

**HOME CANNING SAFETY****INSIDE THIS ISSUE:****HUMAN  
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OF INTEREST:**

- Even a small taste of food tainted with botulism can be deadly.

Many of us enjoy gardening because of the delicious fruits and vegetables we can harvest. Canning is a good way to preserve and enjoy this harvest year-round. However, if proper canning techniques are not used, home-canned goods can be deadly. Learning proper canning methods is vital in order to keep your family safe.

***Botulism***

Botulism is a rare but potentially fatal type of food poisoning that can be caused by improperly canned food. The bacteria that causes botulism is found in soil. It can grow and produce a toxin in canned goods. This toxin can cause paralysis and even death. Even a small taste of food contaminated with this bacteria can be deadly.

***Symptoms of Botulism***

If someone you know has symptoms of foodborne botulism, seek medical attention immediately.

- Double vision

- Blurred vision
- Drooping eyelids
- Slurred speech
- Difficulty swallowing
- Thick-feeling tongue
- Dry mouth
- Muscle weakness

Bacteria, yeasts, and molds are difficult to remove from food surfaces. Washing reduces their numbers only slightly. Peeling root crops as well as underground stem crops and tomatoes can reduce the number of these organisms. The most important steps are to follow canning methods and processing times, as recommended in the *USDA's Complete Guide to Home Canning*, which can be found at:

<http://www.healthycanning.com/wp-content/uploads/USDA-Complete-Guide-to-Home-Canning-2015-revision.pdf>



## HUMAN TRAFFICKING

Human Trafficking is a form of modern-day slavery in which traffickers use force, fraud, or coercion to control victims for the purpose of engaging in commercial sex acts or labor services against their will. Human trafficking affects individuals across the world, including here in the United States, and is commonly regarded as one of the most pressing human rights issues of our time. Human trafficking affects every community in the United States regardless of age, gender, ethnicity, and socioeconomic backgrounds.

Every year, human traffickers generate billions of dollars in profits by victimizing millions of people in the United States and around the world. Traffickers are estimated to exploit 20.9 million victims, with an estimated 1.5 million victims in North America, the European Union, and other developed countries combined. Despite growing awareness about this crime, human trafficking continues to go underreported due to its covert nature, misconceptions about its definition, and lack of awareness about its indicators.

### ***Who are the targeted victims?***

Human traffickers target the world's poorest and most vulnerable people. False promises of lucrative jobs, stability, education, income or romance lure in potential victims. Victims also have varied levels of education, socioeconomic, ethnic, and religious backgrounds, and are men, women, adults, children, and even newly born children.

Common methods used to traffic humans include forms of deception like:

- Seduction and romance
- False job advertisements
- Lies about educational or travel opportunities
- Abduction
- Sale by family
- Recruitment through former slaves

### ***Some ways to prevent your child from being a targeted victim:***

- Recruiters frequent malls, movie theaters, bowling alleys, parks, typical teen hang out areas, and around school grounds. Make sure your children are supervised and not alone when in these areas.
- Recruiters are always looking for girls who are alone or isolated; if your child is with a group, she is much less likely to be targeted.
- Make sure your child is not alone when they are going to or from school or other activities.
- Check your child's emails, social media, and internet activities. Many recruiters will build a relationship with children through the internet over time in order to gain their trust.
- Know where your child is at all times. It may be annoying to your child, but it also could mean saving their life.
- Adding a GPS tracker to your child's phone is a great form of protection as it allows you to find out exactly where your child is at any time.
- Have a code word or phrase. For example, saying "I'm fine" means "Not okay! I need help" This way, if they are in the hand of an abductor they can text you this code without raising the suspicion of the abductor or recruiter.
- Use the percentage sign or some unique symbol that will allow your child to text you one quick symbol to tell you they are in trouble.
- Ethical modeling agencies do not typically solicit girls who are alone. Thoroughly screen any solicitation for your child to model or to go somewhere with someone.
- It is a difficult discussion to have, especially with junior high age children, but 8 to 14 year-olds are the primary targets of recruiters. Children really need to be coached on how to respond to that type of threat if it happens to them.
- Most importantly, get involved in your child's life and be their parent, not their buddy. They may resist, but it is our job as parents to protect our children from the predators that seek to destroy their lives.

## RABIES AND BATS

Although most bats do not carry rabies, bites from bats are the main source of rabies in humans in the U.S. today. For this reason, any encounter with a bat must be considered for a possible rabies transmission. The only way to confirm a case of rabies is through laboratory testing. Simply observing an animal is not enough. However, a bat that is active by day, found in an unusual place, or not able to fly is more likely to carry rabies than bats that are not acting unusual.

Bats with rabies are easy to approach, but you should NEVER handle a bat. If bitten by a bat or if you come in contact with saliva and it gets into nose, mouth, eyes, or wounds, then it is recommended that you wash the area thoroughly and seek IMMEDIATE medical attention.

If possible, the bat should be captured and sent to a laboratory for rabies testing. Most of the time people know when they have been bitten by a bat, but because a bat's teeth are small, it is possible to not know that you've been bitten. There are instances when a person should seek medical advice even in the absence of an obvious bite wound. Below are some examples:

- If a person awakens and finds a bat in the room

- If a bat is found in the room of an unattended child
- If a bat is seen near a mentally impaired or intoxicated person

In these instances, he/she should seek medical advice and the bat should be sent for testing.

Following an exposure to rabies, there is a short window of time (usually days) in which the patient can receive shots to prevent them from developing the disease. Once symptoms begin, the outcome is almost always death.

### ***Actions Following Exposure***

- Identify and confine the biting animal for rabies testing.
- Wash the wound immediately with soap and water for 10 to 15 minutes.
- Call your physician to see if you are up-to-date on tetanus immunizations, or any other necessary medical assistance.
- Call the Shelby County Health Department if you have questions or need guidance at 573-633-2353.



If you find a bat in an unusual location, or during daylight hours, it is possible that it has rabies.

**According to the Missouri Department of Health and Human Services, bats are the main source of rabies in the United States today.**



After exposure to rabies, there is only a short window of time in which a person can get a series of shots to prevent them from developing rabies.

Shelby County Health Department  
700 E. Main St  
Shelbyville, MO 63469  
Phone: 573-633-2353  
Fax: 573-633-2323

For more info go to:

[www.cdc.gov](http://www.cdc.gov)

[http://nchfp.uga.edu/publications/publications\\_usda.html](http://nchfp.uga.edu/publications/publications_usda.html)

[www.health.mo.gov](http://www.health.mo.gov)

<https://humantraffickinghotline.org/state/missouri>

**W E H A V E Y O U R B E S T I N T E R E S T A T H E A R T .**

## **RECIPE OF THE MONTH**

### **Party Beans**

#### *Ingredients:*

- 1 lb sliced bacon
- 1-1/2 lbs ground beef
- 1 can baked beans with pork
- 1 can white beans, drained
- 1 can butter beans, drained
- 1 cup packed brown sugar
- 1 cup BBQ sauce
- 1 envelope dry onion soup mix

#### *Directions:*

Preheat oven to 350°F. In large skil-

let, over medium heat, cook bacon until crisp. Drain, crumble, and set aside. In same skillet, cook and crumble ground beef, drain. In a large deep casserole dish or Dutch oven, combine bacon, beef, and beans. Stir in brown sugar, BBQ sauce, and onion soup mix until well blended. Bake, uncovered, for 1 hour in preheated oven.

