



CHATTING ABOUT HEALTH

BE A FOOD SAFETY SUPERHERO

Germes are everywhere.
Wash hands, utensils,
and kitchen surfaces
often when you cook.



Always use a food
thermometer to know
when food is safely
cooked.

Keep fresh produce
separate from raw
meat, poultry,
seafood, and eggs.
Use separate cutting
boards and plates.



Refrigerate
perishable food
and leftovers within
2 hours



SUICIDE PREVENTION

988

SUICIDE
& CRISIS
LIFELINE



#BeThe1To

If you think someone might be considering suicide,
be the one to help them by taking these 5 steps:

**ASK. KEEP THEM
SAFE. BE THERE.
HELP THEM CONNECT.
FOLLOW UP.**

Learn more at
[BeTheOneTo.com](https://www.BeTheOneTo.com)



- As of July 16th, 988 is a universal entry point. No matter where you live in the U.S., you can easily access 24/7 emotional support.
- If you or someone you know needs support now, you can contact a trained counselor in the following ways
 - Call or Text 988
 - Chat [988Lifeline.org](https://www.988Lifeline.org).
 - You can also continue to use 1-800-273-TALK (8255)



BE SEPTIC SMART

- **Keep it protected - Get it inspected**
 - Have your system pumped as needed - on average every 3-5 yrs
- **Don't strain your drain**
 - Use water efficiently
 - Fix leaks
 - Run dishwasher and washer with full loads
- **Think at the sink**
 - Don't pour grease, fat or harmful chemicals down your sink. They can harm or clog your system.
- **Don't overload the commode**
 - Don't flush non-degradable items like floss, diapers, or feminine hygiene products.
- **Shield your field**
 - Care for your drainfield. Don't drive or park on it
 - Reduce roof and surface water drainage near the drainfield



MONKEYPOX

Anyone can get monkeypox.

- Monkeypox spreads from person to person through:
 - direct contact with rash scabs or body fluids
 - prolonged face to face contact or intimate physical contact
 - touching items like clothes or linens that touched the infectious rash/body fluids

Learn how to prevent the spread here:



**COMING
SOON**

Flu Vaccine Clinics start in October



Check our
website for
dates and times



www.chathamhealth.org

COVID-19

- COVID-19 vaccines are safe and effective
- CDC recommends COVID-19 vaccines for everyone 6 months and older and boosters for everyone 5 years and older, if eligible.
- Omicron specific boosters are on the way. Watch our website and FB for updates.

Learn more about vaccines at

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/vaccines>



WWW.CHATHAMHEALTH.ORG

