

**Hoke County Health Department**

For more information  
Please contact us...  
Contact Info.



"A Christmas To Remember"

**UPCOMING EVENTS**

Join the Public Health Advisory Council & make a difference in your community, Contact Ulva @ (910) 875-3717 ex: 2106. Next Meeting 12/19/2013 @ 11:00AM

Flu Shots are available by appointments only from M-F; 8:00AM-4:00PM.

Hoke County Asthma Coalition will meet at the health department on 12/18/2013 @ 12:00PM.

Teen-Time : Health Clinic for teens; January 7th & 21st From 4:30PM-7:00PM.

Save The Date  
2014 Survivorship Summit Thursday, April 24 & 25, For more information Contact Cindy Morton @ (910) 875-3717 ex: 2115.

Community Health Opinion Survey Is now Available. To participate, Contact Cornelia @ (910) 875-3717 ex: 2104.

\*Happy Holidays from all of us at the Hoke County Health Department!

HCHD Staff Work Anniversaries  
Allen Brown-8yrs.



**TRIPLE-H NEWS:  
HOKE HEALTHY HIGHLIGHTS**

**December is National Safe Toys and Gifts Month**

The holiday season is upon us and, for some, it means the stress and anxiety of battling last-minute crowds at the mall, frantically cleaning for visiting in-laws and agonizing over preparing the perfect holiday meal.

But not you ... you are a holiday planning superstar, and your perfectly planned holiday checklist has been finished for weeks. Your halls are decked, your stockings are hung by the chimney with care and all of your gifts follow the U.S. Consumer Product Safety Commission's recommendations for safe toys and gifts.

Wait, you haven't done the last one? Maybe you're not the holiday planning superstar you think you are, or maybe you aren't aware of the serious risks involved in giving unsafe holiday toys and gifts. In 2007, the Consumer Product Safety Commission reported 18 toy-related deaths and an estimated 170,100 hospital emergency-room treated injuries to children under 15.

Although these consequences are real, prevention is as simple as following a few safety guidelines when shopping for the perfect holiday gift.

The CPSC recommends the following toy safety shopping tips:

**Under 3 years old**

Children under 3 tend to put

everything in their mouths.

\*Avoid buying toys intended for older children that may have small parts that pose a choking danger.

\*Never let children of any age play with deflated or broken balloons because of the choking danger.

\*Avoid marbles, balls and games with balls that have a diameter of 1.75 inches or less. These products also pose a choking hazard to young children.

\*Children at this age pull, prod and twist toys. Look for toys that are well-made with tightly secured eyes, noses and other parts.

\*Avoid toys that have sharp edges and points.

**Ages 3 to 5**

Avoid toys that are constructed with thin, brittle plastic that might easily break into small pieces or leave jagged edges.

\*Look for household art materials, including crayons and paint sets, marked with the designation "ASTM D-4236." This means the product has been reviewed for chronic health hazards and, if necessary, the product has been labeled with cautionary information.

\*Teach older children to keep their toys away from their younger brothers and sisters.

**Ages 6-12**

For all children, adults should check toys periodically for breakage and potential hazards.

\*Damaged or dangerous toys should be repaired or thrown away.

\*If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.

\*If you buy a bicycle for any age child, buy a helmet, too, and make sure the child wears it.

\*Teach all children to put toys away when they're finished playing so they don't trip over them or fall on them.

\*It is also important to read all labels carefully. The CPSC requires toy manufacturers to meet stringent safety standards and to label certain toys that could be a hazard for younger children.

\*Look for labels that give age recommendations and use that information as a guide. Labels on toys that state "not recommended for children under 3 ... contains small parts," are labeled that way because they may pose a choking hazard to children under 3. Toys should be developmentally appropriate to suit the skills, abilities and interests of the child.

The CPSC oversees the safety of toys and many other consumer products. For more information about purchasing safe toys and gifts, call the U.S. Consumer Product Safety Commission Toll-Free Hot Line, 1-800-638-2772. (By Amy Covell, U.S. Army Public Health Command)

*Submitted By Cornelia Murchison*

## ServSafe Course Offered in Hoke County

North Carolina adopted the FDA Food Code into their restaurant rules in 2012. One of the many changes this has brought is the requirement that there be a manager present at all times of operation who is a "Certified Food Protection Manager". Starting in January, 2014, a restaurant will lose 2 points on their inspection if they do not have a CFPM present during their inspection.

