

### **CHATTING**

## UT HEALTH

#### **BE A FOOD SAFETY SUPERHERO**

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



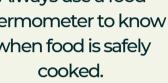
Always use a food thermometer to know when food is safely

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

#BeThe1To



If you think someone might be considering suicide, be the one to help them by taking these 5 steps: ASK. KEEP T SAFE. BE THERE. P THEM CONNECT. FOLLOW UP.

Learn more at 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.
  - 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
  - o Don't pour grease, fat or harmful chemicals down your sink. They can harm or clog your system.
- Don't overload the commode
  - o Don't flush non-degradable items like floss, diapers, or feminine hygiene products.
- Shield your field
  - o 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





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.



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





