



Randolph Public Health



*Public Health is Prevention and Protection through
education and enforcement*

Randolph Public Health in 3 Categories

- Environmental Health



- Community Health



- Emergency Preparedness



FluFacts
What you need to know

Lower your chances of getting or spreading the flu:

- Get a seasonal flu shot.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Wash your hands often with soap and warm water, or use an alcohol-based hand gel.
- Stay home if you are sick.

For more information, please visit:
www.mass.gov/flu

Massachusetts Department of Public Health

Board of Health

Members

- Dr. David Kaplan,
MPH, PhD, CHO
Chairman
 - Barbara Mahoney, RN
 - Esther Muhammad,
RN
 - Dov Yoffee, RN
 - Peggy Montlouis,
MBA
- Appointed by the Town Manager, the five, (5) member Randolph Board of Health acts as an advisory and oversight Board to the Randolph Public Health Department. In addition, the Board of Health is held responsible, (*under various Massachusetts General Laws*), for disease prevention and control, and health and environmental protection and promoting a healthy community. Randolph Board of Health members frequently reference Massachusetts Department of Public Health and Massachusetts Department of Environmental Protection protocols. The Randolph Board of Health develops, implements and enforces local health regulations, oversees environmental health inspections to maintain minimum standards for sanitation in housing and food service, and assures that the basic health needs of their community are being met.

Randolph Public Health Department

Town Staff

- Gerard F. Cody, REHS/RS
 - *Public Health Director*
- Maureen Disterhoft, LPN
 - *Public Health Nurse*
- Kim Fontaine
 - *Recycling Coordinator*
- Carol Cronin
 - *Principal Clerk*

Mission Statement

- Under the direction of the Randolph Board of Health, the mission of the Randolph Health Department is prevent disease and promote wellness in order to protect and improve the health and quality of life of its residents, visitors and work force. This charge is carried out by the implementation of community health disease prevention & surveillance programs, public health education outreach & empowerment programs, environmental health permit & code enforcement inspection activities and public health emergency planning efforts conducted locally and as a region.

Environmental Health

- Inspect food establishments, semi public swimming pools, camps, hotels, lodging places, Group Homes and the town skating rink.
- Respond to Nuisance complaints, (dust, noise, filthy conditions, etc..).
- Manage the collection of *Municipal Solid Waste, Hazardous Waste and Medical Waste*.
- Enforce the State Sanitary Code for dwelling units, Tobacco Control Regulations and local public health regulations.
- Monitor mosquito control activities.

Environmental Health



Environmental Permits Issued

Type of Permit	Number of Permits Issued
Food Permits (Risk Based and Temporary)	172
Swimming Pool Permits	14
Tobacco Permits	41
Camp Permits	7
Septic Systems	20
Geo Thermal Wells	35
Monitoring Wells	40
Rubbish Hauler	7
Septic Hauler	6
Lodging Permits	2

Environmental Inspections Completed

Type of Inspection	Number of Inspections Completed
Low Risk Food	58
Medium Risk Food	56 x 2 = 112
High Risk Food	7 x 3 = 21
Food Plan Review	27
State Sanitary Code Complaints	64
Tobacco Permit	41
Nuisance Complaint	84
Swimming Pool	14
Camp Inspections	7

