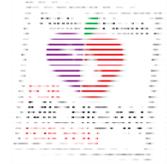




District Health Department #10



**REPORT TO THE BOARDS OF HEALTH**

Jennifer Morse, M.D., Medical Director

Mid-Michigan District Health Department, Wednesday, September 28, 2016  
Central Michigan District Health Department, Wednesday, September 28, 2016  
District Health Department #10, Friday, September 30, 2016

- *National Food Safety Education Month*
- *National Preparedness Month*
- *World Rabies Day September 28, 2016*

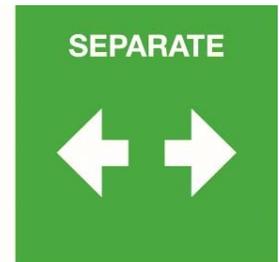
**National Food Safety Education Month**

One out of every six Americans will get ill each year from foods or beverages contaminated by an infectious agent, such as bacteria, viruses or parasites. Many of these 48 million cases will pass quickly, but an estimated 128,000 will lead to hospitalization and 3,000 will end in death. Any raw produce can be contaminated despite best efforts at prevention. Emerging pathogens, global food supply, adapting organisms, and consuming more food away from home are all factors that present further risks.

There are *four core practices* to help reduce the risk of foodborne illness:

1. **CLEAN** your hands with soap and water, for at least 20 seconds, before and after handling food. Wash the cutting board, utensils, and counter top with hot soapy water between preparing each type of food item. Wash cloth towels often or use paper towels. Rinse fresh produce before eating or peeling.

2. **SEPARATE** to prevent cross contamination. Separate raw meat, seafood and eggs from other foods in your shopping cart, grocery bags and refrigerator. Use separate cutting boards for raw meats and produce. Do not use the same plate for cooked food that held raw meats or eggs.



3. **COOK** foods hot enough to kill bacteria. Use a meat thermometer to ensure the minimum temperatures are reached:

- a. Roasts and steaks: minimum of 145° F
- b. Poultry: minimum of 165° F
- c. Ground meats: minimum of 160° F
- d. Fish: minimum of 145° F
- e. Leftovers: minimum of 165° F



Cook eggs until no longer runny. Make sure there are no cold spots in food when using the microwave.

4. **CHILL** promptly. Refrigerate foods soon after you are finished with them. Keep refrigerator temperature 40° F or below. Do not defrost food at room temperature. Marinate food in the refrigerator. Use or throw away refrigerated food regularly.

Sources: Partnership for Food Safety Education <http://www.fightbac.org/>  
Centers for Disease Control and Prevention Food Safety <https://www.cdc.gov/foodsafety/>

## National Preparedness Month

September is National Preparedness Month. Friday, September 30<sup>th</sup> and again on April 30<sup>th</sup> of each year is America's PrepareAthon!, a national day of action. Preparedness month is a time to support emergency preparedness efforts and encourage American citizens to take action. PrepareAthon provides specific days for individuals, communities and agencies to practice preparedness through discussions, drills and exercises.

Less than half of Americans have an emergency plan. To make a plan, you need to consider many things, such as how you and your loved ones will be notified of emergencies, where you will meet if you are separated, how you will contact each other if there is no electricity or phone service, plus several others. Useful resources to help with this planning can be found at:

- <https://www.ready.gov/make-a-plan>
- <https://emergency.cdc.gov/preparedness>.

The Department of Homeland Security/FEMA has also developed an app with numerous resources (<http://www.fema.gov/mobile-app>). You will need a charged phone to use this, though, so be sure to prepare a good disaster supply kit that includes an emergency phone charger!

Tips on preparing supplies for yourself, children and pets can be found at:

- <http://www.fema.gov/supplylist.pdf>
- <https://emergency.cdc.gov/preparedness/kit/disasters/>.

Does your business, workplace and church have plans if there were an emergency? Do you have plans to help elderly relatives or neighbors? The FEMA website has resources for numerous different emergencies and scenarios.

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Sources: *The Centers for Disease Control and Prevention,*  
<https://emergency.cdc.gov/preparedness/index.asp>  
<https://www.ready.gov/make-a-plan>

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## World Rabies Day

Started in 2007 by the Global Alliance for Rabies Control, World Rabies Day is a global opportunity to focus on rabies prevention. Worldwide, nearly 60,000 people die each year of rabies, contracted primarily from dog bites. Over half of these deaths occur in children under the age of 15. Dog vaccination is the most reliable, sustainable and cost effective way to prevent human rabies. The United States has successfully eliminated canine rabies thanks to aggressive vaccination programs. Several organizations work to bring vaccination programs and education to other countries.