While ServSafe is not the only course that meets the requirements, it is the most common. Food service managers that complete this course will be taught a variety of issues including proper reporting and exclusion of sick employees, personal hygiene, safe food-handling methods, pest control and how to correctly wash and sanitize food contact items.

The aim of the rule requiring certified managers is to have a person in charge at all times who is knowledgeable regarding practices that increase food safety and minimize health risks to the public.

Hoke County Cooperative Extension is offering this course at their office in Raeford. The 2-day course will be taught by food safety professionals. For more information, contact Ms. Smith at (910) 875-2162 or Erik Johnson Environment Health Specialist at (910) 875-8407.

*By Erik Johnson*

### Communicable Disease Stats

#### November 2013

Latent TB Infection: 1

TB Suspect/Cases: 0/2

#### Positive Cases

Chlamydia: 16

Gonorrhea: 5

Syphilis: 0

NGU: 0

HIV: 0

Hepatitis B: 0

Salmonella: 3

Campylobacter: 0

#### Tests

HIV Tests : 77



## Christmas Tree Safety Tips

Each year, fire departments respond to an average of 210 structure fires caused by Christmas trees. Carefully decorating Christmas trees can help make your holidays safer.

### Picking the tree

If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire retardant.

\*Choose a tree with fresh, green needles that do not fall off when touched.

### Placing the tree

Before placing the tree in the stand, cut 1" - 2" from the base of the trunk.

\*Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.

\*Make sure the tree is not blocking an exit.

\*Add water to the tree stand. Be sure to add water daily.

### Lighting the tree

Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.

\*Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.

\*Never use lit candles to decorate the tree.

\*Always turn off Christmas tree lights before leaving home or going to bed.

### After Christmas

Get rid of the tree when it begins dropping needles. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer. (*National Fire Protection Association 2013*)

*Submitted By Cornelia Murchison*

## **"Home For the Holidays Food Drive"**

The Hoke County Health Department is sponsoring a Community Food Drive in an effort to restock the shelves at the local community HELP Store. Donations can be made at the health department and the Inspections & Planning Office from December 9th-19th. Lets make this "A Christmas to Remember" for those who are less fortunate!

*Submitted By Cornelia Murchison*

## December 1-7 is National Hand-washing Awareness Week



The CDC and Prevention say handwashing is the single most effective way to prevent the transmission of disease.

The 4 Principles of Handwashing Awareness:

1. Wash your hands when they are dirty and BEFORE eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put fingers into your eyes, nose or mouth

The 4 Principles of Hand Washing have been endorsed by the AMA and AAFP.

*By Cindy Morton*

## Sage and Cranberry Crab Cakes



### Overview

The classic flavors of holiday stuffing, including sage, corn bread and cranberries complement these miniature crab cakes, which are a perfect warm-up to a holiday feast or party.

1/2 cup mayonnaise

1/4 cup dried cranberries

1 1/2 teaspoons McCormick® Gourmet Collection Sage, Rubbed

1/4 teaspoon McCormick® Gourmet Collection Black Pepper, Coarse Grind

1/4 teaspoon salt

4 tablespoons butter, divided

1/2 cup finely chopped celery

1/4 cup finely chopped onion

1 pound lump crabmeat

1 cup crumbled corn bread

1 egg, lightly beaten

### Directions

Mix mayonnaise, cranberries, sage, pepper and salt in small bowl. Set aside. Melt 1 tablespoon of the butter in small skillet on medium heat. Add celery and onion; cook and stir 5 minutes or until tender. Cool slightly.

Gently mix crabmeat and corn bread in large bowl. Add egg, and mayonnaise and celery mixtures; toss to coat well. Shape into 24 small crab cakes.

Refrigerate 15 minutes. Melt remaining 3 tablespoons butter in large skillet on medium heat. Add crab cakes; cook about 6 minutes or until golden brown, turning once.

*Submitted By Cornelia Murchison*