



WARREN COUNTY COMBINED HEALTH DISTRICT

NEWS & INFORMATION

NO. 278
OCTOBER 2008

Duane Stansbury, R.S., M.P.H.
Health Commissioner

PACKING A SAFE LUNCH FOR YOUR CHILD

The key to packing a safe brown-bag lunch for your child to take to school is good, sensible sanitation, personal hygiene, and food safety. Following these simple precautions now will save you and your family a lot of grief later. First, cook the food thoroughly. Make sure you have washed your hands with warm water and soap and that you have wiped down counter tops with a solution of bleach and water to avoid contaminating ready-to-eat food items such as bread, buns, cheese, and fruit through contact with a dirty counter surface or dirty hands. Remember that once you have carefully prepared the lunch, you need to keep hot foods hot (140° F.) and cold foods cold (41°F.) to prevent bacterial growth. Remind your child to wash their hands with soap and water before eating their lunch as well. If you have any questions on food safety, please contact our Environmental Health Division to speak with one of our food safety specialists at 513-695-1220, 513-261-1220, 513-925-1220, 937-425-1220.

FLU VACCINATION SCHEDULE

Mark your calendar:

The Warren County Combined Health District will be offering flu vaccinations **Tuesday, October 7 from 7:30 a.m. – 12:00 p.m.** on a walk-in basis at the Lebanon Raceway / Warren County Fair Grounds located at 665 North Broadway, Lebanon. Individuals 6 months and older are eligible to receive the vaccination. The charge for a flu shot will be \$15.00. The health department will bill Ohio Medicaid, Care Source,

AmeriGroup, Molina, and Medicare Part B, please bring your card with you. Flu vaccinations will also be given at the following Nutrition Sites from 1:00-2:00 pm:

October 8, 2008

Mason Deerfield Commons Nutrition Site

October 9, 2008

Station Hill Nutrition Site

October 15, 2008

Franklin Sherman Glenn Nutrition Site

October 16, 2008

Earl Maag Nutrition Site

October 17, 2008

Carriage Hill Nutrition Site

October 20, 2008

Union Village Nutrition Site

October 21, 2008

741 Center Nutrition Site

For more information contact the Nursing Division of the Warren County Combined Health District at 513-695-1228, 513-925-1228, 513-261-1228 or 937-425-1228. You may also visit the health department's web site at www.co.warren.oh.us/health for more information.

FOOD SAFETY AFTER POWER OUTAGES

Follow these guidelines to minimize the loss of food and reduce the risk of food borne illness after power outages:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if half full) if the door remains closed.
- Check appliance thermometers in the refrigerator and freezer. The refrigerator temperature should be 40°F or below; the freezer 0°F or

lower. If you are not sure a particular food is cold enough, take its temperature with a food thermometer.

- Coolers can be used for keeping food cold if the power will be out for more than 4 hours. Pack milk, other dairy products, meat, fish, eggs, and spoilable leftovers into a cooler surrounded by ice.
- Never taste a food to determine its safety! You will need to evaluate each item separately.



- Remember, you can't rely on appearance or odor.
- Food can be safely refrozen if it still contains ice crystals or is at 40°F or below.

• When in Doubt, Throw it Out!

For more information please visit the Power Outage/Food Safety link on the Warren

County Combined Health District website at www.co.warren.oh.us/health or contact our Environmental Health Division at 513-695-1220, 513-261-1220, 513-925-1220, 937-425-1220

WOMEN, INFANTS, and CHILDREN-WIC PROGRAM

WIC is the Special Supplemental Food Program for Women, Infants and Children up to age five. WIC helps eligible pregnant and breastfeeding women, infants and children. Women and children eligible for the program receive coupons which enable them to receive milk, cheese, eggs, cereal, fruit juices, peanut butter and infant formula from participating grocery stores. Nutrition education is also given to the



participants of the WIC program. Educating the clients about diet, food buying, storage and preparation, diet/disease relationships and special attention to folic acid deficiency works to improve diets and pregnancy outcomes. Breastfeeding for infants is promoted by the WIC staff. Support includes breastfeeding education and counseling, instruction

on pump usage and milk storage. Participants must be either pregnant, a breastfeeding woman, or a child between the ages of 0-5 and meet the income eligibility guidelines. A family of four can have a gross income of up to \$39,220 per year and still be eligible for the WIC program. For more information, please contact the Lebanon WIC office at 513-695-1217, 513-261-1217, 513-925-1217 or 937-425-1217 or the Franklin WIC office at 937-746-9490.

SEPTIC TANK ADDITIVES-FLUSHING MONEY DOWN THE TOILET

The functional operation of septic tanks is not improved by the addition of yeasts, enzymes, disinfectants, or other chemicals. Household sewage contains all the bacteria that is needed to break-down the solids in the septic tank. Despite the advertisements, the addition of the above items will not make your septic tank work more efficiently and may in fact cause the normal bacteria to work less efficiently. This can lead to an accumulation of solids in the septic tank and the release of solids and greases into the

soil absorption field. The results will be a premature clogging of the leaching field and system failure. The best maintenance you can provide your sewage treatment system is to have your tank pumped at least every 3 years and to make sure you do not have any leaking plumbing fixtures, such as toilets or faucets. You should also watch what you flush down the toilet to prevent physical clogging problems. You should never flush disposable diapers, sanitary napkins, tampons or applicators, petroleum products,

paint, paper towels, or cigarette butts. If you are having any problems with your sewage treatment system or have questions about how it works, please contact the Environmental Health Division at 513-695-1220, 513-261-1220, 513-925-1220, or 937-425-1220.

DISINFECTION/SHOCK CHLORINATION OF PRIVATE WATER WELLS

It is considered good well maintenance to annually disinfect or shock chlorinate your drinking water well with a strong solution of chlorine laundry bleach (5.25% Sodium Hypochlorite). Normal occurring bacteria will multiply in a well and can cause problems if not occasionally killed with a strong chlorine solution. Most of these bacteria pose no health risk but some can cause aesthetic problems with the water. Iron (Sulfur-Reducing) bacteria will feed on the iron in the water, producing hydrogen sulfide as a byproduct. Hydrogen sulfide imparts a rotten-egg taste to the water and can produce a black precipitate at the tap when you turn the faucet on first thing in the morning. Disinfection of the well will

eliminate this problem, though depending upon the level of iron in the water; it might need to be done more than once per year. The Warren County Combined Health District recommends that all wells be disinfected at least once per year to prevent these types of problems. For a free handout on how to disinfect/shock chlorinate your well visit the health department's website at www.co.warren.oh.us/health and click on the forms link or contact the Environmental Health Division at the Warren County Combined Health District at 513-695-1220, 937-425-1220, 513-261-1220 or at 513-925-1220.



Halloween Safety Tips

- Use flashlights, stay on sidewalks, and avoid crossing yards.
- Stay together in a group.
- Wear bright, reflective, and flame retardant clothing.
- Consider using face paint instead of masks.
- Avoid wearing long, baggy or loose costumes to prevent tripping.

HAVE FUN!