

The Preventive Measure

FALL 2019
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2019 Leadership

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Greetings! I hope everyone had a fun-filled and memorable summer. As we say goodbye to Summer, we welcome Fall and hopefully soon, cooler weather. Along with the arrival of the fall season comes our annual Fall Educational Conference which will be held on **October 24th** at **Giant Headquarters** in **Landover MD**. We hope you will join us to check out a new conference venue, network and enjoy some informational presentations! Some of the presentations include Edible Cannabis Products, Tickborne Diseases and the Interstate Travel Program.

In addition to planning the Fall Educational Conference, the Board has begun the process of planning for our **2020 elections**. Open for election are the positions of Treasurer, Secretary as well as the DC, MD and VA Representatives. We encourage all members interested in serving in one of these capacities, or merely interested in expanding your role with NCAEHA, to express your interest or share your questions with myself at NCAEHA.President@gmail.com. Further information on the duties of the positions open for election may be found on our website by accessing our bylaws through the homepage, www.ncaeha.org.

As part of our strategic plan, the Board is also working hard on planning the Winter and Spring Educational Conferences for 2020 in Virginia and Washington, DC. The **Winter Conference** will be held on **Thursday, January 23rd** in **Fairlington, VA**. Please keep your eye out for that agenda. As always, we welcome topics and speakers for presentations!

The Board is still looking for someone who lives or works in Maryland to serve as our Maryland Representative. If interested, please let me know at NCAEHA.President@gmail.com. Duties of the position may be found on our website as well.

I would also like to take this opportunity to highlight this year's Annual Awards Dinner, hosted at the JR's Stockyard Inn on July 25th. NCAEHA Members gathered to enjoy a cocktail reception and formal award ceremony where NCAEHA and NEHA updates were discussed and peers were recognized and honored with the Jerrold M Michael Environmental Health Professional of the Year Award, NEHA Certificates of Merit, and the James M Wordsworth Scholarship. A short summary of the accomplishments of the recipients may be found on the last page of the NCAEHA Annual Report.

Lastly, I am super excited to announce that the launch of our **new membership platform** and completely redesigned website is set for **January 2020** with a soft launch sometime in the Fall. This new platform will provide membership management, hassle-free renewals as well as provide members the ability to register for events, view our full event calendar and connect with other members. This is wonderful news for NCAEHA.

I look forward to seeing many of you on October 24th for our last conference of the year. As always, please let me or any member of the Board know of any thoughts or suggestions you may have on how we may better serve you.



www.NCAEHA.com



[Facebook.com/NCAEHA](https://www.facebook.com/NCAEHA)



[Twitter.com/NCAEHA](https://twitter.com/NCAEHA)

Cheerfully, *Kristen Pybus*



Congratulations to our 2019 Scholarship and Award Winners!

Jerrold M. Michael Award

Douglas Dalier
Sanitarian, DC Health



James M. Wordsworth Scholarship

Laura Wildey
Program Manager, DC Health
Master of Science in Food Safety student at Michigan State University



NEHA Certificate of Merit TEAM

NACCHO Mentorship Program Leadership Team, Fairfax County



Congratulations to our Awards Recipients!

Thank you for your outstanding contributions to the profession of environmental health.

Start thinking of who to nominate next year!





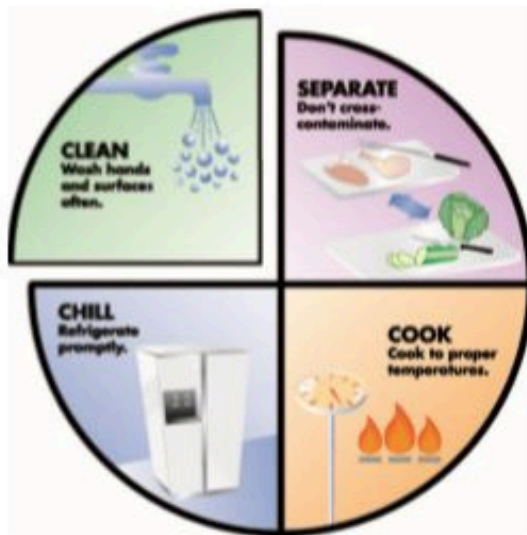
Food Safety Information

Cleanliness Helps Prevent Foodborne Illness

Spring has long been the time of year for annual cleaning projects around our homes. However, when it comes to safe food handling, everything that comes in contact with food must be kept clean all year long.

