

# Health Protection

## HOLIDAY NEWSLETTER

# 2022

Volume 1, Issue 2

As we move closer to the holidays most of you will be attending many social events or gatherings with friends, colleagues and family. There are a number of precautions that you can take to reduce the risk of infection and spoiling the holidays.

- Don't go to work or send children to school, nursery or childminders if unwell. If you have had symptoms of diarrhoea and/or vomiting, do not return until you have been completely well with no symptoms for 48 hours
- Don't attend gatherings if you are feeling unwell. Flu and Covid are circulating as well as viruses causing gastroenteritis. Much better that you miss a get together than make yourself feel more unwell and potentially infect others.
- Perform regular, thorough hand hygiene. Hands should be washed before handling or eating food, after visiting the toilet, undertaking outdoor activities and whenever visibly soiled. Use running water and liquid soap. Alcohol hand gels should only be used if hands are already socially clean and **do not** get rid of germs that cause gastroenteritis.
- Keep your environment clean, particularly high touch points like toilet flush, taps and door handles. This will help prevent picking up transient organisms on hands that can then be transferred into the mouth
- Make sure that when preparing food, you do not prepare raw foods with the same utensils/chopping boards as ready to eat products and wash hands thoroughly between handling raw and cooked foods
- Make sure your vaccinations are up to date. Influenza, Covid-19 and pneumococcal vaccines are available for many people and provide protection throughout the winter.
- The immune system needs some additional support in winter months, ensure you are eating a well-balanced, vitamin rich diet, particularly vitamins C and D. Consider supplements if not sourced from your diet.



~And above all, have a very happy holidays!



### New Exclusion Policy

Keep an eye out for our updated exclusion policy that will be coming out by the end of the year. If you have not received it and think you should have please get in touch with our team on [gram.healthprotection@nhs.scot](mailto:gram.healthprotection@nhs.scot) and we will add you to the mailing list.

### In this issue:

Staying well this winter.....	1
Listeria.....	2
ID Data November.....	2
Health Protection Holiday Quiz.....	3
Film Suggestions.....	3
Quiz answers.....	4

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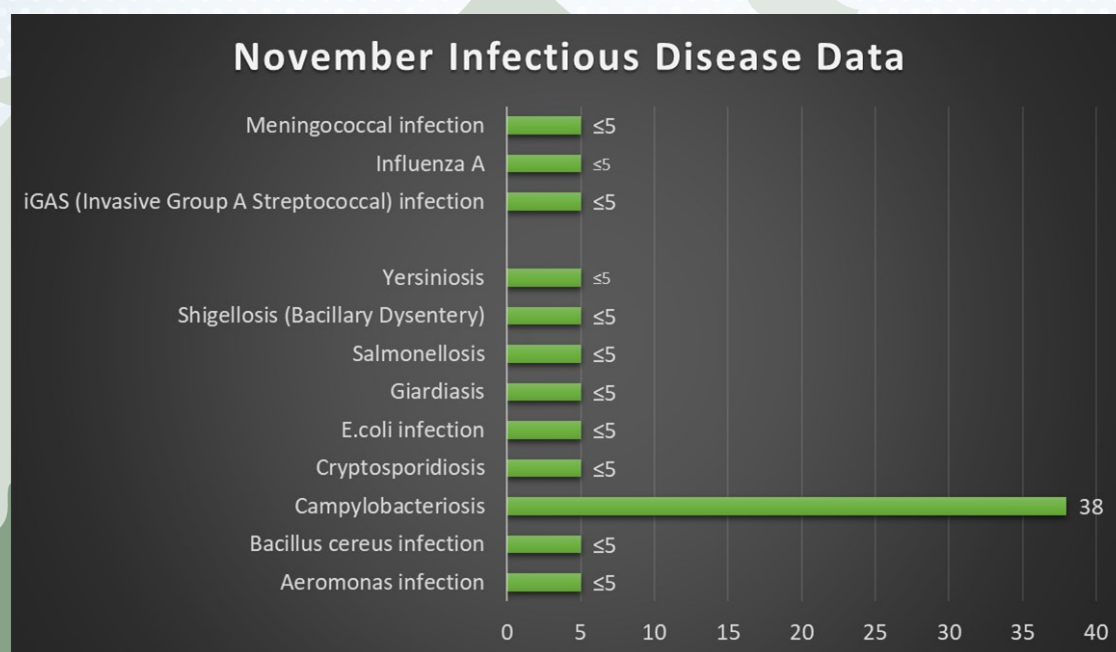
Please feel free to get in touch if you have something you would like to add to an upcoming edition!

