



## Salmonella Investigation Continues

Eggs are one of nature's most nutritious and economical foods. But in recent weeks, the safety of the nation's egg supply has been called into question because of an outbreak of Salmonella that has been traced to a supplier in Iowa.

Nearly 1,500 people in ten states have been sickened by eggs tainted by a bacterium called Salmonella enteritidis. The organism can be on both the outside and inside of eggs that appear to be normal, and if the eggs are eaten raw or undercooked, the bacterium can cause illness.

Eggs, like meat, poultry, milk, and other foods, are safe when handled properly. Shell eggs are safest when stored in the refrigerator, individually and thoroughly cooked, and promptly consumed. The larger the number of Salmonella bacteria present in the egg, the more likely it is to cause illness. Keeping eggs adequately refrigerated prevents any bacteria present in the eggs from growing to higher numbers, so eggs should be kept refrigerated until they are used.

Cooking reduces the number of bacteria present in an egg; however, an egg with a runny yolk still poses a great-

er risk than a completely cooked egg. Undercooked egg whites and yolks have been associated with outbreaks of Salmonella infections. Both should be consumed promptly and not be kept warm or at room temperature for more than two hours.

Consumers should also discard cracked or dirty eggs, and be sure to thoroughly wash hands, cooking utensils, and food preparation surfaces with soap and water after contact with raw eggs.

Unused or leftover egg-containing foods should be promptly refrigerated, and avoid eating raw eggs. Consumers should also avoid restaurant dishes made with raw or undercooked, unpasteurized eggs. Restaurants should use pasteurized eggs in any recipe (such as Hollandaise sauce or Caesar salad dressing) that calls for raw eggs.

It is important that consumers avoid eating the recalled eggs. The FDA has created a [searchable database](#) for consumers to see if their eggs are included in the recall. If you have recalled eggs in your home, you should discard them or return them to their retailer for a refund. Anyone who thinks they might have become ill from eating eggs should consult their health care provider.



Salmonella infection from eggs can be avoided through proper handling and cooking

## From the Director



Gil Copley

This issue of *Health-E-News* marks the last issue that will be created and published by Cameron Satterfield, our department's Public Information Officer (PIO). Cameron has accepted employment in the Pacific Northwest and will, I'm sure, be providing his new employer with the benefits arising from all of the many talents that he has shown during his time with us. His list of accomplishments with our department is long and he is leaving a legacy of innovation and communication with the public that his successor will continue.

Many of Cameron's responsibilities involve emergency preparedness and response. As a position funded by our Preparedness Grant, Cameron is responsible for not only updating, exercising, and maintaining the communications annex of the county's Public Health Emergency Response Plan, he also is one of five Missouri public health PIOs funded by the grant, each with responsibility for providing consultation and support to approximate one-fifth of the counties in the state of Missouri.

To continue reading this article, click on [From the Director](#)



# Always Be Prepared

How often do you think about emergencies or disasters? Probably not very often. Maybe after it happens to someone else. However, taking just a few steps can give you the tools to ensure you and your family's safety in an emergency.

us minimize the impact they will have on our lives.

This year, NPM focuses on encouraging you and other Americans to take active steps toward getting involved and becoming prepared. Preparedness is everyone's responsibility. We have to work together, as a team, to en-



Plan Now. Work Together. Be Ready.

According to the 2009 Citizen Corps National Survey, only 36 percent of people believed there was a high likelihood of a natural disaster to EVER happen in their community. But disasters happen every day in many different forms – from hurricanes to snowstorms, even localized events such as floods and power outages.

Many people think that it will be easy to grab items from their pantry if disaster strikes. But what if you aren't at home? What if your family is separated? What if you have to leave quickly? What about your elderly neighbor? The Ready Campaign and Citizen Corps encourage you to take a few extra minutes this month to plan for any emergency.

September is National Preparedness Month (NPM) and a good reminder that we all have a responsibility to protect ourselves, our families, and our communities. Emergencies will happen, but taking action now can help

sure that individuals, families, and communities are ready. Make a plan, Put together an emergency supply kit. Stay Informed. Work as a team to keep everyone safe.

Throughout September, activities and events will take place across this country to highlight the importance of emergency preparedness and promote individual involvement, such as first aid trainings, town hall meetings, and much more. Look for opportunities to participate in these events in your community.

For more information on NPM or for help getting your family, business, or community prepared, visit [www.ready.gov](http://www.ready.gov) or call 1-800-BE-READY. You can also find information from the Missouri Department of Health and Senior Services at [www.dhss.mo.gov/Ready\\_in\\_3](http://www.dhss.mo.gov/Ready_in_3). There, you'll find free preparedness resources such as Family Emergency Plan templates, Emergency Supply Kit Checklists, and much more.

September is  
**National Preparedness Month**



Take Steps Today!  
573.526.4768 / [www.dhss.mo.gov](http://www.dhss.mo.gov)  
Order Your Free Family Safety Guide

# Free Child Safety Seats

*Grant-funded program also teaches parenting skills*



Thanks to a grant from the Community and Children's Resource Board (CCRB), the St. Charles County Department of Community Health and the Environment is offering free child safety seats to low-income families.