Food that is mishandled can lead to foodborne illness. While the United States has one of the safest food supplies in the world, preventing foodborne illness remains a major public health challenge. USDA developed the **Be Food Safe** campaign in cooperation with the Partnership for Food Safety Education, FDA, and CDC because research shows that Americans are aware of food safety, but they need more information to achieve and maintain safe food handling behaviors. **Be Food Safe** means preventing foodborne illness through four easy steps: Clean, Separate, Cook and Chill.

- Clean: Wash hands and surfaces often.
- Separate: Don't cross-contaminate.
- Cook: Cook to proper temperatures.
- Chill: Refrigerate promptly.



Cleanliness is a major factor in preventing foodborne illness. Even with food safety inspection and monitoring at Federal, State, and local government facilities, the consumer's role is to make sure food is handled safely after it is purchased. Everything that touches food should be clean. Listed below are steps we can take to help prevent foodborne illness by safely handling food in the home:

1. Always wash hands with warm, soapy water for 20 seconds:
 - before and after handling food
 - after using the bathroom
 - after changing a diaper
 - after handling pets
 - after tending to a sick person
 - after blowing your nose, coughing, or sneezing
 - after handling uncooked eggs or raw meat, poultry, or fish and their juices.
2. If your hands have any kind of skin abrasion or infection, always use clean disposable gloves. Wash hands (gloved or not) with warm, soapy water.
3. Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation. Consider using paper towels to clean kitchen surfaces. If you use dishcloths, wash them often in the hot cycle of your washing machine. Keep other surfaces, such as faucets and counter tops, clean by washing with hot, soapy water.

4. To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of 1 tablespoon unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.

Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (laminated boards may crack and split). Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, replace them.

5. Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.

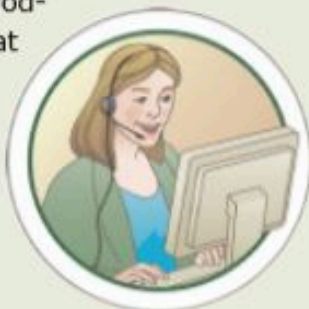
6. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.
7. Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.
8. When picnicking or cooking outdoors, take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning surfaces and hands.

Because bacteria are everywhere, cleanliness is a major factor in preventing foodborne illness. By keeping everything clean that comes in contact with food, consumers can be assured they are helping to do their part to **Be Food Safe**.

Food Safety Questions?

Call the USDA Meat & Poultry Hotline

If you have a question about meat, poultry or egg products, call the USDA Meat and Poultry Hotline toll free at **1-888-MPHotline** or **1-888-674-6854**. The hotline is open year-round Monday through Friday



from 10 a.m. to 4 p.m. EST (English or Spanish). Listen to timely recorded food safety messages at the same number 24 hours a day. Check out the FSIS Web site at

www.fsis.usda.gov

Send E-mail questions to MPHotline.fsis@usda.gov.

Ask Karen!

FSIS' automated response system can provide food safety information 24/7 and a live chat during Hotline hours.



AskKaren.gov

PregunteleaKaren.gov

2019 NCAEHA ELECTIONS

The National Capital Environmental Health Association would like to encourage its members to get more involved by joining the Board of Directors!

NCAEHA is holding elections for the position of **Treasurer, Secretary, and VA, DC, and MD Representatives** for a term of 2 years beginning January 23, 2020.

A full description of the duties for the positions may be found below as listed in our bylaws on www.ncaeha.org. See the below information:

TREASURER

QUALIFICATIONS

A regular, lifetime, student or silver member

DUTIES

- Maintains the Association's accounting records and manages financial accounts
- Obtains & provides receipts or valid statements for the distribution of monies
- Reimburses Board members for approved purchases within fourteen (14) days.
- Issues invoices for monies owed in advance of events or post-event under special circumstances
- Arranges for an internal audit every two (2) years
- Submits a written financial statement at each Board meeting
- Annually prepares an Association budget and presents it to the Board of Directors for adoption prior to November 1st of the preceding year
- Submits required tax returns to the proper authorities
- Assists with registration at educational conferences, other Association events and the Annual Meeting
- Maintains post office box monthly
- Chairs the Budget Committee

