

GOING TRICK -OR- TREATING?

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests.

Swords, knives, and other costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing [decorative contact lenses](#).

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



Food Safety Tips for your Holiday Turkey

Food handling errors and inadequate cooking are the most common problems that lead to poultry-associated foodborne disease outbreaks in the United States.¹ Follow these four food safety tips to help you safely prepare your next holiday turkey meal.



1. Safely Thaw Your Turkey

[Thaw turkeys](#) in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave.

Never thaw your turkey by leaving it out on the counter. A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe as it moves into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.

2. Safely Handle Your Turkey

Bacteria from raw poultry can contaminate anything that it touches. Follow the four steps to food safety – [cook, clean, chill, and separate](https://www.cdc.gov/foodsafety/groups/consumers.html) – to prevent the spread of bacteria to your food and family

3. Safely Stuff Your Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so **just before** cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and possibly cause food poisoning. If the stuffing is inside a whole turkey, take the bird out of the oven and let it stand 20 minutes before removing the stuffing. Learn more about how to [safely prepare stuffing](#).



4. Safely Cook Your Turkey

Set the oven temperature to at least 325°F. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. Learn more about [safe minimum cooking temperatures](#) and how to use and



Did you know...

[Clostridium perfringens](#) are bacteria that grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. Symptoms can include vomiting and abdominal cramps within 6 to 24 hours after eating.

- Outbreaks occur most often in November and December.²
- Meat and poultry accounted for 92% of outbreaks with an identified single food source. Refrigerate leftovers at 40°F or colder as soon as possible and within two hours of preparation to prevent food poisoning.

INSIDE THIS ISSUE:

Safe Halloween Tips	1
Food Safety Tips	1
3 Actions to Fight the Flu	2
Carbon Monoxide Exposure	2
World Diabetes Day	3
World AIDS Day	3
Suicide Prevention	3
Reportable Disease Summary	4
Bulletin Board	5

TAKE 3 ACTIONS TO FIGHT THE FLU



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

1. Get yourself and your family vaccinated!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible. Learn more about [vaccine timing \(https://www.cdc.gov/flu/consumer/vaccinations.htm#when-vaccinate\)](https://www.cdc.gov/flu/consumer/vaccinations.htm#when-vaccinate).

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu



2. Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)



3. Take Antiviral Drugs if Your Doctor Prescribes Them!

If you get the flu, antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.



YOU CAN PREVENT CARBON MONOXIDE EXPOSURE

- **Don't** use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.
- **Don't** run a car or truck inside a garage attached to your house, even if you leave the door open.
- **Don't** burn anything in a stove or fireplace that isn't vented.
- **Don't** heat your house with a gas oven.
- **Don't** use a generator, pressure washer, or any gasoline-powered engine less than 20 feet from any window, door, or vent.
- **Do** install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.
- **Do** seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.
- **Do** have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

DISEASE SPOTLIGHTS



world diabetes day
14 November

Know the warning signs World Diabetes Day 14 November

World Diabetes Day is observed on 14 November each year. The theme for 2017 is **'Women and Diabetes'**.

Education and prevention is about knowing the warning signs and risks associated with diabetes, knowing who can help to manage and control diabetes and what to do if you are a sufferer. Moreover, you'll need to know about the different types of diabetes. Type one, type two and gestational diabetes mellitus.

Type one is insulin-dependent, meaning that sufferers have to inject the insulin hormone into their bodies in order to produce what the body can't. A body without insulin mean blood glucose levels are heightened, and this leads to serious organ damage.

Type two is not insulin dependent, but does mean that you are likely to have high blood pressure and a decreased amount of insulin produced in the body.

Gestational diabetes sometimes occurs in pregnant women when the body is unable to produce enough insulin needed to get them through their pregnancy.

Education is particularly important as diabetes can affect all aspects of life. Diabetes is life-long and requires many lifestyle adjustments to be made such as diet, exercise ,and medication.

In order to make the right decisions about behavior when managing and living with diabetes, sufferers need to be correctly informed about the implications.

Being aware of **risk factors** such as obesity, glucose intolerance, lack of exercise and an unhealthy diet is important in the fight against further incidences of diabetes. Those with these risk factors also need to look out for warning signs including tiredness, weight loss, increased thirst, blurred vision and lack of concentration. Education is key to prevention.

World Diabetes Day also aims to change education worldwide so that it provides the information people need in order to live with the condition and treat it carefully.



What is World AIDS Day?

World AIDS Day is held on the **1st December each year** and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day was the first ever global health day, held for the first time in 1988.

Why is World AIDS Day important?

Over 100,000 people are living with HIV in the UK.

Globally there are an estimated 34 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history.

Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. Despite this, each year in the UK around 6,000 people are diagnosed with HIV, people do not know the facts about how to protect themselves and others, and stigma and discrimination remain a reality for many people living with the condition.

World AIDS Day is important because it reminds the public and Government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

What should I do on World AIDS Day?

World AIDS Day is an opportunity to show support to and solidarity with the millions of people living with HIV. Wearing a red ribbon is one simple way to do this. Find out where you can [get a red ribbon](#).

World AIDS Day is also a great opportunity to raise money for [NAT \(National AIDS Trust\)](#) and show your support for people living with HIV. If you feel inspired to hold an event, such as a bake sale, or simply sell red ribbons, [visit our fundraising page](#). If you'd like to see events that others are holding please visit our [events page](#).



But what about after World AIDS Day?

Although World AIDS Day is a great opportunity to talk about HIV, it is important to keep the momentum going all year round. Sign up to [NAT's newsletter](#) which will keep you up to date with all the new developments in HIV and the work of the National AIDS Trust, or visit our website, [HIVaware](#), for more information.



