

PUBLIC HEALTH CONNECTION



Thanksgiving Food Safety

The following general food safety tips and guidelines can help protect you and your family during the upcoming holiday season.

◆ Clean

Washing hands and utensils is important when handling raw poultry products. Wash hands for at least 20 seconds with soap and warm water, before and after handling raw poultry. Washing utensils before and after coming in contact with raw poultry.

◆ Thaw

There are several ways to thaw frozen foods properly. The most common is refrigeration, but can be done under continuous running cold water, in a microwave (and cooked right away thereafter), or during the cooking process. Never thaw food at room temperature; this can cause rapid bacteria and pathogen growth.

◆ Separate

Keep raw poultry separate, by either storing below or completely separate, if possible. Use separate cutting boards for raw poultry and ready to eat products such as fruits, vegetables, and breads. Plastic boards are preferred when handling raw meats, as they do not absorb juices as wood boards can. Do not wash raw poultry. This can spread germs throughout the kitchen, as juices may splash onto your sink, countertops, and cabinetry. Germs from raw poultry are killed during the cooking process, so washing is not necessary.

◆ Cook

Cook raw poultry and other stuffed meats to an internal temperature of 165° Fahrenheit, in order to kill all germs that can cause foodborne illness. This can be checked using a probe thermometer or an oven proof thermometer, which is left in the turkey during cooking. The thermometer should be placed in the thickest innermost part of the bird, which is in-between the thigh and the breast. The temperature should reach 165° (or higher) instantaneously, and hold the temperature for 15 seconds. Leftovers should always be reheated to 165°.

◆ Chill

Separate hot foods into long shallow pans, to ensure food is cooled properly and quickly. Avoid keeping foods in the temperature danger zone, which is between 41°-135° Fahrenheit, these temperatures are the optimal temperatures in which pathogens thrive and grow. Avoid keeping perishable hot and cold food items sitting out at room temperature for longer than 2 hours.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County —
A safe and healthy community.



SPECIAL EVENTS

- *SCHD will be closed Friday, November 11, 2022 in observation of Veteran's Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, November 17, 2022.*
- *SCHD will be closed Thursday, November 24 and Friday, November 25, 2022 in observation of Thanksgiving.*

Links

- **SCHD— Food Safety:**
<https://www.scottcountyiowa.gov/health/food/food-safety>
- **CDC's Information on Quitting Smoking:**
https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
- **My Life My Quit Iowa (free cessation support for teens and young adults):**
<https://ia.mylifemyquit.org/index>
- **Tobacco-Free QC Website:**
<https://www.tobaccofreeqc.org/>

Tobacco

The Great American Smokeout

Quitting smoking at any age, even if an individual has smoked heavily or for a long time, is a great way to improve their health. For example, it can reduce a person's risk for 12 types of cancer (CDC, 2022). The Great American Smokeout (GASO), celebrated on November 17, 2022, is the perfect day to start the quitting journey. Each year during the GASO, smokers from all across the country take their first step towards a healthier smoke-free lifestyle. A person doesn't have to quit in one day, they just have to start with Day 1.

Free Cessation Resources

Free cessation (quitting) help for adults is available through Quitline Iowa. The service is confidential and secure. To get started, simply call 1-800-QUIT-NOW (1-800-784-8669) or visit their website at <https://www.quitlineiowa.org/en-US/>.



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