VA, DC AND MD REPRESENTATIVES

QUALIFICATIONS

A regular, lifetime, student or silver member and either live or work in the geographical region which they represent

DUTIES

- Each Representative shall take responsibility for planning and coordinating one educational conference each year. Together with the Vice-President of Programs & Professional Advancement and the two other Representatives, they will recommend conference dates and locations to the Board of Directors
- The Representatives will submit a panel of speakers and topics for each educational conference to the Board of Directors for approval
- Each Representative will serve to represent the interests of their geographical area—Virginia, Maryland, or the District of Columbia—on the Board of Directors
- Each Representative serves on the Program and Education Committee~

SECRETARY

QUALIFICATIONS

A regular, lifetime, student, or silver member

DUTIES

- Functions as official custodian of all documents, records, seal and banners
- Prepares minutes of Board meetings and the Association's Annual Meeting for electronic circulation to the Board of Directors within two weeks following the meeting
- Manages RSVPs, maintains sign-in sheet and assists the Vice President of Membership with registration at educational conferences, other Association events and the Annual Meeting
- Provides certificates to members and presenters for attendance and participation at educational conferences
- Manages and coordinates correspondence in relation to thank you cards or other necessities at the request of the President

If you would like to nominate yourself or a colleague for a Board of Director position, please contact President, Kristen Pybus by **November 8th** at: NCAEHA.President@gmail.com



JOIN NCAEHA RENEW YOUR 2020 MEMBERSHIP NOW



BENEFITS OF MEMBERSHIP:

- ✓ Be a part of a local association in the DC, MD, and VA area that is focused on environmental health (EH)
- ✓ Network with other local EH professionals in academia, industry, government, private sector, and other areas
- ✓ Advance your career by pursuing a credential or certification with our discounted annual courses like the REHS, CP-FS, CPO, and more
- ✓ Gain more knowledge and/or earn up to 15 Continuing Education hours per year by attending our nearby Educational Conferences
- ✓ Enjoy a good time with your EH colleagues and build new connections at our social events
- ✓ Recognize an EH professional by nominating them for an award or scholarship
- ✓ Pursue local EH employment opportunities with easy accessibility through our announcements
- ✓ Stay updated through our newsletter, website, and social media and announcements on other events, trainings, webinars, and more

Memberships expired on December 31, 2019.
Regular Membership Renewal: \$20.00
Student and Silver Membership Renewal: \$5.00

Membership Renewal may be completed:
- Online at www.ncaeha.org/membership
- In person at the next Educational Conference

Payments are accepted in person via credit card, cash, check, or money order.



Things just got a lot easier with our

NEW MEMBERSHIP PLATFORM!



MEMBERSHIP MANAGEMENT

- Log on to your Wild Apricot account to update your personal profile.
- Add a profile photo and
- View, download and print your own membership cards!

NEW WEBSITE & PHONE APP

- Updated website.
- Simple and easy maneuvering for you to find exactly what you're looking for!
- We got an app for that- easily access your account and website features from your phone! Available for IOS and Android.

HASSLE-FREE RENEWALS

- View your current membership status online.
- Renew your annual dues online at your own convenience.
- Never let your membership expire, automatic annual renewals available!

REGISTER FOR EVENTS

- Interested in attending a conference or event? Self register online!
- Pay for event registration online.
- Find out which fellow members have RSVP'd for events as well!

FULL EVENT CALENDAR

- Never miss an event! A full calendar will be available for you to view, simply click on the events you are interested in!
- View event calendar and event details

CONNECT WITH MEMBERS

- View organization's entire member directory
- View member profiles
- Message Board and fellow members with ease
- Complete surveys, polls, all in one place!

VISIT ncaeha.wildapricot.org

*NOTE: WEBSITE DOMAIN NAME WILL REVERT BACK TO NCAEHA.ORG IN JANUARY 2020.



SAVE THE DATE

NCAEHA
WINTER EDUCATIONAL CONFERENCE

THURSDAY,
January 23, 2020

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FAIRLINGTON COMMUNITY CENTER
ARLINGTON, VA



MORE DETAILS TO COME!