Suicide Prevention

5 Action Steps for Helping Someone in Emotional Pain

1. Ask: "Are you thinking about killing yourself?" It's not an easy question but studies show that [asking at-risk individuals](#) if they are suicidal does not increase suicides or suicidal thoughts.

2. Keep them safe: Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and [removing or disabling the lethal means](#) can make a difference.

3. Be there: Listen carefully and learn what the individual is thinking and feeling. Findings suggest [acknowledging and talking about suicide](#) may in fact [reduce rather than increase](#) suicidal thoughts.

4. Help them connect: Save the National Suicide Prevention Lifeline's number in your phone so it's there when you need it: 1-800-273-TALK (8255). You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

5. Stay Connected: Staying in touch after a crisis or after being discharged from care can make a difference. [Studies have shown](#) the number of suicide deaths goes down when someone follows up with the at-risk person.



Martin County Reportable Disease Summary

January 1 – September 30

Reportable Disease	2016	2017
Campylobacteriosis	38	41
Carbon Monoxide Poisoning	6	13
Cryptosporidiosis	2	5
Escherichia coli, Shiga Toxin-Producing (STEC) Infection	0	3
Giardiasis, Acute	5	3
Haemophilus influenzae Invasive Disease	1	2
Hansen's Disease (Leprosy)	2	0
Hepatitis A	2	1
Hepatitis B, Acute	1	3
Hepatitis B, Chronic	16	18
Hepatitis B, Pregnant Women	1	3
Hepatitis C, Acute	2	2
Hepatitis C, Chronic	184	169
Hepatitis C, Perinatal	0	1
Lead Poisoning	2	6
Legionellosis	2	1
Listeriosis	0	1
Lyme Disease	4	9
Mercury Poisoning	0	3
Pertussis	0	2
Pesticide-Related Illness and Injury, Acute	1	0
Rabies, Animal	2	2
Rabies, Possible Exposure	30	58
Rocky Mountain Spotted Fever and Spotted Fever Rickettsiosis	0	1
Salmonellosis	53	48
Shigellosis	3	4
Strep pneumoniae Invasive Disease, Drug-Resistant	1	0
Strep pneumoniae Invasive Disease, Drug-Susceptible	10	0
Typhoid Fever (Salmonella Serotype Typhi)	0	2
Varicella (Chickenpox)	10	7
Vibriosis (Other Vibrio Species)	0	1
Vibriosis (Vibrio parahaemolyticus)	2	1
Zika Virus Disease and Infection, Non-Congenital	3	0
TOTAL	378	411

Data is provisional and not considered official.

All practitioners, hospitals and laboratories in Florida are required to notify the Florida Department of Health (DOH) of diseases or conditions of public health significance under Section 381.0031, Florida Statutes and Chapter 64D-3, Florida Administrative Code (FAC). Click [here](#) for a list of reportable diseases.

If you are a healthcare professional or laboratory worker and would like to report a case of disease please contact the Florida Department of Health in Martin County:

Phone: 772-221-4000 Option 7

THE BULLETIN BOARD

MARK YOUR CALENDAR!

- OCTOBER**
 Breast Cancer Awareness Month
 Healthy Lung Month
 Liver Awareness Month
 SIDS Awareness Month
- NOVEMBER**
 American Diabetes Month
- DECEMBER**
 World AIDS Day: December 1st

CONNECT WITH DOH. GET NEWS, UPDATES AND MORE!

www.MartinCountyHealth.com



Follow us on Twitter @GoHealthyMartin



3225 SE Dixie Highway
 Stuart

Free Public Health Services
 Servicios de Salud Gratuitos
 Fall 2017



Immunizations

Vacunas
 Wednesdays Miércoles
 1:00 - 3:00 pm



HIV & STD Testing

Exámenes: VIH y ETS
 3rd Monday /month 3^{er} Lunes del mes
 3:00 - 5:00 pm



Families in the Community Kitchen

Familias en la cocina comunitaria
 September 25 October 30
 November 20 December 18
 5:30 - 7:00 pm



www.MartinCountyHealth.com
 772-221-4000

Family Planning & Women's Health

Planificación familiar
 Starting in October A partir de octubre
 1st Monday/month 1st Lunes del mes
 5:00 - 7:00 pm



The Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP), formerly known as BCCI, provides breast and cervical cancer screenings to eligible women in Broward, Palm Beach and Martin Counties.

Eligibility criteria include women age 50 -64 years with little or no health insurance, who meet income guidelines (at or below 200% of the poverty level) and live in Broward, Palm Beach or Martin County.

Services Provided Through FBCCEDP:

- Breast and cervical cancer screenings (mammograms, Pap smears and clinical breast exams)
- Diagnostic exams as necessary
- Case management
- Treatment for eligible women may be paid by Medicaid
- Outreach / public education



For information or to schedule an appointment please call:
 954-762-3649 or 954-467-4700 Ext 4045.

DID YOU KNOW?

DOH Martin provides immunizations for school aged children who have Medicaid or are uninsured, and children who are new to the community and have not yet been established with a private provider. Adult and travel vaccinations are no longer offered but are available from the following healthcare providers:

- FDOH in Palm Beach **561-547-6800**
- FDOH St. Lucie **772-462-3800**
- Care Spot - Vero Beach **772-257-3200**
- Passport Health - Juno Beach **561-361-7484**
- VNA of Martin **772-286-1844**



FDOH in Martin County offers confidential Rapid HIV testing and treatment services.

Appointments are available by calling:

772-221-4000

TESTING HOURS:

Monday, Wednesday, Thursday
 8:30am-11am and 1pm-3pm

Walk-ins are welcome!



Florida Department of Health in Martin County

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 Fax: (772) 223-2533
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