

Healthy Living Update

Be Food Safe during Summer Cookouts!

Foodborne illness can strike anyone. Summer cookouts are a “hot spot” for bacteria as popular outdoor food items, including prepared salads, chicken, hamburgers or hotdogs, are at risk of contamination with bacteria that can make people sick, especially those most vulnerable to foodborne illness such as pregnant women, young children and older adults. Following these four simple steps to food safety—

clean, separate, cook and chill—during all cooking events can help reduce foodborne illness.

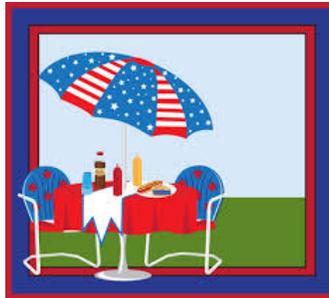
Clean—Begin your cookout with a clean area. Wash preparation surfaces with hot soapy water, especially after contact with raw foods. Have anyone helping with food preparation wash their hands with soap and warm water for 20 seconds before and after handling food.

Separate—Raw meat, and juice from raw meat, can contain harmful bacteria. To prevent cross-contamination, keep all raw meats and poultry separate from fruit, veggies and cooked foods. Use different cutting boards and knives to prepare meats, fruits and veggies.

Cook—When you fire up the grill, do not forget the most important weapon in your food safety toolbox—the food thermometer. Proper cooking temperatures kill foodborne bacteria. Despite what many people believe, color is not a reliable indicator of doneness. The food thermometer provides an accurate reading of internal temperature. Place the thermometer in the thickest part of the meat to take a temperature reading. Remember to place cooked meats on a clean platter, not on the dish that held the raw product.

Safe Minimum Internal Temperatures include:

- Hot dogs—165 °F or until steaming hot
- Poultry—165 °F
- Ground beef and other ground meat—160 °F,
- Whole cuts of pork, lamb, veal and beef—145 °F
- Fish—145 °F



Chill—The last challenge of any outdoor event is keeping hot food hot and cold food cold. Too often, food is prepared and then left out for several hours. Bacteria grow most rapidly between 40 °F and 140 °F. To keep bacterial growth to a minimum, keep hot food on the grill and place cold food in a cooler or ice bath. Never let perishable food sit out for more than two hours. If the temperature is higher than 90 °F, food should not sit out more than one hour. Refrigerate or freeze leftovers promptly and discard any food that has been sitting out too long.

Information adapted from: www.fsis.usda.gov

Spotlight on Diversity

*There were never in the world,
two opinions alike, no more than
two hairs or two grains; the most
universal quality is diversity.*

---Michel de Montaigne

This Month at Public Health:

Immunization Clinics:

- July 1 – 1:00-6:00 pm
- July 12 – 1:00-5:00 pm
- July 18 – 1:00-6:00 pm
- July 23 – 1:00-6:00 pm
- July 29 – 1:00-6:00 pm

OPOP:

- July 8
- July 9
- July 15
- July 16

Cholesterol Screenings:

- July 19
- July 30

Holiday Closings:

- July 4 – Independence Day

BISMARCK

WHEN: July 13, 9am-1pm

Where: Sertoma Park
Riverside Park Dr.



Bismarck-Burleigh Public Health
500 E Front Ave. Bismarck, ND
58504

Phone: 701.355.1540

www.bismarck.org/publichealth

**Your rental property is an investment.
Don't let it go up in smoke.**

30% of residential fires in North Dakota were in multi-unit dwellings.
ND Fire Marshall 2012

Multi-unit fires resulted in \$3.7 million in damages.
ND Fire Marshall 2012

WE CAN HELP YOU CREATE A SMOKE FREE ENVIRONMENT.

**Smoke Free Housing
B I S M A R C K**
www.smokefreehousingND.com

Get Your School Vaccinations!

Now is the time to start preparing for the next school season and ask: do my kids need any vaccinations this year??

-All children entering **Kindergarten** need to have had 5 Dtap, 4 Polio, 2 MMR, 2 Chickenpox, and 3 Hepatitis B in order to attend school.

-Adolescents entering **7th grade** need a dose of Tdap and Meningococcal vaccines.

-A second dose of Meningococcal vaccine is needed **after the age 16**. (All North Dakota colleges require a dose to be given after age 16 for student admission.)

Don't wait till just before school to get an appointment with your child's physician or Public Health! It is difficult to get in when you wait until the last minute!!!! Do it now!

Prevent Hantavirus this Summer

People who are cleaning cabins or other buildings that had been closed for the winter should protect themselves against hantavirus.

Hantavirus pulmonary syndrome (HPS) is a viral infection that causes severe lung disease. Infected rodents spread the virus in their urine, droppings and saliva. It is mainly transmitted to people when they breathe in air contaminated by the virus.

The Department of Health offers the following tips for cleaning to prevent hantavirus infection:

- Ventilate the space by opening the doors and windows for 30 minutes, and leave the area during this period.
- Do not stir up dust by sweeping or vacuuming up droppings, urine or nesting materials.
- Wear gloves, use disinfectant when cleaning up dead rodents, their urine, droppings, or nests.
- Mop floors and clean countertops, cabinets and drawers with disinfectant.