The rabies virus is transmitted through the saliva from an infected animal. In Northern Michigan, primary the source of rabies are bats. It is estimated that only about 1% of bats are infected by rabies but their bite can be small and unnoticed. Every bat exposure and animal bite needs to be considered on a case by case basis to determine if there is a

**THE POWER OF PREPAREDNESS**

National Preparedness Month **2016**

**GLOBAL**

**PREPARE GLOBALLY**  
The world has come together to better prevent, detect, and respond to health threats.

**ABOUT 2/3 OF THE WORLD REMAINS UNPREPARED TO HANDLE A PUBLIC HEALTH EMERGENCY**

**COUNTRY**

**PREPARE TO RESPOND**  
Emergency Operations Centers (EOCs) bring experts together to make decisions quickly in emergencies.

**THE CDC EOC HAS BEEN ACTIVATED MORE THAN 90% OF THE TIME IN THE LAST 7 YEARS**

**STATE**

**PREPARE LOCALLY**  
Preparing today can reduce the impact of future disasters.

**NEARLY 2000 U.S. EMERGENCY RESPONDERS HAVE BEEN TRAINED IN HOW TO GET CRITICAL MEDICINES THROUGH THE STRATEGIC NATIONAL STOCKPILE**

**COMMUNITY**

**PREPARE TOGETHER**  
In times of crisis, communities have to help one another.

**ONLY 34% OF PEOPLE REPORTED HAVING VOLUNTEERED TO HELP DURING A DISASTER**

**INDIVIDUAL**

**PREPARE YOURSELF**  
Plan for what to do in an emergency.

**OVER 60% OF PEOPLE DO NOT HAVE AN EMERGENCY PLAN THAT THEY HAVE DISCUSSED WITH THEIR HOUSEHOLD**

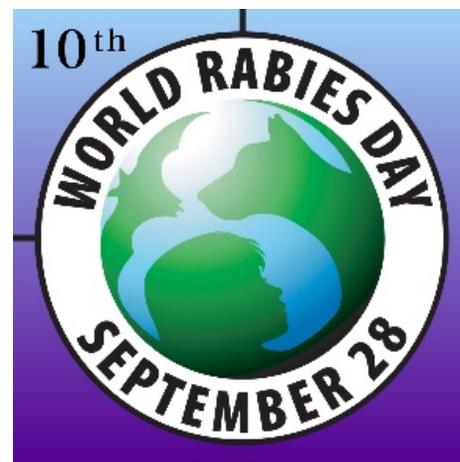
Centers for Disease Control and Prevention  
Office of Public Health Preparedness and Response

[www.cdc.gov/phpr/npm](http://www.cdc.gov/phpr/npm)

risk for rabies exposure. If a risk is suspected, a treatment referred to as post exposure prophylaxis (PEP) can be started to prevent illness.

Despite the rarity of rabies, it still keeps the health department very busy. From May through August of 2016, the following numbers of bites were addressed and post exposure prophylaxis was advised:

	Bites Reported	# Animals + for Rabies
<b>DHD#10</b>		
Crawford	17	
Kalkaska	17	
Lake	3	
Mason	6	1
Manistee	20	
Mecosta	42	1
Missaukee	16	1
Oceana	19	
Newaygo	33	1
Wexford	44	
<b>Total</b>	<b>217</b>	<b>4</b>




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Sources:      *Global Alliance for Rabies Control* <https://rabiesalliance.org/>  
*Centers for Disease Control and Prevention* <http://www.cdc.gov/worldrabiesday/emedial.html>

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**Recommendations:**

1. Follow safe food handling practices. Foodborne illness is common, unpleasant and can be life threatening. Remember the four core principles of clean, separate, cook and chill when handling food to keep yourself and your family safe.
2. Make emergency preparedness plans. Take time to make an emergency plan for your family, your workplace and anyone else you feel could benefit. Prepare a disaster supply kit. Practice emergency drills throughout the year.
3. Focus on rabies prevention. Be safe around all animals and teach children animal safety. Call the health department with any questions about animal encounters. When traveling abroad, remember that many countries still struggle with rabies in dogs and promptly seek care for any animal bites.