Environmental Health – Food Safety



Environmental Health – Food Safety

Five Risk Factors from the Centers for Disease Control

1.) Personal Hygiene

2.) Food From an Approved Source

3.) Cross Contamination

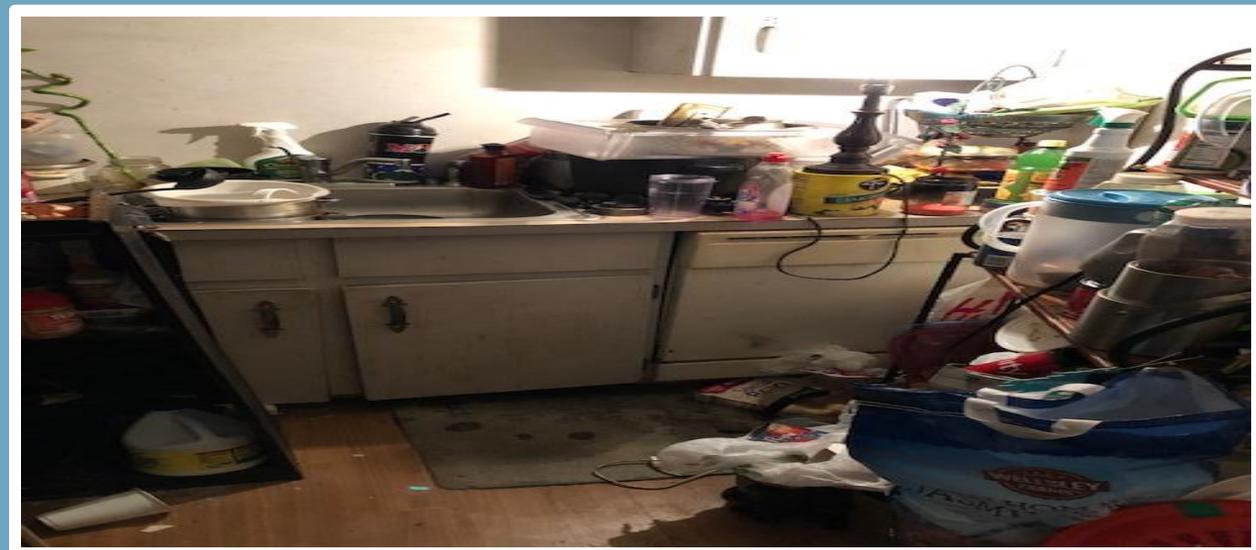
4.) Proper Holding temperatures

5.) Proper Final Cook temperatures

- Restaurants Must have a Trained Person In Charge, (PIC).
- Restaurant inspections: proper food preparation and storage, food temperatures, pest control, hand washing, clean bathrooms
- Required by law to inspect all food establishments between 2 and 3 times per year
- Investigate Food Borne Illness complaints
- Review plans for food establishments before they begin to operate.
- Provide training and act as a resource.
- US FDA guidelines state that each inspector can only perform 250 food inspections per year (that's 125 establishments X 2)

Environmental Health – State Sanitary Code

- Housing violations (*State Sanitary Code*) are very time consuming. Extreme hoarding, a mental illness, creates gruesome dangers for neighbors and emergency responders.



Environmental Health – Abandoned Housing Initiative (AHI)

- Randolph shares addresses of abandoned residential properties with the Attorney General's Office (AGO).
- The AGO then uses its investigatory tools to identify the delinquent owner.
- Once identified, the AGO attempts to contact the owner and any party with a legal interest in an attempt to reach an agreement under which the owner will complete the necessary repairs.
- Through a legal process, a Judge appoints a Receiver for the property. The Sanitary Code allows the receiver to place a lien against the property for all costs incurred during the project.
- At the conclusion of the receivership, the owner of the property may reimburse the receiver for costs and clear the lien
- While the receivership process is a code enforcement tool, the AHI program strikes a balance between private property owner's rights and the public's right to be free from dangers posed by health, safety, and building code violations.



