

APRIL 12, 2023

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



SAFETY TIPS FOR SPRING CELEBRATIONS

Spring is here! In addition to the warmer weather, spring means an increase in social gatherings for many of us. Holiday celebrations, family reunions and graduation parties may be penciled in on the calendar for you in the coming weeks. We want you and your family to enjoy healthy and safe celebrations.

Did you know the health department has FREE at-home rapid COVID-19 tests? These test kits are intended to provide you with quick access to testing when experiencing symptoms or before attending a large gathering or spending time with someone who is at a high risk of getting very sick from COVID-19. If you'd like to pick up a test, please stop by our office located at 4275 N St Rt 376 NW, McConnelsville. Call our office at 740-962-4572 when you arrive and we will bring test kits out to you. There is a maximum of 4 kits per household.

Food safety is another concern with holidays and celebrations. It is important to do everything you can to prevent food poisoning. According to www.foodsafety.gov, you can help keep your family safe from food poisoning at home by following these four simple steps: clean, separate, cook and, chill:

1. **Clean: Wash Hands, Utensils, and Surfaces Often.** Wash your hands frequently while handling food, and clean utensils and surfaces with hot, soapy water after they have touched raw meat.
2. **Separate: Don't Cross Contaminate.** Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs. In your fridge, make sure raw meat is secured in containers or leakproof plastic bags.
3. **Cook at the Right Temperature.** Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle. Go to www.foodsafety.gov to view a temperature chart.
4. **Chill: Refrigerate and Freeze Food Properly.** Refrigerate perishable foods within 2 hours

Happy Spring! Remember, the greatest wealth of a community is the health of the people.