

Public Health News

C O O P E R C O U N T Y P U B L I C H E A L T H C E N T E R

SPECIAL POINTS OF INTEREST:

- Rabies Post-Exposure vaccinations can exceed \$1,000, which you could be held responsible for, if your pet bites someone.
- Unvaccinated animals, who bite, are required to be quarantined for 10 days at a veterinarian's office.

CDC RECOGNIZED WORLD RABIES DAY, SEPTEMBER 8, 2007

According to the Center for Disease Control (CDC), "rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the CDC each year occur in wild animals like raccoons, skunks, bats, and foxes. Domestic animals account for less than 10% of the reported rabies cases, with cats, cattle, and dogs most often reported rabid."

The initial symptoms of the rabies virus may include fever, headache, and general malaise. As the disease progresses, and infects the central nervous system, neurological symptoms such as insomnia,

anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation hyper



Protect your loved ones. Ensure that your pets rabies vaccinations are up-to-date!

salivation, difficulty swallowing, and hydrophobia may occur. Death, from encephalopathy, usually occurs within days of the onset of symptoms.

The CDC estimates that "public health costs associated with disease detection, prevention, and control have risen, exceeding \$300 million annually. These costs include the vaccination of companion animals, animal control programs, maintenance of rabies laboratories, and medical costs, such as those incurred for rabies post-exposure prophylaxis (PEP)."

Rabies post-exposure prophylaxis (PEP) is given as one dose of immune globulin and five doses of vaccine which is typically given over a 4 week period. The estimated cost can exceed \$1,000. Having your pet vaccinated yearly can help you to avoid these costs!

INSIDE THIS ISSUE:

September is National Food Safety Month	2
Tailgating Food Safety Tips	2
Missouri Tobacco Quitline	3
What are the risks to your baby if you smoke?	3
Tips from CDC to Help you quit smoking.	3
WIC contract signed with Department of Health	4

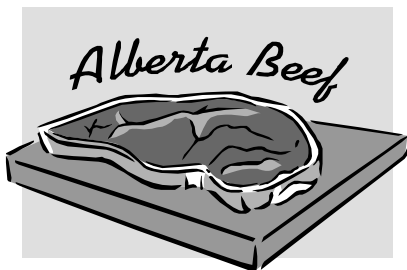
ANIMAL BITES – REPORTABLE TO THE DEPARTMENT OF HEALTH & SENIOR SERVICES (DHSS)

Animal bites are reportable to the local health authority or the DHSS within one calendar day of first knowledge or suspicion of the incident. We have received 14 animal bite reports from Cooper County Memorial Hospital and animal control so far this year.

Domestic animals that are up-to-date on their rabies vaccination may be allowed to be quarantined at home, depending on the circumstances surrounding the incident. Domestic animals that are not current on their rabies vaccination will be quarantined, at the owners

expense, and watched for signs of illness by a licensed veterinarian for a period of 10 days and vaccinated at the end of that period. For more information on animal bites, visit our website: coopercountypublichealth.com

SEPTEMBER IS NATIONAL FOOD SAFETY MONTH



Store raw meats separate from other foods —on the bottom shelf/drawer of the refrigerator!

The Center for Disease Control (CDC) estimates that there are 76 million cases of food borne illness ; 325,000 hospitalizations; and 5,000 deaths each year. The CDC believes that there are many more each year that are never reported to the Department of Health and Senior Services because the person did not seek treatment.

Certain people are at greater risk for experiencing longer episodes of food borne illness than others including: pregnant women, older adults, young children, and those with a weakened immune system.

According to the CDC, the most common causes of food poisoning are caused by the following bacteria: Campylobacter, Salmonella, and E. coli O157:H7. A group of viruses called calicivirus, also known as the Norwalk and Norwalk-like viruses are also responsible for food borne infections.

Improper food handling and storage can lead to contamination with harmful bacteria. Contamination may occur at any time during harvesting, processing, storing, shipping, or final preparation. The FDA urges us to remember

that “when food is cooked and left out for more than 2 hours at room temperature, or one hour in temperatures exceeding 90°F, bacteria can multiply quickly. Most bacteria grow undetected because they don’t produce a bad odor, change the color, texture, or taste of the food. Freezing food slows or stops bacteria’s growth but does not destroy the bacteria. The microbes can become reactivated when the food is thawed. Refrigeration also can slow the growth of some bacteria. Thorough cooking is needed to destroy the bacteria. Using a food thermometer is the best method to determine if a food product has been cooked to a safe minimum internal temperature.”



TAILGATING FOOD SAFETY TIPS

It’s football season again and time to tailgate. Don’t let bacteria invade your party! Follow these food safety tips, published by extension agencies from Penn State, Kansas State, and the University of Hawaii, to help keep you and your food safe:

- Use two coolers—one for food and one for beverages. Bring plenty of ice to keep food cold. Ice used in drinks should be kept separate from ice used to keep food cold.
- Keep raw meat separate from ready-to-eat foods. Raw meat should be kept in sealed plastic bags or containers. Pack meats at the bottom of your cooler so that if there is a leakage, ready-to-eat foods will not be contaminated. Pack fruits, veggies and salads above the meat.
- Separate perishable foods into two smaller containers—one for before the game, one for after.
- Chill all salads completely before putting them in coolers.
- Keep your coolers in the shade or covered with a blanket. Set up serving tables in the shade if possible.
- Take meat out of the cooler only when ready to put on the grill. If using marinade, discard any that was used with raw meat. If meat was frozen, make sure that it is completely thawed before cooking.
- Cook meats to the correct temperature. Use a thermometer. Don’t partially cook meats beforehand since the second partial cooking may not get the internal temperature hot enough to kill any bacteria.
- Use clean plates and utensils with cooked foods. Juices from uncooked meats may contain bacteria that will contaminate your cooked food.
- Keep hot foods hot (at or above 140°F) and cold foods cold (at or below 40°F).
- Don’t let food sit out more than two hours; not more than one hour if the temperature is 90° or hotter.
- Plan ahead to keep leftovers to a minimum. Store all leftovers in sealed containers in a cooler.
- When in doubt, throw it out!