## Listeria

Listeriosis is a rare infection caused by the bacteria *Listeria monocytogenes*. In most people, it is usually either unnoticed or may cause very mild gastrointestinal illness such as diarrhoea, nausea, chills, aches and pain, fever. These symptoms usually pass within 3 days.

However, some people are at higher risk of serious complications, including; pregnant people, new-born babies, people over 65 years of age, people with a condition or treatment that weakens their immune system such as cancer, liver disease or kidney disease, chemotherapy or steroid tablets, people with diabetes who are unable to keep their blood sugar level down even with treatment (uncontrolled diabetes). Furthermore, these people are at risk of serious and life-threatening complications such as sepsis or meningitis. Almost all cases of Listeriosis in NHS Grampian over the past 10 years have been found in high-risk people.

Therefore, people in these categories are advised to avoid high risk foods such as; cooking or freezing food after its use-by date, uncooked soft cheeses including brie and camembert (unless thoroughly cooked); pâté, including vegetable pâté, unpasteurised milk or dairy products, any undercooked food and smoked fish products that have not been thoroughly cooked. Pregnant people should also avoid close contact with farm animals that are giving birth or have recently given birth.



**Health Protection Holiday Quiz on next page,  
answers are on the back. No Cheating**





## Health Protection Holiday Quiz!

What temperature should turkey breast and thigh register when fully cooked?

- ☐ 54C breast; 54C thigh
- ☐ 75C or above in thickest part
- ☐ 70C breast; 65C thigh

Should you wash your turkey off before roasting it?

- ☐ Yes
- ☐ No

Cross contamination and food safety is only a concern where raw meat is involved?

- ☐ True
- ☐ False

If buying a frozen turkey it will take me how long to defrost it fully?

- ☐ 10 Hours
- ☐ 24 Hours
- ☐ 48 Hours

I bought too much smoked salmon it's fine for me to freeze it right?

- ☐ True
- ☐ False

## Some fun stuff!

**Holiday movie suggestions from our resident cinephile!**

***Brief Encounter, 1945*** - Directed by David Lean

***The Shop Around the Corner, 1940*** - Starring Margaret Sullavan and James Stewart

***Ikiru, 1952*** - Directed by Akira Kurosawa (had an English remake this year called *Living* the original is still my favourite)

***Tokyo Godfathers, 2003*** - Directed by Satoshi Kon

## Health Protection Holiday Quiz!

- \* **75C or above in the thickest part of the turkey** if using an instant read thermometer, if you do not have one at your disposal check your bird is steaming hot all the way through. Cut into the thickest part of the bird to check that none of the meat is pink and ensure that the juices which run out are clear. For more info: <https://www.foodstandards.gov.scot/consumers/food-safety/at-home/turkey-cooking-guide>
- \* **No don't wash your turkey.** Washing raw turkey is unnecessary and can spread germs. Harmful bacteria can easily splash from raw meat and poultry onto worktops, chopping boards, dishes and utensils. Germs that cause food poisoning can also linger for days in the sink. Up to 80% of people significantly increase the risk of food poisoning by washing their turkeys before cooking them.
- \* **False Food safety at Christmas is not just about turkeys.** Most people are aware of the importance of handling poultry safely, but many don't consider the risk of food poisoning from vegetables. Remember that it's important to peel your vegetables as necessary, because soil can sometimes carry harmful bacteria. Although many food producers have good systems in place to clean vegetables, the risk can never be entirely eliminated. Washing with rubbing and movement will help to remove bacteria from the surface of fruit and vegetables. Try to wash the least spoiled items first and give each of them a final rinse. Brushing off dry soil before washing may help reduce the amount of washing required to clean the vegetables thoroughly.
- \* **Up to 48 hours:** If you buy a frozen turkey, make sure that the turkey is fully defrosted before cooking it. It can take as long as 48-hours for a large turkey to thaw. When you start defrosting, put the turkey in a large covered dish at the bottom of the fridge. Avoid touching other foods and ensure the dish is large enough to collect any liquid, so it doesn't contaminate other foods.
- \* **False:** Always check the package to see if something is okay to be frozen. Smoked salmon can contain listeria, while it is not likely to harm you prior to its best by date, freezing will slow down the bacteria that keep listeria in check and will allow listeria to grow making it potentially harmful when defrosted.

