

Chatham Health

Matters



*Serving the Towns of Colchester, East Haddam, East Hampton,
Hebron, Marlborough & Portland*

September 2019

In this Issue

- A Note from the Director of Health
- Emergency Preparedness
- Holiday Food Safety
- News in the District
- Chatham Flu Clinic Schedule
- Regulatory Changes
- Healthy Recipe Corner



A Note from the Director of Health

As we say goodbye to the warm days of summer and hello to cool fall days, it's important to keep a few important safety tips in mind. The changing weather poses risks to your health and home, so it's important to be aware of changing seasons and their impact on your surroundings. As Daylight Saving Time ends, it starts to get dark earlier. A combination of fewer hours of daylight with unpredictable weather can mean unsafe driving conditions. This can result in difficulty seeing and maneuvering on the roads. Also, when you change your clocks, it's a great time to check the batteries in your smoke alarms and carbon monoxide detectors.



We've almost made it through another mosquito season but it isn't over yet. Although these pests are dying off, they will still be buzzing until the first hard frost occurs and the mosquito population declines. Mosquitoes can spread disease like West Nile Virus and Eastern Equine Encephalitis. It's important to apply insect repellent as directed, cover up with long sleeves and pants while outside, avoid activities during peak mosquito biting times, drain standing water around your home, and install or repair screens to prevent mosquitoes from entering.

Don't forget about ticks!!! Ticks are very active in the fall; they love leaf litter and feeding on neighborhood critters like mice. As the leaves fall, the tick population grows and thrives. Females usually look to lay their eggs in leaf mulch or dry brush; and are known to lay as many as 3000 eggs per season. Some types of tick eggs hatch during the fall and will actively seek a host thereafter. Stay safe throughout the fall by continuing to take precautions like checking yourself and your loved ones for ticks after being outside.

Russel Melmed, MPH
Director of Health





Chatham Health Monthly

Health Topics

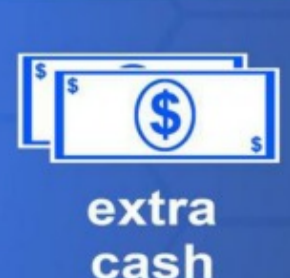
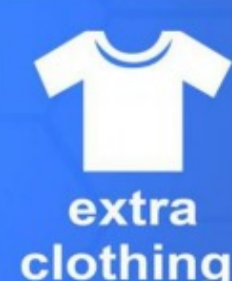
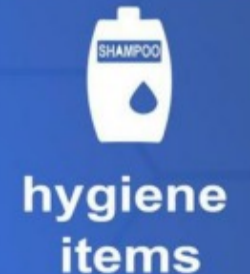
As we proceed into the changing seasons of fall and winter, we need to prepare and be ready for weather events or emergencies in our homes, businesses, and communities. **September is National Preparedness Month**, which is recognized each September to promote emergency planning now and throughout the year.

Be Ready! Winter Weather!

- Weatherproof your home to protect against the cold.
- Have your chimney or flue inspected every year.
- Make sure your car is ready for winter travel.
- Make a winter emergency kit to keep in your car.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Replace worn tires and check tire air pressure.
- Check antifreeze level and have radiator system serviced.
- Dress warmly and limit exposure to the cold to prevent frostbite.
- Insulate walls and attic, caulk and weather-strip doors and windows.
- If power lines are down, call your local utility and emergency services
- Install a smoke detector and carbon monoxide detector in your home.
- If power lines fall on your car, do not touch the car or power lines.
- Avoid getting wet to prevent hypothermia.
- Never leave lit candles or other flames unattended.
- Bring your pets indoors as temperatures drop!



Emergency Supply Kit



For a complete list of items and additional information:
www.ready.gov/kit



FOOD SAFETY

Holiday Food Safety Tips

The holidays are upon us and with it comes celebrations and great food. However, the improper storing, cooking, and serving of some of our favorite holiday foods can lead to the growth of harmful bacteria like salmonella, which can cause foodborne illness.

Tips for Preparing a Thanksgiving Bird Safely

- Thaw the frozen turkey in the refrigerator. Allow one day for each five pounds of turkey. Remove neck & giblets from inside the bird to hasten thawing.
- Do not thaw on the kitchen counter. If you do not have time to thaw in the refrigerator, you may thaw it in cold water, provided that the turkey is in a leak-proof packaging, it is submerged, and the water is changed every half-hour. Cook fresh turkeys within two days, thawed ones within four days.
- Do not rinse raw meat and poultry before cooking in order to avoid spreading bacteria to areas around the sink and countertops.
- Wash your hands with hot, soapy water before and after handling raw poultry. Wash all knives, cutting boards and utensils also after using for raw poultry.
- Read and follow the cooking directions on the label. Cook turkey until it is done (165°F). Do not slow cook overnight at low temperatures or partially cook. Take the temperature with a meat thermometer to be sure the temperature is over 165°F.
- Stuffing should not be prepared a day ahead and the turkey should not be stuffed until ready to cook. A quicker, safer method is to cook the stuffing separately in a casserole, using some of the pan juices to flavor and moisten the stuffing.
- Reheat all leftovers to 165°F. Gravy should be brought to a rolling boil.