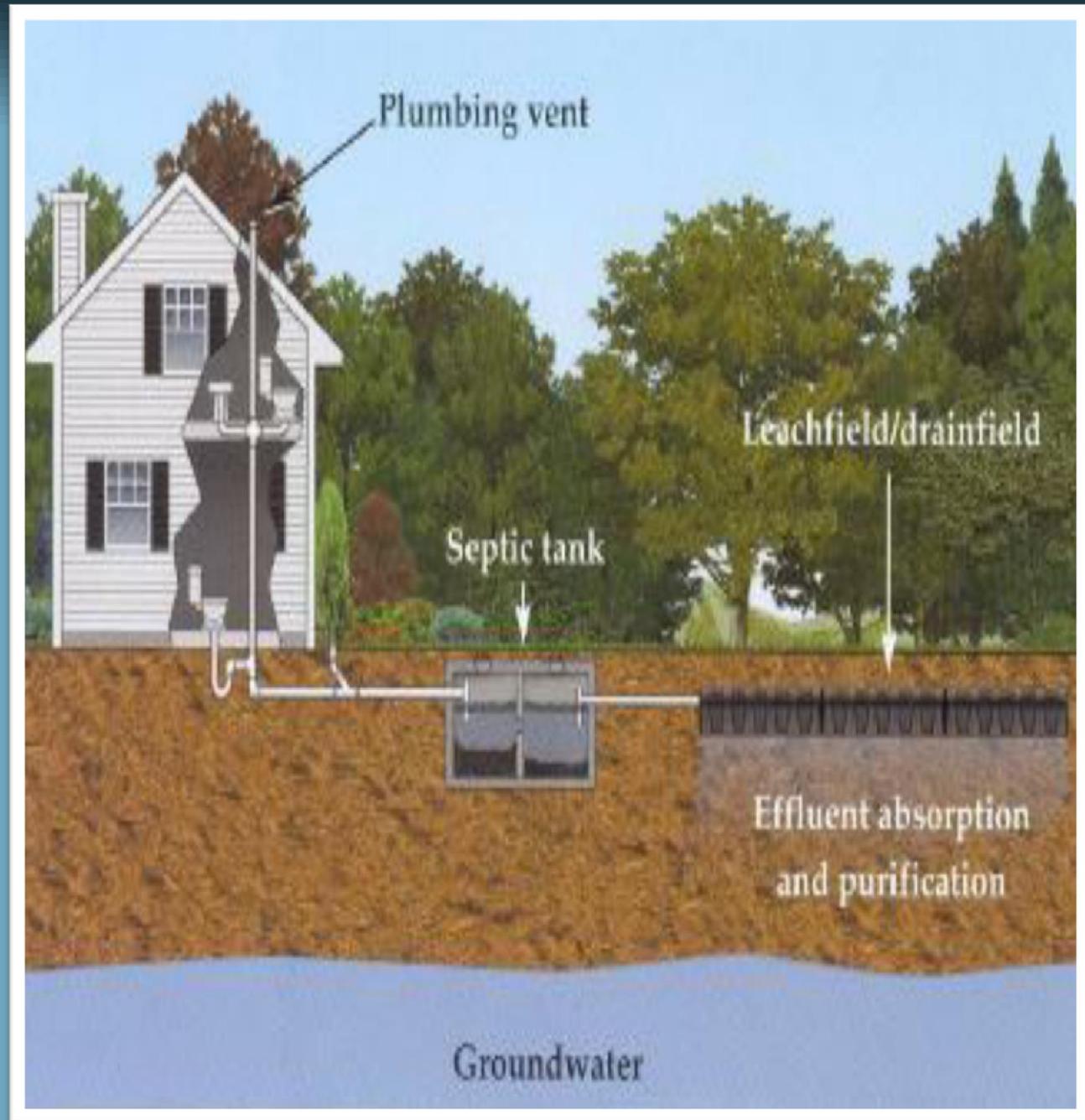
Environmental Health – Semi-Public Swimming Pools

- Each semi-public pool must be managed by a person who has completed a training course approved by MDPH and becomes a Certified Pool Operator or CPO.
- If at any time, a pool does not conform to the requirements of bacterial quality, chemical standards or water clarity, the CPO must close the pool until the pool water conforms to those standards.



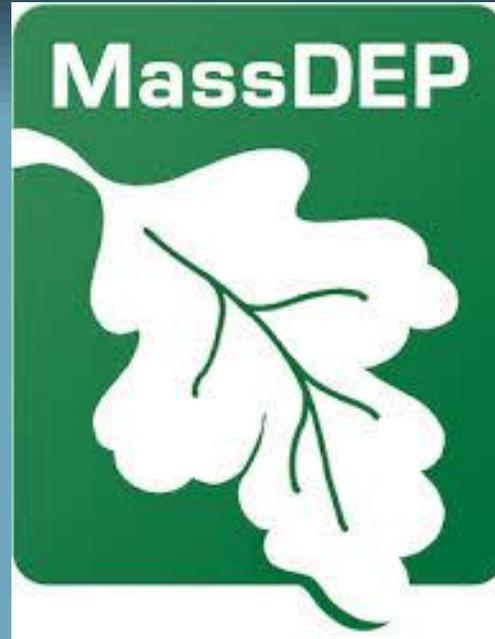
Environmental Health – Septic Systems

- Improperly installed or inspected septic system can cause groundwater and drinking water to become polluted.
- Randolph currently has twenty, (20), active Septic Systems.



