



Public Health
Prevent. Promote. Protect.

March, 2024 Issue 5

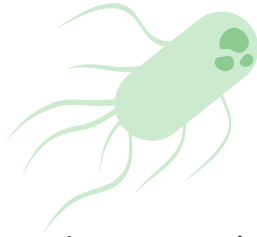
NEWSLETTER

Sussex County Division of Health



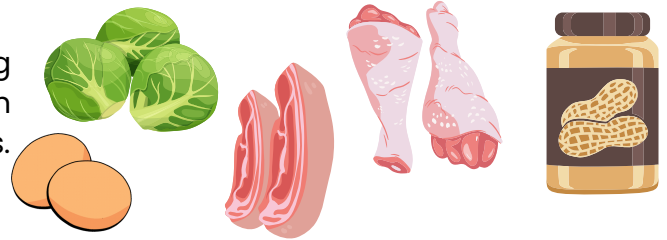
Welcome to
the health
hub!

SALMONELLA



- **Salmonella bacteria** cause about 1.35 million infections, 26,500 hospitalizations, and 420 deaths in the United States every year. **Food is the source of most of these illnesses.**
- Most people who get ill from Salmonella have diarrhea, fever, and stomach cramps.
- Symptoms usually begin 6 hours to 6 days after infection and last 4 to 7 days.
- Some people's illness may be so severe that they need to be hospitalized.

Salmonella can be present in various foods including sprouts, eggs, chicken, pork, fruits, nut butters, frozen pot pies, chicken nuggets, and stuffed chicken entrees.



Remember to wash hands after contact with animals and using the toilet to prevent the spread of **Salmonella**.

Salmonella illness is more common in summer due to warmer weather and unrefrigerated foods, creating ideal conditions for its growth.



Salmonella illness is severe, especially in children under 5, older adults, and individuals with weakened immune systems.



PLAY SAFE AROUND ANIMALS



- Wash your hands after touching pets and other animals or their food, water, poop, belongings, or habitats.
- Avoid putting your hands in your mouth after interacting with animals.
- Don't kiss cats, dogs, chickens, turtles, lizards or other pets.
- Do not eat or drink near high-risk animals.
- Clean pet areas outdoors, and avoid the kitchen sink.
- Limit contact with high-risk animals for young children, elderly, and immune-compromised individuals.



SALMONELLA AND FOOD

Food Safety Steps



Clean

Wash hands with soap before and after handling food, especially raw or undercooked eggs, meat, poultry, seafood, or their juices.

Separate

Keep raw meat, poultry, seafood, and eggs from other foods in your grocery cart and refrigerator to prevent cross-contamination. Also, separate them from ready-to-eat foods like salads and deli meats.

Cook

- 145 °F for beef, pork, ham, veal, lamb, and fish with fins
- 160 °F for ground beef, pork, veal, lamb, and meatless egg dishes
- 165 °F for egg dishes with meat, and, chicken, turkey, duck, leftovers, and casseroles

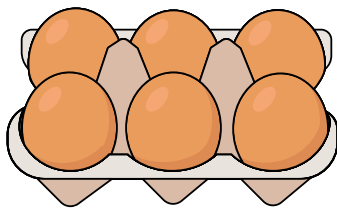
Chill

Refrigerate perishable foods (meat, poultry, seafood, eggs, dairy, cut fruits) promptly and keep the refrigerator at 40°F or below. Perishable foods should not be left out for more than 2 hours (or 1 hour in temperatures above 90°F).

SALMONELLA AND EGGS

Buy refrigerated eggs, store them at 40°F, discard cracked eggs, and cook until firm.

- Cook egg dishes to safe internal temperatures: 160°F for those without meat/poultry, 165°F for those with.
- Consider pasteurized eggs for raw or lightly cooked dishes.
- Promptly refrigerate cooked eggs and foods with eggs.
- Wash hands and items that touch raw eggs with soap and water.
- Avoid consuming raw dough or batter with raw/unpasteurized eggs.