Don't Give the Gift of Food Poisoning

- Avoid cross contamination. Whether shopping in the store, storing food in the refrigerator at home, or while preparing meals, keep raw eggs, meat, poultry, seafood, and their juices away from foods that won't be cooked.
- Consider using one cutting board only for foods that will be cooked, such as raw meat, poultry, and seafood, and another for those that won't be cooked, such as fruits and vegetables.
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood—and from kitchen utensils used for those products.
- Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry, seafood, or their juices.
- Refrigerate leftovers and **any** type of food that should be refrigerated, within two hours.
- Don't taste food that looks or smells questionable. When in doubt, throw it out.
- Leftovers should be used within three to four days, unless frozen.



NEWS IN THE DISTRICT

- Autumn is also the start of flu season so it's important to take steps to prevent the flu. The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often and stay home if you get sick. Please see our Flu Clinic Schedule in this newsletter for times and locations in our district to receive your flu vaccination.
- The Chatham Health District has scheduled an upcoming ServSafe Manager class and exam on November 12, 2019 at the Colchester Town Hall. Please call our main office at 860-365-0084 for more information or to sign up.



Halloween is an exciting time of year for kids. Here are some tips to help ensure they have a safe holiday.



#HALLOWEEN SAFETY TIPS

- Never trick or treat alone
- Know the neighborhood
- Obey traffic rules
- Carry a flashlight or reflector
- Don't enter strange homes
- Stay with the group or parents
- Eat only wrapped candy
- Don't eat all the candy at once
- HAVE FUN!



Influenza Vaccination Clinic

Chatham Health District



2019 Flu Season is Coming

The Chatham Health District, your local public health dept, is taking steps to limit the spread of Influenza by holding the following clinics for children, families and the general public.

Below is the Chatham Health District 2018 flu clinic schedule.

Walk in clinics- no appointment necessary, no co-pay

All ages 6 months and over are welcome

Mon, Oct 7th – East Hampton Senior Center, 105 Main St, 10-12pm

Mon, Oct 7th – Colchester Town Hall, 127 Norwich Ave, 4-6pm

Tues, Oct 8th - Chatham Health District, 240 Middletown Ave, East Hampton, 4-6pm

Wed, Oct 9th – Nathan Hale-Ray High School, East Haddam, 15 School Rd, 3-6pm

Thurs, Oct 10th - Chatham Health District, 240 Middletown Ave, East Hampton, 9-11am

Thurs, Oct 10th – Richmond Memorial Library, Marlborough, 15 School Dr, 3-5:30pm

Fri, Oct 11th – RHAM High School, Hebron, 85 Wall St, 1:30-3:30pm

Fri, Oct 11th – Marlborough Fire House, 7 Hebron Rd, 4-6pm

Tues, Oct 15th –Russell Mercier Senior Center, Hebron, 14 Stonecroft Dr, 9:30-11:30am

Tues, Oct 15th – Portland Library, 20 Freestone Ave, 4-6pm

Wed, Oct 16th – Gilead School, Hebron, 580 Gilead St, 3-6pm

Thurs, Oct 17th – Chatham Acres Community Center, East Hampton, 10-12pm

Thurs, Oct 17th – Bellwood Court Community Center, East Hampton, 1-2pm

Thurs, Oct 17th- KOCO Childcare Center, East Hampton, 12 Long Crossing Rd, 4-6pm

Fri, Oct 18th – Colchester Senior Center, 95 Norwich Ave, 10-12pm

Mon, Oct 28th -Marlborough Senior Center, 17 School Dr, 9-11am

Mon, Oct 28th – Portland Senior Center, 7 Waverly Ave, 1-3pm

Mon, Oct 28th – RHAM High School, Hebron, 85 Wall St, 4-6pm

Tues, Oct 29th - Chatham Health District, 240 Middletown Ave, East Hampton, 12-2pm

Tues, Oct 29th – East Hampton High School, 15 North Maple St, 3-5:30pm

Fri, Nov 1st – Colchester Senior Center, 95 Norwich Ave, 10-12pm

In addition to the regular-dose influenza vaccine, the high-dose vaccine for people 65 years and older will also be available

Please bring a copy of your insurance card and a filled out, printed copy of the Influenza Vaccination Consent Form for each person receiving a vaccination found on our website. If you have any questions, please call the office at 860-365-0884.

Regulation Changes



This August, the Chatham Health District enacted new salon regulations. Businesses that fall under these new regulations include barber shops, nail salons, and cosmetology establishments. The purpose of the regulations is to ensure that proper sanitary practices are being followed in settings where there is increased risk for injuries and infections to occur as a result of the services being rendered to the public. Salons that fall under the regulations will now be inspected once per year.



Healthy Recipe Corner

The Chatham Health District is committed to helping you achieve optimal health. Preparing and eating healthy meals is a cornerstone to a healthy lifestyle.



Sweet Potatoes with Warm Black Bean Salad

Ingredients, makes 4 servings

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes, diced
- 1 teaspoon ground coriander
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ cup reduced-fat sour cream
- $\frac{1}{4}$ cup chopped fresh cilantro



Preparation

Prick sweet potatoes with a fork in several places. Microwave until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.) Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.) When just cool, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.



Contact us at:

The Chatham
Health District
240
Middletown Rd
East Hampton
Connecticut
06415
860-365-0884
[www.chatham
health.org](http://www.chathamhealth.org)