



# HealthLine

(A newsletter of the Darke County Health Department)

## *Do you have questions about:*

- Birth & Death Certificates: Connie Shiverdecker  
[connie.shiverdecker@odh.ohio.gov](mailto:connie.shiverdecker@odh.ohio.gov)
- Bureau for Children with Medical Handicaps (BCMh):  
Bev Born, RN [beverley.born@odh.ohio.gov](mailto:beverley.born@odh.ohio.gov)
- Emergency Preparedness: Dennis Wein, RN, BSN, MPH  
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- Help Me Grow: Nicole Lefeld, RN  
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- Immunizations: Sue Rismiller, RN  
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- Nursing: Jennifer Barga, RN, Director of Nursing  
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- Infectious Disease: Kari Shuttleworth, RN  
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- Plumbing: Joe Nugent, CPI [joe.nugent@odh.ohio.gov](mailto:joe.nugent@odh.ohio.gov)
- Food Establishments: Megan Kaiser, SIT  
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- Household sewage systems: Sophie O'Connor, RS  
[sophie.o'connor@odh.ohio.gov](mailto:sophie.o'connor@odh.ohio.gov) or Roberta Mangen, RS,  
MPH [roberta.mangen@odh.ohio.gov](mailto:roberta.mangen@odh.ohio.gov)
- Solid waste and nuisance complaints: Corrie Holthaus,  
RS [corrie.holthaus@odh.ohio.gov](mailto:corrie.holthaus@odh.ohio.gov)
- Operation & Maintenance Program: Kris Pearcy  
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## *There is still time to get your flu vaccine!*

Seasonal influenza, also known as the flu, is an illness that causes fever, headache, tiredness, cough, sore throat, nasal congestion and body aches. It is usually spread from person to person by coughing and sneezing. Flu season in Ohio can begin as early as October and as late as March. However, it is not uncommon for sporadic cases to appear all year long.

The Health Department has given 970 doses of the flu vaccine to date, and there are still doses available for anyone wanting a flu vaccine. For more information please call 937-548-4196 ext. 224.

*The Health Department is now on Facebook & Twitter.  
Please "Like us" to receive up to date messages.*

**Regular Clinic Hours: Tuesdays Only**

**Hours: 8:00 – 10:30 a.m.  
and 2:00 - 5:00 p.m.**

Clinics are walk-in with no appointments needed. Checks and Medicaid cards are accepted.

Call 937-548-4196, extension 224, with questions or concerns.



- April 2, 2016- Appliance Recycling Day
- April 23<sup>rd</sup> & 24<sup>th</sup> – Trash Bash
- May 26<sup>th</sup> – Electronics Recycling Day

**Be Prepared to Stay Safe and Healthy in Winter**

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

**Winterize your home.**

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

**Check your heating systems.**

- Have your heating system serviced professionally to make sure that it is clean, working and properly ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies.
  - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries regularly.
  - Learn symptoms of CO poisoning: headaches, nausea, and disorientation.

**Don't forget to prepare your car**

- Service the radiator and maintain antifreeze and temperature level; check tire tread.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Prepare a winter emergency kit to keep in your car.
- When planning travel, be aware of current & forecasted weather conditions.

For more information check the CDC website at [www.cdc.gov/features/winterweather/index.html](http://www.cdc.gov/features/winterweather/index.html)

## Food Safety During the Holiday Season

As the end of the year approaches, it's likely there are multiple meals and parties in your future. Carrying food from one location to another and sharing dishes with a crowd means more opportunity for bacteria to grow and cause food poisoning. Whether you're an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday season food poisoning-free.

### Steps to follow during holiday grocery shopping:

- Keep raw meat, poultry, and seafood away from other foods in your grocery cart.
- Buy cold foods last.
- Ask the cashier to place your raw meat, poultry and seafood in a separate bag.

### Steps to follow during food preparation:

- Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread.
- Prepare uncooked recipes before recipes requiring raw meat to reduce cross-contamination. Store them out of the way while preparing meat dishes to ensure they don't become contaminated after preparation.
- Use a meat thermometer to check the internal temperature of dishes to ensure they are fully cooked and safe to eat. Fresh beef, pork, veal, and lamb should be cooked to 145 °F with a three minute rest time; fish should be cooked to 145 °F; ground beef, veal and lamb should be cooked to 160 °F; egg dishes should be cooked to 160 °F; and all poultry should be cooked to 165 °F.

For more food safety tips please visit [www.foodsafety.gov](http://www.foodsafety.gov) or contact Megan at 937-548-4196 ext. 206.

### Tips for cooking for groups

- Keep hot food hot and cold food cold, using chafing dishes or crock pots and ice trays. Hot items should remain above 140 °F and cold items should remain below 40 °F.
- Use several small plates when serving food.
- Discard perishable foods left out for 2 hours or more.



The Health Department would like to welcome our newest staff member Laura Schwieterman. Laura is a graduate of Wright State University with a Bachelor of Science degree in Earth & Environmental Science. Laura was employed by the Health Department in 2006 as part of the 319 Grant Program.

Laura will be performing Operation and Maintenance inspections and will be helping with other environmental programs at the Health Department.

**GO GREEN!! To receive this newsletter via email, please contact Liz Farver @ [Elizabeth.farver@odh.ohio.gov](mailto:Elizabeth.farver@odh.ohio.gov)**

### Reduce Waste Generated During the Holidays

The extra waste generated during the holidays amounts to 25 million tons of garbage, or about one million extra tons per week. (according to Use Less Stuff (ULS)).

- Buy outdoor light strands that are wired in parallel. If one bulb goes bad, the others still work, so you won't be throwing away "bad" strands.
- Put all your lights on timers for energy savings and peace of mind while you're away.
- Recycle unwanted and duplicate gifts by promptly exchanging time of giving them to a local charity.
- Keep it simple: one thoughtful gift is better than six wrapped packages of unwanted gifts.
- Be selective when deciding how many holiday cards to send.
- Reuse packaging cartons and shipping materials.
- Give a monetary donation to a local charity in someone else's name. Many people feel good knowing that they are helping out someone during the holidays.



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