



NEWS & INFORMATION

WARREN COUNTY COMBINED HEALTH DISTRICT

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

DO YOU NEED A MAMMOGRAM?

The Jewish Hospital Mammography Van is coming to the Warren County Combined Health District:

Thursday July 30th

Appointment times are available from 7:00 a.m.-3:30 p.m.

Call 513-686-3300 to schedule your desired appointment time.

Most insurances are accepted and financial assistance is available for the underinsured and uninsured.

For financial assistance information call 513-686-3310

Call To Schedule Your Appointment Today!

15 Minutes Could Save Your Life!

FIREWORKS SAFETY

The following tips are offered to make your 4th of July a safe one:

- Establish safety rules for young children before the celebration begins.
- Always have adult supervision with any fireworks.
- Fireworks are not toys. Even common sparklers



burn at very high temperatures and can easily ignite clothing. Read and follow all directions supplied with the fireworks.

- Always light fireworks outdoors, never indoors.
- Only light one fireworks item at a time and do not attempt to re-light a dud. Douse and soak them in water and throw them away.

- Never allow children to point a fireworks item at another person and never throw them.
- Teach your children to "stop, drop, and roll" in the event their clothes catch on fire.
- Keep a bucket of water handy for emergencies.
- Many fireworks are illegal in Ohio, check with local police before purchasing.

KEEPING FOOD SAFE DURING SUMMER COOKOUTS

Whether you bite into thick juicy burgers and dogs hot from the grill, pack a picnic for the park, or dine on grilled salmon on the patio, chances are you'll want to enjoy cooking and eating outside all summer long. Make the most of the fun by making sure your food remains safe. The Warren County Combined Health District offers the following tips for a healthy summer of grilling out:

Wash Your Hands: Always, wash your hands with hot, soapy water before and after handling food. There is no single item more important than this particular food safety tip when it comes to keeping your food safe.

Marinating Mandate: When

marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food unless you boil the used marinade before applying to cooked food.

Temperature Gauge: Use a meat thermometer to ensure that food reaches a safe internal temperature.

Hot, Hot, Hot: Hamburgers should be cooked to 160°F, while large cuts of beef such as roasts and steaks may be cooked to 145°F for medium

Cook ground poultry to 165°F and poultry parts to 170°F. Fish should be opaque and flake easily.



Stay Away from that Same Old Plate: When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

If you have any questions please contact our food safety specialists at 513-695-1220, 513-261-1220, 937-425-1220, or 513-925-1220.

WILDLIFE IN THE NEIGHBORHOOD

As Warren County continues to develop; we are replacing our rural land with suburban settings such as subdivisions, shopping centers, etc. As a consequence, we are displacing wildlife, which means we are going to come into contact with wild animals in our neighborhoods. Many of these wild animals adapt quite readily to the suburban environment but we must remember that they are still wild animals. They will bite you or your pets if they feel threatened. It is recommended that you follow certain precautions when dealing with wildlife in the neighborhood:

- * Make sure pets (dogs, cats, and ferrets) are vaccinated against rabies.
- * Don't let pets roam unat-

tended outdoors.

- * Enjoy wildlife from a distance. Do not approach wild animals or try to keep them as pets.
- * Do not feed wildlife such as raccoons.
- * Make sure that garbage cans have a wildlife proof lid and are kept in a secure enclosure.
- * Keep wildlife from living in and around your home by sealing holes and screens.
- * When you see an animal acting sick, disoriented, aggressive, or overly friendly, **leave it alone**, and call the proper



authorities.

- * Leave wildlife alone and it will usually leave you alone. Wildlife can be a source of enjoyment when viewed from a distance in your neighborhood. If the animals become a nuisance, then contact a nuisance animal trapper to properly deal with the offending animal. If you have any questions regarding wildlife or wildlife problems in your neighborhood, contact the Environmental Health Division of the Warren County Combined Health District at 513-695-1220, 513-261-1220, 937-425-1220, or 513-925-1220.

PREVENT CHILDHOOD LEAD POISONING

Childhood lead poisoning remains a health risk for Ohio children especially between the ages of 1 and 6. Increased levels of lead in the blood have been found to cause learning disabilities, hearing loss, and other physical and mental development problems. Children are most commonly exposed to lead by eating or inhaling household dust containing lead from deteriorating paint. Many homes built before 1978 have lead paint but homes built before 1950 pose the biggest threat. Here are some simple steps to protect your family if you think your home has high levels of lead:

- Get your young children tested for lead, even if they seem healthy.



- Wash children's hands, bottles, pacifiers, and toys often.
- Make sure children eat healthy, low-fat foods.
- Get your home checked for lead hazards.
- Regularly clean floors, windowsills, and other surfaces.
- Wipe soil off shoes before entering house.
- Talk to your landlord about fixing surfaces with peeling or chipping paint.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.

- Don't use a belt-sander, propane torch, high temperature heat gun, scraper, or sandpaper on painted surfaces that may contain lead.

For more information on lead or to have your child's lead level tested please contact the Warren County Health Department at: 513-695-1468, 513-261-1468, 513-925-1468, 937-425-1468.

The Offices of the Warren County Combined Health District will be closed Friday, July 3rd. Have a safe holiday!

