

Triple-H News

HOKE HEALTH HIGHLIGHTS



SPECIAL POINTS OF INTEREST:

- **Teen-Time: Health Clinic** for teens; available the 1st & 3rd Mondays of the month from 4:30PM-7:00PM.
- **Child Birth Education Classes:** Four week series starts on Thursday's, from 6-8PM contact Cornelia @ (910) 875-3717 Ext: 2104.
- **CPR & First –Aid Classes:** Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Diabetes Support Group:** Every 2nd Tuesday of the month from 5:30-6:30 PM. Contact Ulva for more information @ (910) 875-3717 Ext:2106.
- **Board Of Health Meetings:** held on the 2nd Monday of every month @ the Health Department 7PM.
- **Public Health Advisory Council:** meets every 3rd Tuesday @ 1:00PM. at the health department. Contact Ulva @ (910) 875-3717 Ext: 2106.
- **April National Public Health Month...**
- **Annual Walking Challenge April 7th-30th**

National Public Health Month 2015 Healthiest Nation 2030: “A Healthy You is a Healthy Hoke County”



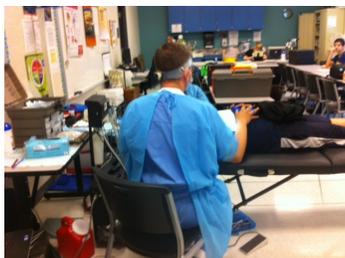
In observation of National Public Health Month 2015, Hoke County Health Department is highlighting its efforts and achievements of public health during the month of April. National Public Health Month provides the opportunity for the public to learn about public health success stories which are vital to healthy communities, such as providing good

prenatal care, Child Health services, Immunizations, WIC, Disease Control, Family Planning, Breast and Cervical Cancer screenings to qualifying patients, HIV/STD prevention, Tuberculosis, Social Work Case Management, Environmental Health Services, and Public Health Educators that promotes healthy lifestyles with in our community.

We want to thank our partners, such as the Hoke County Health Advisory Council, County Officials, private physicians and the overall medical community who work with us daily to ensure health care access and care coordination but most of all our public health employees that diligently provide exceptional services to everyone in an effort to keep our citizens safe and healthy.

The Hoke County Health Department encourages our community to **stop-by** during the month of April so that they can learn more about all of our cutting edge free or reduced cost services designed to promote, protect and preserve the wellness of our community.

For more information on Public Health Month or Health Department services, please call (910) 875-3717 or visit us at www.hokecounty.net.



Smiles Mobile Dentist Programs

The Hoke County Health Department and the ELS Migrant Program , Hoke County Schools hosted the Smiles Program on April 7th. Sixteen children had a follow-up dental visit from last Fall’s event. Stay tuned for the next event.

Get to know your county! www.hokecounty.net



Safe Food Practice

Warmer weather has finally arrived and is bringing with it beautiful spring flowers and greenery. It also means more of those wonderful family and church get-togethers that involve lots of good food. Before you start planning your next reunion or pot luck, please keep the following safe practices in mind:

Keep cold foods cold! Maintain cold foods at 41 degrees or below. Place foods like potato salad or slaw in shallow containers and place those containers into a deep container full of ice. Keep ice replenished.

Keep hot foods hot! Once foods have been cooked, maintain the temperature at 135 degrees or above. Use chafing pans or steam tables.

Don't leave foods out at room temperature. Discard foods that have been sitting out for 2 hours or more. Bacteria multiply rapidly at room temperature.

- Do not thaw foods at room temp. Place in refrigerator the night before.
- Use clean dishes and utensils. Never touch ready to eat food with a utensil or dish that has touched raw meat until it has been cleaned and sanitized.
- Wash all fruits and vegetables before preparing or eating.
- Be sure to refrigerate any lettuce, tomato and/or melon after it has been cut as these foods have been linked to recent foodborne illness outbreaks.
- Wash hands frequently and do not touch ready to eat foods without tongs or gloves.

Foodborne illness is no laughing matter. Many thousands of people are sickened each year, some to the point of death.



elderly and those in poor health.

Keep in mind that those most likely to suffer illness are young children, the

It is illegal to sell food without a permit in NC. This applies to roadside plate sales, fish fries, etc. There are some limited exemptions to this rule.

The law also applies to caterers. A caterer must have a valid food service permit. Please confirm that any caterer you hire has a valid permit to operate.

For more information on licensed caterers, permit exemptions, or to receive free information on food safety, please contact Hoke County Environmental Health at 910-878-1274.

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Employee of The Month

•**February:**

*Cornelia Murchison, MEd.
Health Educator*

•**March:**

*Yolanda McNair, Processing Asst.
WIC Receptionist*



April Is Child Abuse Awareness Month: What Happens When Possible Abuse or Neglect Is Reported?

Any concerned person can report suspicions of child abuse or neglect. Most reports are made by "mandatory reporters"—people who are required by State law to report suspicions of child abuse and neglect. As of August 2012, statutes in approximately 18 States and Puerto Rico require any person who suspects child abuse or neglect to report it. These reports are generally received by child protective services (CPS) workers and are either "screened in" or "screened out." A report is screened in when there is sufficient information to suggest an investigation is warranted.



A report may be screened out if there is not enough information on which to follow up or if the situation reported does not meet the State's legal definition of abuse or neglect. In these instances, the worker may refer the person reporting the incident to other community services or law enforcement for additional help.

(https://www.childwelfare.gov/systemwide/laws_policies/statutes/manda.cfm)