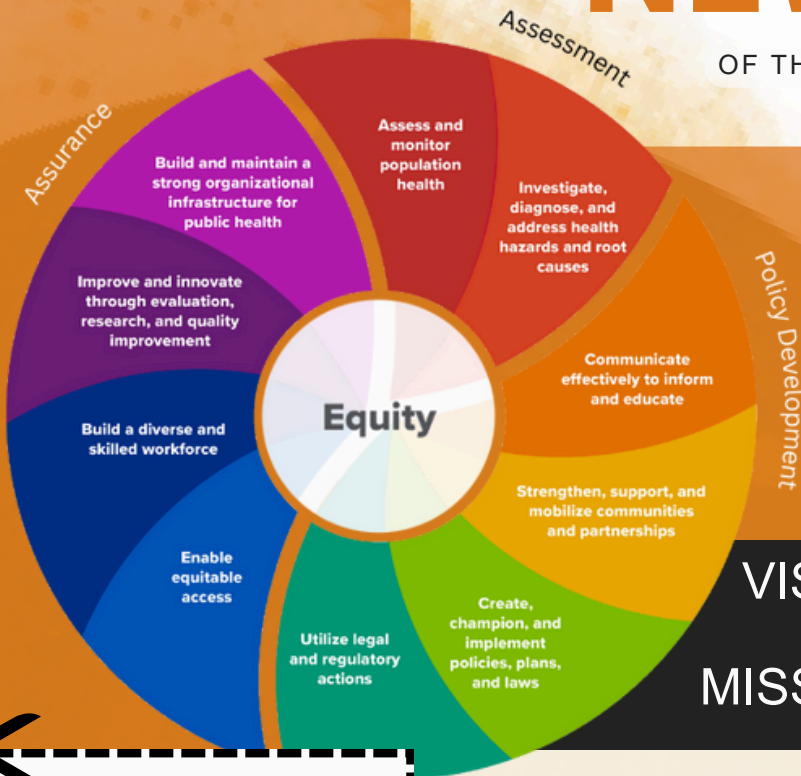


11.2024

PUBLIC HEALTH

NEWSLETTER

OF THE APPLETON PUBLIC HEALTH DEPARTMENT



IN THIS ISSUE:

Essential Public Health Service #3
Communicate effectively to inform and educate

Food Safety for the Holidays

Emergency Preparedness on the Road

Meet Michelle

VISION: Health for all, together.

MISSION: Facilitate equitable community wellbeing through education, health promotion, and response to public health needs.



Create an emergency car kit:



www.ready.gov/car

- Cell phone, portable charger/power bank
- Written phone numbers: family and emergency numbers, including your auto insurance provider and a towing company.
- Extra hats, coats, mittens, blankets
- Windshield scraper
- Shovel
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications
- Pocket knife
- Tire chains
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Paper and Pencil
- **Check car kit every six months and replace expired items.**

WINTER TRAVEL PLANS?

When travelling by car, winter weather preparedness is essential. Preparing your vehicle can protect your passengers and your plans as you get around town or cross-country. Winterize your ride, create a car kit, know before you go, and adjust your driving habits for cold weather to travel well all winter.

Know before you go

- Check your local weather and traffic reports before heading out.
- Consider postponing non-essential travel until the roads are cleared.
- Tell others your route and anticipated arrival time.

Make sure your car is ready for winter weather.

Have maintenance service on your vehicle as often as the manufacturer recommends.

Adjust driving habits

- Keep your gas tank as full as you can. A full tank will also keep the fuel line from freezing.
- When driving, increase your following distance from 3-4 seconds to 5-6 seconds. It takes longer to slow down and stop on icy roads.
- If stranded, run the engine for about 10 minutes per hour to run the heater and charge your cellphone. Open a window slightly to let fresh air in and avoid carbon monoxide (CO) poisoning.

In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Install good winter tires and make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).

COMMUNITY PARTNERS

FOOD SAFETY FOR THE HOLIDAYS



When we think of holiday traditions, preventing foodborne illness may not come to mind. But safe food preparation and handling is the only way to let the good times roll at your holiday gatherings.

Clean: Start by practicing proper hand hygiene. Wash your hands thoroughly with soap and water before preparing food, after handling raw ingredients, after using the restroom, and before you eat. Don't forget the kiddie table!

Separate: Cross-contamination is another risk, so use separate cutting boards and utensils for raw meats, vegetables, and ready-to-eat foods.

Cook: Make sure to cook food to the right temperature. Use a food thermometer to check that meats, such as turkey, ham, and stuffing, reach safe internal temperatures (example: 165°F for poultry and the stuffing inside a turkey). Keeping hot foods hot and cold foods cold is crucial—hot foods should be kept at 140°F or higher while your waiting for “seconds”, and cold foods should stay at 40°F or lower as guests come and go. When serving buffet-style meals, try to limit the time perishable items are left at room temperature.

Chill: Pay attention to proper storage. Refrigerate leftovers within two hours of serving (or one hour if it's over 90°F). Ensure leftovers are reheated to at least 165°F before serving again.

Finally, avoid food from questionable sources. If you're unsure about the freshness of ingredients or food, it's better to err on the side of caution and not serve it. By following these simple steps, you can minimize the risk of foodborne illness and keep everyone safe during the holidays.

RESOURCES

[CDC-10 Essential Public Health Services -Full](#)

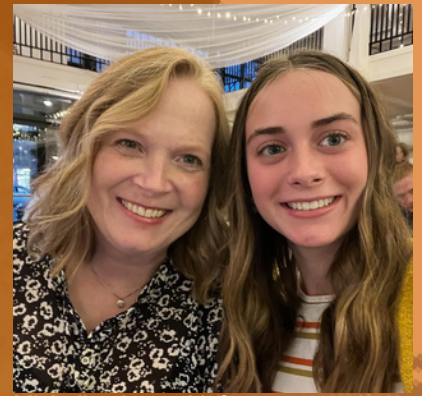
[CDC Winter Weather](#)



Public Health
Prevent. Promote. Protect.



MEET MICHELLE



Michelle pictured left

Michelle Roberts has served the residents of Appleton for 30 years as a Registered Sanitarian, more commonly known as a Public Health Inspector. Over the years, inspection codes have been updated, and documentation has transitioned to digital formats, but the goal remains the same: to protect the health and safety of those who live, work, and play in Appleton. “Our role [as public health inspectors] is to educate,” Michelle explains. “Sometimes [business operators] need someone to help and give them ideas of ways we’ve found that have worked in the past to resolve issues.”

Michelle and her fellow inspectors handle a wide range of operations, including school food services, restaurants, grocery stores, special events, pools, chicken-keeping, and lodging facilities. “In public health, every day is different.”

Outside of her work as a public health inspector, Michelle stays connected to pop culture, spends quality time with her grown children, Reece and Campbell, and her husband, Cameron, and is busy training the family’s new puppy.

[BOARD OF HEALTH CALENDAR](#)