THE MISSOURI TOBACCO QUITLINE



For Assistance with smoking cessation, call the Missouri Quitline!

The Missouri Tobacco Quitline can

help Missourians stop tobacco use. The Quitline offers telephone counseling and resource materials to assist individuals who want to quit smoking.

The Quitline can assist:

- Tobacco users in any stage of readiness to quit.
- Pregnant Smokers
- Smokeless tobacco users
- Former smokers seeking relapse prevention support.

- Health care providers wanting assistance with patient treatment.

The Quitline is open from 7 a.m. to 11 p.m. daily The Quitline number is:

1-800-QUIT-NOW (1-800-784-8669)

For more information on how the Quitline works, visit the Missouri Department of Health and Senior Services website at:

www.dhss.mo.gov/SmokingAndTobacco



WHAT ARE THE RISKS TO YOUR BABY IF YOU SMOKE?

According to the March of Dimes approximately 20% of women in the US smoke, many during pregnancy. Smoking during pregnancy can lead to the following pregnancy complications and serious health problems in newborns:

- Cigarette smoke contains over 2500 chemicals. Nicotine and carbon mon-

oxide being two of them which are believed to have the most harmful effects to the developing fetus. Harmful effects of smoking include:

- Low Birth weight (Less than 5½ pounds)
- Preterm Birth (before 37 weeks gestation)

- Chronic lifelong disabilities such as cerebral palsy, mental retardation, and learning problems.
- Smoking doubles a women’s risk of developing placenta previa (a low lying placenta) or placental abruption (placenta separates from the uterine wall prior to delivery).

Both can be life threatening for both mom and baby and increase the risk of still birth associated with smoking.

- Premature Rupture of Membranes (PROM) — Woman’s water breaks before 37 weeks gestation, leading to preterm delivery.

If you are pregnant and still smoking, please call the Quitline for assistance—for the health of your baby!

TIPS FROM THE CDC TO HELP YOU QUIT SMOKING

If you want to quit smoking, follow the following tips from the CDC:

- **Don’t smoke any number or any kind of cigarette.** Smoking even a few cigarettes a day can hurt your health. If you try to smoke fewer cigarettes, but do not stop completely, soon you’ll be smoking the same amount again.

- **Write down why you want to quit.** Really wanting to quit smoking is very important to how much success you will have in quitting. Smokers who live after a heart attack are the most likely to quit for good—they’re very motivated....
- **Know that it will take effort to quit smoking.** Nicotine is habit forming. Half

the battle is knowing you need to quit. This knowledge will help you be more able to deal with the symptoms of withdrawal that can occur....There are many ways to quit, including using nicotine replacement products, but there is no easy way....Take quitting one day at a time,whatever you need to succeed.

- **Half of all adult smokers have quit, so you can too....**
- **Get help if you need it.** Many groups offer written materials, programs, and advice to help smokers quit for good. Your doctor or dentist is also a good source of help and support.

For the complete article, visit How to Quit: Tips at: www.cdc.gov/tobacco

WE'RE ON THE WEB!



**COOPER COUNTY
PUBLIC HEALTH
CENTER**

Cooper County Public Health Department
606 East Spring St.
Boonville, MO 65233

Phone: 660-882-2626

Fax: 660-882-2586

Web: www.coopercountypublichealth.com

Public Health Makes Life Better

Cooper County Public Health Center would like to take this opportunity to ask the public to check out our new website. This new website contains a more comprehensive listing of the services and programs that we provide. It also provides links to the Department of Health & Senior Services and the Center for Disease Control websites. Our monthly newsletter will also be featured on the website. The office currently has retired office equipment available for donation to a non-profit agency. If you are interested, please call the office at 882-2626 or visit the website for a complete listing of available equipment at: [coopercountypublichealth.com](http://www.coopercountypublichealth.com)

**W I C C O N T R A C T S I G N E D W I T H D E P A R T M E N T
O F H E A L T H & S E N I O R S E R V I C E S**

The Cooper County Public Health Center has announced that a contract to continue to provide WIC services for federal fiscal year 2008 has been signed with the Missouri Department of Health and Senior Services. Under the terms of the contract, the Cooper County Public Health Center will be able to serve 325 persons eligible for WIC every month.

The WIC program serves women, infants, and children with nutritional supplements and education. Services are provided on a non-discriminatory basis.

WIC serves:

- Women who are breastfeeding, or

whose pregnancy recently ended.

- Infants under 12 months old.
- Children under 5 years old.

What can you get from WIC?

- Checks to buy foods to keep you healthy.
- Nutrition and health education to help you and your children eat well and be healthy.
- Personal counseling about nutrition.
- Support and help with breastfeeding.
- Referrals to other health pro-

grams for you and your family.

To get WIC, you need to:

- Meet income guidelines.
- Have a need for improved nutrition.

For more information, please call Dorothy Draffen, WIC clerk, or any of the staff here at Cooper County Public Health Center at 660-882-2626 between 9 a.m. to 5 p.m Monday through Thursday. For income guidelines, visit our website at:

[coopercountypublichealth.com](http://www.coopercountypublichealth.com)