

Highlight on Health

An Emmons County Public Health Publication

Important Dates

November 3 - National Stress Awareness Day

November 7 - Daylight Savings Time Ends

November 11 - Veterans Day

November 14 - World Diabetes Day

November 12 - World Pneumonia Day

November 14-20 - Mouth Cancer Awareness Week

November 18 - Great American Smokeout

November 18 - National Rural Health Day

November 19 - International Men's Day

November 25 - National Family Health History Day

November 25 - Thanksgiving Day (Office Closed)

November 26 - Office Closed

Ensure Turkey Day Safety with These Tips

If the cornerstone of your Thanksgiving meal is your turkey, make sure you prepare it safely. Your guests will remember Thanksgiving for all the right reasons.

1. Thawing your turkey
 - A. Thaw turkey in a container in the refrigerator.
 - B. In a leak-proof plastic bag in a sink of cold water that is changed every 30 minutes.
 - C. In the microwave, following the microwave oven manufacturer's instructions.

Note: Never thaw your turkey by leaving it out on the counter. When turkey is left out at room temperature for more than 2 hours, its temperature becomes unsafe.

2. Handle your turkey the right way
 - A. Wash your



Above: Make sure your turkey is remembered for the right reasons this Thanksgiving. Be safe when preparing your food.

hands with warm soapy water for 20 seconds, before and after handling turkey. B. Use a separate cutting board for raw turkey. C. Never place cooked food or fresh produce on a plate, cutting board, or other surface that

previously held raw turkey. D. Wash cutting boards, utensils, dishes and countertops with hot soapy water after preparing turkey and before you prepare the next item.

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Public Health
Prevent. Promote. Protect.

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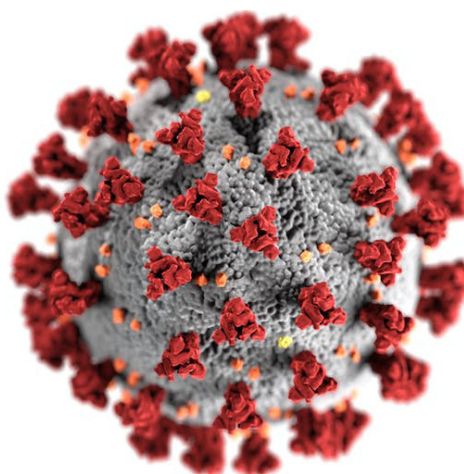
COVID Vaccine Boosters Authorized

In October the FDA authorized the use of booster doses of Moderna and Janssen (Johnson & Johnson) COVID-19 vaccines.

The Moderna vaccine may be administered at least six months after completion of the primary series to individuals:

- 65 years of age and older
- 18 through 64 years of age at high risk of severe COVID-19
- 18 through 64 years of age with frequent institutional or occupational exposure to COVID-19

A booster dose of the Janssen vaccine may be administered at least two months after completion of the single-dose primary regimen.



Additionally, Pfizer, Moderna or Janssen vaccines can be used as a booster dose, as you are no longer required to receive the same vaccine for your booster dose as was used for your initial series.

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3. Cook stuffing thoroughly
 - A. Cook stuffing separate from the turkey in a casserole dish to ensure it is thoroughly cooked. If you cook stuffing in the the turkey, put stuffing in just before cooking.
 - B. Use a food thermometer to ensure the stuffing's center reaches 165 degrees (F). Bacteria can survive in stuffing that has not reached 165 degrees (F) and this may cause food poisoning.
 - C. If cooking the stuffing in the turkey, wait 20 minutes after removing the bird from the oven to remove the stuffing, allowing it more time to cook.
4. Cook turkey thoroughly
 - A. Cook turkey in oven set to at least 325 degrees.
 - B. Place thawed turkey in roasting pan that is 2-2.5 inches deep.
 - C. Cooking times vary depending on the weight of the turkey. Use a food thermometer to ensure the turkey has reached a safe internal temperature of 165 degrees (F).
 - D. Check temperature by inserting food thermometer into the center of stuffing and the thickest portions of the breast, thigh and wing joint.
5. Don't leave out leftovers
 - A. Refrigerate leftovers at 40 degrees (F) or colder as soon as possible, within 2 hours of preparation to prevent food poisoning.
 - B. Slice/divide big cuts of meat into small quantities for refrigeration so they can cool quickly.
 - C. Reheat all leftovers to at least 165 degrees (F) before serving.

YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

Quitting smoking isn't easy. It takes time. And a plan. Let the Great American Smokeout® event on November 19 be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at cancer.org/smokeout or call 1-800-227-2345.



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Want to see online editions of our newsletter?

Visit <http://www.emmonsnd.com/newsletter.html>

For more info about preparing food safely during the Holidays, visit <https://www.cdc.gov/foodsafety/communication/holiday-turkey.html>.