



Health Tribune

Thinking about your health in Portage County
 Provided by the Portage County Health Department



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November is... The Start of the Holiday Season

Give the gift of health and safety to yourself and others by following these 10 tips:

1. Stop the spread of germs by washing hands often. Cover coughs and sneezes.
2. Manage stress. Avoid anxiety and pressure by not over-committing yourself during the holidays.
3. Avoid driving dangers such as texting while driving or drinking and driving. Don't allow others to drink and drive.
4. Be smoke free. Avoid smoking and second-hand smoke. 
5. Buckle up when driving or riding in a motor vehicle. Make sure children are using child safety seats, booster seats, or seat belts according to his or her height, weight, and age.
6. Get exams and screenings as needed.
7. Get vaccinations for prevention of diseases. Don't forget to get your flu shot!
8. Practice fire safety. Never leave fireplaces, space heaters, stoves, or candles unattended.
9. Prepare food safely. Remember to wash hands and surfaces often, avoid cross-contamination, cook foods to the proper temperatures, and refrigerate leftovers promptly.

145 Degree F	160 Degrees F	165 Degrees F
Beef (medium rare)	Pork	Ground Turkey/Turkey Breast/Whole
Lamb (medium rare)	Beef (medium)	Chicken/Breast/Whole
Veal Steaks (medium rare)	Lamb (medium)	Stuffing Casseroles
Roast (medium rare)	Veal (medium)	
Fish	Ribs	

10. Eat healthy and keep moving. Watch portion sizes and limit foods high in fat and sugar. Be active for at least 2 1/2 hours per week and help kids be active for at least 1 hour per day.



Check out [myplate.gov](http://www.choosemyplate.gov) for additional tips and resources on nutrition and physical activity:
<http://www.choosemyplate.gov/>

Did you know...?

The Portage County Health Department (PCHD) can help you follow these safety tips by the programs they do everyday.

Ohio Buckles Buckeye Child Safety Seat Program: PCHD has two Certified Child Passenger Safety Technicians to assist with child safety seat questions, check child safety seat installation, and distribution of child safety seats through the Ohio Department of Health. Call Becky at 330-296-9919 ext. 137 to schedule an appointment.



PCHD has child immunization clinics every Wednesday from 8:00am-noon. This is a walk-in clinic, no appointment necessary. Child immunizations are \$10 or free to those who cannot pay. PCHD also has adult immunization clinics every Tuesday from 8:00am-10:00am. This clinic is by appointment only: call 330-298-4490 to schedule an appointment. Flu shot clinics are also available: call 330-296-9919 ext. 137 for dates and times.



PCHD is an important part of the food safety system in Portage County. It is in charge of:

- Inspecting food establishments (grocery stores and restaurants) to make sure proper safety measures are being taken, such as thermostat-controlled cooking, refrigeration, and washing facilities.
- Investigating cases of food borne illness. Anytime you think you may have had a food borne illness, report it to your local health department, even if it is after you have recovered.

Questions or Comments?

Contact Us!

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<http://www.co.portage.oh.us/healthdepartment.htm>