

# Health Matters



from the Kane County Health Department

— June 28, 2017 —

## Trending Matters:



Watch for Heat Alerts & Tips  
and Air Quality Alerts  
on our [website home page](#)

## Think food safety in the summertime

With backyard barbecues and family get-togethers in full swing, this is the season for plenty of good eating. Unfortunately, the Centers for Disease Control and Prevention (CDC) tell us that foodborne illnesses increase during the summer.

**Why?** The answer appears to be twofold. First, there are the natural causes. Bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm summer months.

Most foodborne bacteria grow fastest at temperatures from 90 to 110°F. Bacteria also need moisture to flourish, and summer weather is often hot and humid. Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

Secondly, outside activities increase. More people are cooking outside at picnics, barbecues, and on camping trips. The safety controls that a kitchen provides — thermostat-controlled cooking, refrigeration, and washing facilities — are usually not available.

These summertime ailments contribute to the estimated 48 million illnesses and 3,000 deaths attributed to foodborne illnesses each year in the United States. Consumers can fight foodborne illness by following these four simple steps to safer food in the summertime:

- **Clean:** Wash Hands and Surfaces Often  
Unwashed hands are a prime cause of

## FOOD SAFETY

Don't let food make you sick!

### CLEAN

- Wash your hands, cutting boards & counter tops with soap & water
- Always wash fruits & vegetables before eating



### SEPARATE

- Keep raw meats & eggs away from other foods like fruits, vegetables & bread
- Wash hands between working with raw meat & other foods



### COOK

- Make sure your food is fully cooked to proper temperatures
- Keep hot food at 140°F or above



### CHILL

- Put food in the refrigerator right away
- Keep your refrigerator below 41°F



Website: [kanehealth.com](http://kanehealth.com)

Information and images provided by the FIGHT BAC! Program [fightbac.org](http://fightbac.org) & [foodsafety.gov](http://foodsafety.gov)

Find more information about food safety on our website [HERE](#).

Information from the CDC's [Foodsafety.gov](http://Foodsafety.gov) page is available [HERE](#).

foodborne illness.

- **Separate:** Don't Cross-Contaminate Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness.

- **Cook:** Cook to Safe Temperatures Food safety experts agree that food is safely cooked when it is heated for a long enough time and at a high enough temperature to kill harmful bacteria that cause foodborne illness.

- **Chill:** Refrigerate Promptly Holding food at an unsafe temperature is a prime cause of foodborne illness. Keep cold food cold!

## Protecting against the mumps

Recently, we've seen increases in mumps cases in northern Illinois. In some years, there are more cases than usual because of outbreaks. According to the Centers for Disease Control and Prevention (CDC), the measles, mumps rubella (MMR) vaccine prevents most, but not all, cases of mumps.

Outbreaks can still occur in highly vaccinated U.S. communities, particularly in close-contact settings. However, high vaccination coverage helps limit the size, duration, and spread of mumps outbreaks. Click [HERE](#) for more info.

The mumps vaccine is still the best way to protect your child against mumps. Talk to your healthcare professional or check your child's immunization records

to ensure the mumps vaccine is up to date. Protect your family and yourself with the mumps vaccine.



In addition to ensuring you and your family are up to date with your vaccinations, other steps you can take to prevent the spread of mumps are:

- Cover your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash can. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and water.
- Avoid sharing drinks or eating utensils.
- Disinfect frequently touched surfaces, such as toys, doorknobs, tables, counters.

More information about mumps is available on the CDC website by clicking [HERE](#).

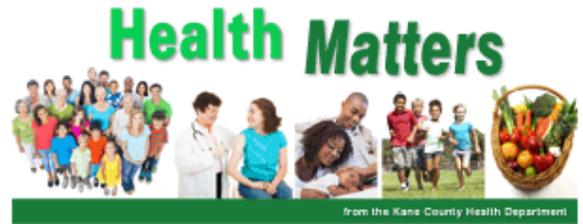
Mumps is best known for the puffy cheeks and swollen jaw that it causes. This is a result of swollen salivary glands. The most common symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears on one or both sides (parotitis)

Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection. Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease. Most people with mumps recover completely in a few weeks.

## Students from China visit in Aurora

The Kane County Health Department and VNA Health Care on Wednesday, May 31, welcomed students from the [Dalian Medical University](#) in China, through the [Benedictine University](#) Master of Public Health Program. The students got an overview of public health in this country and took a tour of the health department. They then visited the [VNA Health Care](#) facility, where they learned about the Federally Qualified Health Center (FQHC).



[kanehealth.com](http://kanehealth.com)

**Facebook**  
[facebook.com/kanehealth](https://facebook.com/kanehealth)

**Twitter** @KaneCoHealth

**Serving  
Kane County,  
Illinois**

Visit the **Health Matters page** of our website [HERE](#)

You'll find an online version of this newsletter as well as an archive of past issues.

There is also a **Sign Up Form** on the page, for those who would like to be added to our email list to receive future Health Matters newsletters.