Environmental Health – *Waste Management*

- Curbside Trash
- Curbside Recycling
- Curbside Yard Waste
- Universal Waste (mercury, lightbulbs, etc)
- Household Medicines & Medical Waste
- Household Hazardous Waste



Environmental Health – *Litter Prevention*

- Organizes Annual Clean up Day
- Partners with organizations such as “Keep Massachusetts Beautiful”.
- Responds to complaints about illegal dumping, abandoned properties and related concerns.



Environmental Health – Mosquito Control

THE IMPORTANCE OF PREVENTING MOSQUITO BITES

The mosquitoes in Massachusetts carry diseases such as West Nile virus (WNV) and eastern equine encephalitis (EEE).

West Nile virus (WNV) is more common and most infections do not cause any symptoms. In Randolph, the risk level is low (may occur in your area). The symptoms of a mild WNV infection include:

- fever
- headache
- body aches

Only a small number of people (fewer than 1 in 100) who get infected with WNV, usually people over the age of 50, develop a more serious sickness with symptoms that include:

- headache
- high fever
- stiff neck
- confusion
- muscle weakness
- tremors (shaking)
- convulsions
- coma
- paralysis
- swelling of the brain



Eastern equine encephalitis (EEE) is a rare but serious disease. Most cases of EEE in Massachusetts occur in the southeastern part of the state. In Randolph, the EEE infection risk level is low. Symptoms of EEE infection include:

- high fever
- stiff neck
- headache
- lack of energy
- swelling of the brain - a rare but dangerous complication that may result in coma or even death

Mosquito-proof collection barrels

It's always best to use a container made specifically for saving water, rather than buckets, garbage cans or other household containers. Rain barrels are designed to keep bugs and debris out of the water, helping to prevent mosquito



invasions, with a screen or a lid. Rain barrels can be purchased from store like a Walmart, Target, Lowes, or Home Depot, or from Amazon.

FACT SHEET

WANT MORE INFO?

To learn more about mosquito diseases: Massachusetts Department of Public Health, Division of Epidemiology and Immunization (617) 983-6800 or toll-free at (888) 658-2850 <https://www.mass.gov/mosquito-bites>

For more information on mosquito control in Randolph:

Town of Randolph
Public Health Department
41 South Main St • Randolph, MA 02368
Main Telephone: 781-961-0924
Public Health Nurse Office: 781-767-1406
www.townofrandolph.com

Norfolk County Mosquito Control
144 Production Rd, Suite C
Walpole, MA 02081
Office: (781) 762-3481
<http://www.norfolkcountymosquito.org>



TOWN OF RANDOLPH

Summer Insect Diseases:
Preventing Mosquito Bites

FACT SHEET



USING REPELLENT

REPELLENTS WITH DEET

Repellents that provide protection against mosquitoes contain DEET, permethrin, picaridin or IR3535.

DEET should not be used on infants under 2 months old. Children over 2 months old should use repellent with DEET concentrations of 30% or less. In general, the higher the concentration, the longer it lasts, but products with DEET concentrations above 30% do not provide better protection.

"NATURAL" REPELLENTS

Many of the "natural" repellents available have been tested and they do not provide the same level or length of protection as repellents with DEET or permethrin. One exception is oil of lemon eucalyptus, which has been found to provide as much protection as low concentrations of DEET.

USING REPELLENT WISELY

- Follow the instructions on the label.
- Don't use repellent under clothing.
- Don't use repellent on cuts or irritated skin.
- Apply sunscreen before repellent.
- Avoid using repellent near your mouth and eyes. Use sparingly around your ears. First spray the repellent onto your hands and then apply it to your face.
- Lightly cover your exposed skin. More product does not mean better protection.
- Do not let children handle repellent. Put some product on your hands and then apply it to the child.
- Wash your skin and clothes that had repellent on them when you come inside.

BEING BITTEN BY A MOSQUITO DOES NOT AUTOMATICALLY MEAN YOU WILL GET SICK. ONLY A SMALL NUMBER OF MOSQUITOES ARE INFECTED AT ANY GIVEN TIME.

