

# Highlight on Health

*An Emmons County Public Health Publication*

## Important Dates

**Nov. 10** - Veterans Day  
Observed (Office Closed)

**Nov. 11** - Veterans Day

**Nov. 12** - World Pneumonia Day

**Nov. 13-19** - Alcohol Awareness Week

**Nov. 14** - World Diabetes Day

**Nov. 16** - Great American Smokeout

**Nov. 17** - World Pancreatic Cancer Day

**Nov. 20** - Universal Children's Day

**Nov. 23** - Thanksgiving  
(Office Closed)

**Nov. 23** - National Family Health History Day

**Nov 23-Jan. 1** - Tie One on for Safety Campaign

**Nov. 25** - International Day for the Elimination of Violence Against Women



## American Cancer Society Encourages Quitting for Day

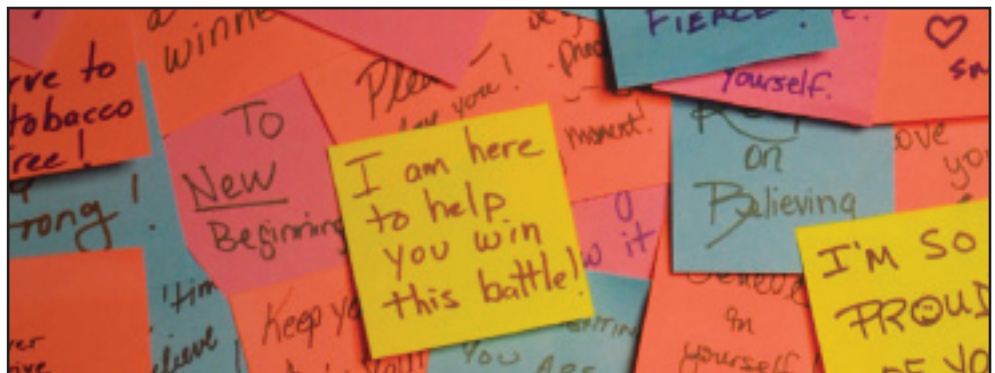
Every year on the third Thursday in November, the American Cancer Society sponsors the Great American Smokeout. November 16 will mark this year's event, which encourages smokers to quit cigarettes for the day, hoping this short change will spark the urge to quit forever.

Emmons County Public Health hopes smokers in North Dakota will join other smokers across the country and not smoke for the day.

Quitting smoking is hard, but research shows that when provided the proper support, smokers can be very successful in their quit attempts. NDQuits is a great program that aims to help all tobacco users kick the addiction.

To enroll in NDQuits, call 1-800-Quit-Now (784-8669) or log on at [www.ndhealth.gov/ndquits](http://www.ndhealth.gov/ndquits).

Call [ECPH](http://ECPH) for more information at 701-254-4027.





## Food Safety Tips for Your Holiday Turkey

Celebrating Thanksgiving generally revolves around food - and lots of it. This means you could be sending your guests home with more than just some holiday cheer if you aren't mindful of your food preparation.

### 1. Safely Thaw Your Turkey

Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Never thaw your turkey by leaving it out on the counter. A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe as it moves into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.

### 2. Safely Handle Your Turkey

Bacteria from raw poultry can contaminate anything that it touches. Follow the four steps to food safety – cook, clean, chill, and

separate – to prevent the spread of bacteria to your food and family.

### 3. Safely Stuff Your Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so just before cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and possibly cause food poisoning. If the stuffing is inside a whole turkey, take the bird out of the oven and let it stand 20 minutes before removing the stuffing.

### 4. Safely Cook Your Turkey

Set the oven temperature to at least 325°F. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into

the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

### 5. Take Care with Leftovers

*Clostridium perfringens* are bacteria that grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. Symptoms can include vomiting and abdominal cramps within 6 to 24 hours after eating.

- Outbreaks occur most often in November and December.
- Meat and poultry accounted for 92% of outbreaks with an identified single food source.
- Refrigerate leftovers at 40°F or colder as soon as possible and within two hours of preparation to prevent food poisoning.

**Source:** CDC