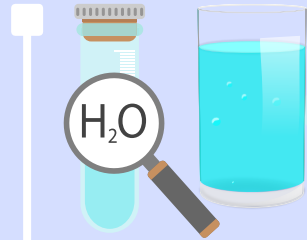


SALMONELLA AND CHICKEN

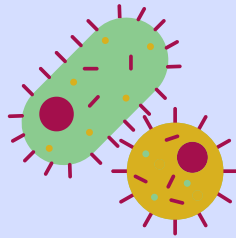
Salmonella from contaminated chicken is a major cause of foodborne illnesses.

- About 1 in every 25 packages of chicken at the grocery store is contaminated with Salmonella.
- You can get sick from contaminated chicken if it's not cooked thoroughly.
- You can also get sick if its juices leak in the refrigerator or get on kitchen surfaces and then get on something you eat raw, such as salad.
- Follow the Clean, Separate, Cook, and Chill guidelines when you prepare food at home. These steps can help keep you and your family safe from Salmonella infection and other kinds of food poisoning.

KEEPING YOUR DRINKING WATER SAFE



Sample your wells annually using the Private Well Testing Act standards.



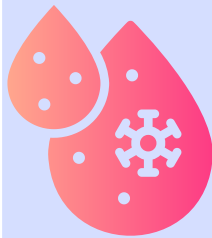
Install treatment to reduce bacteria level in your water.



Visually inspect the wellhead on your property.



Follow these recommendations to keep your drinking water safe.



Identify sources of pollution around the wellhead, including septic tanks and underground storage tanks.



Ensure the wellhead is sealed and reduce the amount of surface water near the wellhead.

For more information





March is
**NATIONAL
NUTRITION
MONTH**



National Nutrition Month, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Start Small

Start off by trying whole grain foods instead of refined grain foods. Cut back on sugary drinks and solid fats, and try a low sodium or no sodium alternative.



Healthy Snacks

Try to substitute occasional snacks, such as cookies, for healthy snacks including carrots, orange slices, or nuts on a regular basis. Add water to every snack. Not only is it healthy, but it can help fill you up.

Emphasize Fruits & Veggies

Mix vegetables into your go-to dishes. Try spinach with pasta or peppers in tacos. Pack your child's lunch bag with fruits and veggies.



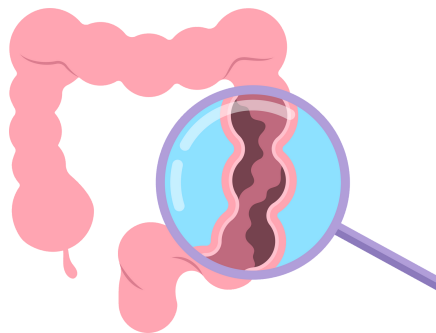


March is
**COLORECTAL
CANCER**
AWARENESS MONTH

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Sometimes it is called colon cancer, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Risk Factors

- Inflammatory bowel disease
- Personal or family history
- Obesity
- Alcohol consumption
- Tobacco use

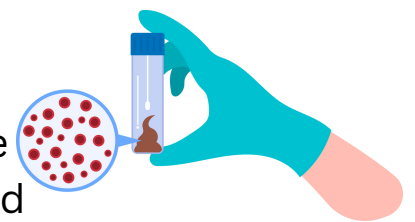


Symptoms

- Change in bowel habits
- Blood in or on stool
- Unexpected weight loss
- Abdominal pain
- Diarrhea/Constipation

Screening Tests

Adults age 45 to 75 should be screened for colorectal cancer. The decision to be screened between ages 76 and 85 should be made on an individual basis. People at an increased risk of getting colorectal cancer should talk to their doctor about when to begin screening, which test is right for them, and how often to get tested.



SPOTLIGHT

OF THE MONTH



Sussex County Special Child Health Services Case Management Unit

Case management is available for any child from birth until their twenty-second birthday with special health care needs at no cost to the families.



Do you have a child with these special needs:

- Development delays
- Physical disabilities
- Autism
- Hearing impairment
- Vision impairment
- Chronic medical problems
- Traumatic brain injury

Case Management Includes

- Assessing
- Identifying
- Finding
- Referring
- Monitoring
- Advocating
- Collaborating
- Discussing

Special Child Health Services

201 Wheatsworth Road
Hamburg, NJ 07419
Phone: 973-948-5239
Fax: 973-948-2270

