

# Ohio Association of Emergency Medical Services ENEWS

HONOR SERVE EDUCATE

Included in this issue: Upcoming Conferences; Did you know?  
and board members contact information

## UPCOMING CONFERENCES

**Accepted payment methods:** Credit card, check, on the website [oaems.org](http://oaems.org),  
Call 937-726-0839, money order, purchase order, cash.

**Registration options:** Call 937-726-0839, On-line [oaems.org](http://oaems.org), mail- in, walk-in.  
Virtual classes available: See website [oaems.org](http://oaems.org)

### Winter 2025

**Jan. 24-25**

**Mt. Vernon, Ohio**

**Holiday Inn Express**

**11555 Upper Gilcrest Rd.**

**Mt. Vernon \$107/night plus tax**

**Call 740-392-1900 and state OAEMS**

**CEU's will include Geriatric, Pediatrics, Trauma, Cardiac and general subjects**

### Friday, Jan. 24

**1900-2100 Death Notification: What to do when there is nothing else we can do.**

### Sat. Jan 25

**0800-1700 TBA when speakers have been confirmed**

**1200-1300 Lunch and business meeting**

**1645-1700 Membership meeting**

### Sun. Jan 26

**0900-1130 TBA when speakers have been confirmed**

### Spring 2025

**Anticipated in April**

**In Columbus**

**At Drury Inn& Suites**

**Summer 2025**  
**Details to come**  
**Ideas? Want to help? See a board member**

**DID YOU KNOW?**

**About Four Steps to Food Safety**

At a glance

- Following four simple steps at home can help protect you and your loved ones from food poisoning.
- Prevent food poisoning - Clean, Separate, Cook, and Chill.



Prevention steps and strategies

Clean: wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.  
Wash your hands for at least 20 seconds with soap and warm or cold water before, during, and after preparing food and before eating.
  - Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.

Separate: don't cross-contaminate.

- Raw meat, chicken and other poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
  - Store raw meat, poultry, and seafood in sealed containers or wrap them securely so the juices don't leak onto other foods.

- Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.
- Raw chicken is ready to cook and doesn't need to be washed first. Washing these foods can spread germs to other foods, the sink, and the counter and make you sick.
  - If you choose to wash chicken, do so as safely as possible (see steps found at <https://www.cdc.gov/Chicken and Food Poisoning | Food Safety | CDC>).

Cook to the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
  - The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood).
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Learn how to place thermometer correctly (<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/kitchen-thermometer>) in different food to get an accurate reading.
  - Whole cuts of beef, veal, lamb, and pork, including fresh ham: 145°F (then allow the meat to rest for 3 minutes before carving or eating)
  - Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork
  - Ground meats, such as beef and pork: 160°F
  - All poultry, including ground chicken and turkey: 165°F
  - Leftovers and casseroles: 165°F
  - Check this chart for a detailed list of temperatures and foods [See below \(\\*\)](#), including shellfish and precooked ham.
- Microwave food thoroughly: Follow recommended cooking and standing times. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.
  - Know your microwave wattage. Check inside the door, owner's manual, or manufacturer's website. If your microwave is high wattage (800 watts or more), use the minimum cooking time recommended. If it is low wattage (300–500 watts), use the maximum cooking time recommended.
  - When reheating, use a food thermometer to make sure that microwaved food reaches 165°F.

Chill: refrigerate promptly.

- Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F).
- Keep your refrigerator at 40°F or below and your freezer at 0°F or below, and know when to throw food out before it spoils( [Cold Food Storage Chart | FoodSafety.gov](#)). If your refrigerator doesn't have a built-in thermometer, keep an appliance thermometer inside it to check the temperature.
- Package warm or hot food into several clean, shallow containers and then refrigerate. It is okay to put small portions of hot food in the refrigerator since they will chill faster.

- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic, refrigerate it within 1 hour.
- Thaw frozen food safely in the refrigerator, in cold water ([https://www.fsis.usda.gov/The Big Thaw — Safe Defrosting Methods](https://www.fsis.usda.gov/The_Big_Thaw_-_Safe_Defrosting_Methods) | [Food Safety and Inspection Service](#)), or in the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

### (\* ) Cook to a Safe Minimum Internal Temperature

Follow the guidelines below for how to cook raw meat, poultry, seafood, and other foods to a safe minimum internal temperature. Always use a food thermometer to check whether meat has reached a safe minimum internal temperature that is hot enough to kill harmful germs that cause food poisoning.

Some meats also need rest time after cooking. Rest time is important for certain meats because it allows the innermost parts and juices of the meats to become fully and safely cooked.

### Safe Minimum Internal Temperature Chart for Cooking

Food	Type	Internal Temperature (°F/°C)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F (63°C) <b>Rest time: 3 minutes</b>
	Ground meat and sausage	160°F (71°C)
Casseroles	Meat and meatless	165°F (74°C)
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and <a href="#">stuffing</a> inside poultry.  See USDA's <a href="#">Turkey Thawing Calculator</a> and <a href="#">Turkey Cooking Calculator</a> .	165°F (74°C)
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F (71°C)
	Casseroles (containing meat and poultry)	165°F (74°C)
Ham	Raw ham	145°F (63°C) <b>Rest time: 3 minutes</b>
	Precooked ham (to reheat)	165°F (74°C) <b>Note:</b> Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C)
Leftovers	Any type	165°F (74°C)
Pork	Steaks, roasts, chops	145°F (63°C) <b>Rest time: 3 minutes</b>

Food	Type	Internal Temperature (°F/°C)
	Ground meat and sausage	160°F (71°C)
Rabbit and venison	Wild or farm-raised	160°F (71°C)
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145°F (63°C) or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

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<https://www.cdc.gov/Food-Safety/index.html>; [Food Safety | Food Safety | CDC](#)

### **BOARD MEMBERS CONTACT INFORMATION**

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