The funds provided by the CCRB will allow the department to provide child abuse and neglect prevention services. A class, titled "Parenting 101," aims to reduce and prevent intentional and unintentional injury to children age birth to four years. The program will provide comprehensive caregiver education, covering child safety and discipline and increasing awareness of child development and communication, who to call when a child is sick, sudden infant death syndrome, safety in the home, discipline, and child passenger safety. People who register for this program will receive a free child safety seat.

According to the Centers for Disease Control and Prevention (CDC), motor vehicle crashes are the leading cause of death among children in the United States. Many of these deaths could have been prevented by placing children in age- and size-appropriate restraint systems.

"Proper use of a child safety seat has been shown to reduce or prevent injury in a crash," said Hollie Milam, who oversees the free safety seat program for the department. "Our program focuses on the importance of using a safety seat, as well as providing information on proper installation."

To qualify for the program and receive a free safety seat, a family's income cannot exceed 185 percent of the federal poverty level. For more information about the child safety seat program, or details about qualification, call (636) 949-7400.

## ***Rabies Prevention Begins With You***

The world is again joining together on September 28th to raise awareness and understanding about the importance of rabies prevention. Rabies is one of the oldest and deadliest diseases known to humans.

Led by the Alliance for Rabies Control and supported by numerous human and animal health organizations worldwide, World Rabies Day is a unique campaign that brings together hundreds of thousands of people across the world to reinforce the message that rabies is a preventable disease that kills 55,000 people needlessly each year. Half of those deaths are in children under the age of 15.

"Children are at particular risk from rabies due to their close contact with dogs, the major global source," said Dr. Debbie Briggs, executive director of the Alliance for Rabies Control. "Children are more likely to suffer multiple bites and scratches to the face and head, both of which carry a higher risk of contracting rabies. Children are often unaware of the danger and may not tell their parents when a bite, lick, or scratch has occurred from an infected animal," says Briggs.

Rabies is a viral disease of animals and humans that is transmitted mainly through bites. However, exposure may also occur through contamination of broken skin or mucous membranes with saliva from an infected animal. Once neu-

rological symptoms of the disease develop, rabies is fatal to both animals and humans.

The good news is that rabies is easily preventable. Vaccination is the most crucial component of prevention. Protect yourself, your pet, and your community by getting your animals vaccinated. Avoid stray animals and wildlife. If you are bitten, wash bite wounds with soap and water and seek medical attention immediately. If your pet is bitten, consult your veterinarian immediately. Prompt and appropriate treatment after being bitten and before the disease develops can stop rabies infection.

More information on World Rabies Day can be found at [www.worldrabiesday.org](http://www.worldrabiesday.org).



### **Helpful Phone Numbers**

Division of Public Health	WIC
(636) 949-7400	(636) 949-7402
Immunizations	Recycle Works Central
(636) 949-1857	(636) 949-7900, ext. 4267
Vital Records	Recycle Works West
(636) 949-7558	(636) 949-7900, ext. 4271
Health Education and STD Clinic	Division of Humane Services
(636) 949-7401	Pet Adoption Center
Division of Environmental Health and Protection	(636) 949-7387
(636) 949-1800	Animal Control
	(636) 949-7347

# Last Chance For Chemical Disposal

Time is running out to dispose of those leftover hazardous chemicals now lurking in your garage, under your sink, and in the shed. The final collection event for 2010 takes place on Saturday, September 25 at Recycle Works Central, 60 Triad South Dr. in St. Charles. The facility will be open from 9 a.m. to 3 p.m. to accept hazardous wastes.

Items accepted at Recycle Works Central include antifreeze and other automotive fluids, herbicides, fertilizers, pool chemicals, and pesticides. Latex-based paints and stains are not accepted. For a complete list of items accepted, please visit our website at [www.scchealth.org/es](http://www.scchealth.org/es) or call (636) 949-1800 for more information.

Before visiting Recycle Works, please make sure your waste is properly packed. Leave the material in its original container, with the label intact. Items not in original packaging should be clearly labeled with the contents. Do not mix wastes, and be sure all lids or caps are secure.

To avoid problems during transport, place the product(s) inside a box lined with newspaper. Fill any gaps in the box with crumpled newspaper to prevent spills. While you are at the collection site, please remain in your vehicle at all times for your safety.

## Goodbye From Your Editor

By Cameron Satterfield

It has been my privilege to serve as your editor for *Health-E-News* for the last four years. I have enjoyed being able to keep the people of St. Charles County healthy and informed through this newsletter and our department's other outreach efforts.

However, it is now time to say goodbye. Life has presented me with an opportunity that I can't pass up. St. Charles County is a great place to live, work, and play. I leave here with mixed feelings: sad about leaving the area I've called home, but excited about the new possibilities awaiting me.

I hope you will continue to support your local health department, and look for *Health-E-News* to continue under a new editor soon.

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# Get shot.

St. Charles County  
will begin offering  
low-cost flu vaccinations  
in October.

Call (636) 949-1857  
to make your  
appointment.

**FIGHT  
THE FLU**



St. Charles County  
Adult  
Immunization  
Program