st and 3rd Tuesday of every month in Hermann. The WIC program can serve pregnant women, post-partum women, infants, and children until the age of 5. We are here to serve you, so please call to see if you are eligible to be a part of this great program that can help to offer nutritious foods for you and your family.

DATE MARKING

Food Must Be Date Marked if It Is:

- Prepared on-site and refrigerated, or if it is commercially processed and after the original container is opened
- Potentially hazardous
- Ready-to-eat
- Held for more than 24 hours

Mark With the Date To Be Consumed By or Discarded:

* Food can be held for 7 days in adequate refrigeration (41 F or less). Day of preparation or day commercially processed food is opened counts as "day one."

If Potentially Hazardous, Ready-To-Eat Food is Frozen:

- Mark that it is to be consumed within 24 hours of removal from freezer.

Or

- When food is removed from the freezer, mark with a "consume by" date that is seven days minus the length of time food was refrigerated before being frozen.

When in Doubt, Throw it Out

Flu season is almost upon us, and that means Flu Shots! At the health department flu shot clinics will begin to be offered October 1st. Flu shots help individuals and communities stay well and are important to get yearly. We encourage everyone of all ages to get their flu shot every year! If you bring your immunization record in at the time of your flu shot Public Health Nurses will review your record and discuss if any other vaccinations are needed.



Upcoming community events:



Valentine Ranch Outing: Saturday, September 8th 11:00a.m.- 5:00p.m. Come enjoy wagon rides, swimming, fishing, pet donkeys, horses, goats, camels, and more! This will benefit the Hermann Area District Hospital Auxiliary. **Please call Shirley Viola at (573) 486 - 2019 to purchase tickets.** Tickets Prices include: Ages 16 & Up = \$40, Ages 4 to 15 = \$25.00, and Ages 3 & under = free.

A blood drive will be held at People's Savings Bank at the Rhineland location on October 18th from 1:00p.m.-6:00p.m.



Check back next month for more updates!