HOWEVER, THE BEST WAY TO AVOID GETTING SICK FROM A MOSQUITO IS TO PREVENT MOSQUITO BITES.

MOSQUITOES IN RANDOLPH

TYPES OF MOSQUITOES

There are 52 different species of mosquitoes in Massachusetts. They can all potentially be found in Randolph, but only 32 different species on record have been found in traps in Randolph. Some of these species don't bite humans and/or don't carry diseases! Of the 32 species found in Randolph, about half are persistent human biters.

DISEASE TESTING

The mosquitoes in Randolph are tested for both WNV and EEE, both of which may be found in mosquitoes in our area.

NORFOLK COUNTY MOSQUITO CONTROL SERVICES

During the spring (March through May), Norfolk County Mosquito Control will check standing water on resident's property for mosquito larvae and will treat it accordingly with larvicide or remove the water.

After Memorial Day, Norfolk County Mosquito Control starts their adulticide program, where they spray insecticide from trucks to kill adult mosquitoes that are flying at the time and may carry disease. This is done after sunset each night. Randolph is done on Wednesday nights.

Norfolk County Mosquito control also takes resident requests for spraying continuously throughout the summer.

You can visit their website for more information or to place a request: <http://www.norfolkcountymosquito.org>

What is the best way to prevent mosquito bites?

- ✓ Use mosquito repellent any time you are outdoors, even if it's only for a short time. Follow directions on the label.
- ✓ Be aware of peak mosquito hours (dusk to dawn for many mosquito species). Take extra care during these hours to use repellent or use protective clothing or consider staying indoors during these times.
- ✓ Be aware of mosquitoes around you. If you are getting bit, re-apply repellent or go indoors.
- ✓ Use mosquito netting on baby strollers or playpens when your infant or toddler is outdoors.
- ✓ Weather permitting, wear long-sleeves, pants and socks when outdoors.
- ✓ Make sure the screens in your home are tightly attached to doors and windows and do not have any holes.
- ✓ Do not let water collect around your home. Typically, mosquitoes can begin to grow in standing water that lasts more than 4 days. However, the warmer it is, the faster they develop. Remove any standing water from places that collect water such as:
 - ditches
 - gutters
 - wheel barrows
 - wading pools
- ✓ Avoid camping near freshwater swamps. If you go camping, use a tent with mosquito netting and use repellent.

- Norfolk Mosquito Control, MDPH and the tests mosquitoes and monitors for the presence of West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE)
- EEE is a rare but serious virus spread by mosquitoes
- MDPH conducts aerial spraying

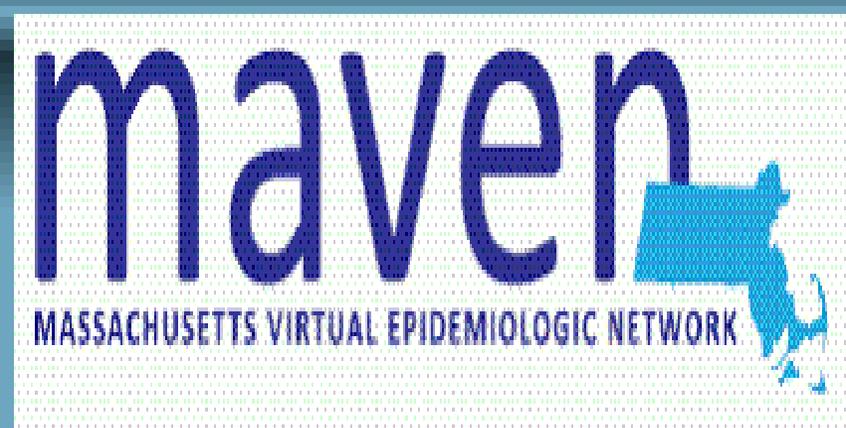
- The Randolph Health Department can provide you with education to protect yourself against mosquito-borne diseases





150 YEARS
OF ADVANCING
PUBLIC
HEALTH

Community Health

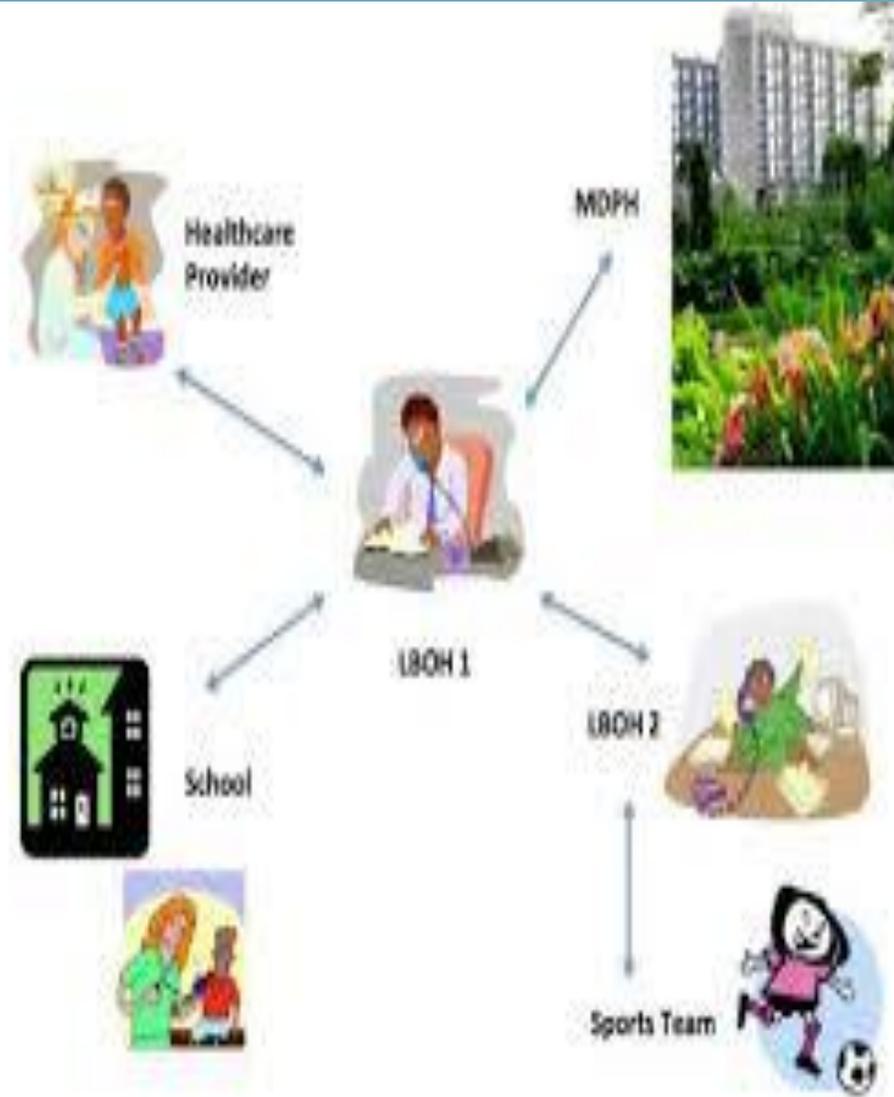


- Prevent, monitor and control communicable infectious diseases (*meningitis, flu, hepatitis*)
- Work with day care centers, nursing homes, medical offices, school nurses and municipal and state authorities to prevent and control outbreaks
- Document and report trends: *West Nile, TB, whooping cough, chicken pox, measles*



Community Health

Top 5 Infectious Diseases in Randolph from 2008 to 2018



# Cases	Disease Name	Source of Disease	Public Health Prevention Programs
754	LTBI	<i>Bacteria, Latent infectious Tuberculosis</i>	MAVEN
644	Influenza	Respiratory Illness Caused by a <i>Virus</i>	Flu Clinic
232	Hepatitis C	A <i>Virus</i> that attacks the liver. (HCV). Chronic, lasts long time. Bodily fluid and blood.	MAVEN
126	Hepatitis B	A <i>Virus</i> that attacks the liver. (HBV). Common and can be lifelong. Bodily fluid and blood.	MAVEN
70	Salmonellosis	<i>Bacteria</i> called Salmonella, found in uncooked foods, (eggs, meat, chicken and turkey). Can be found in reptiles.	MAVEN Food Inspection Program

Community Health – Needs Assessment Project

Randolph has partnered with *the Metropolitan Area Planning Council (MAPC)* to conduct a Community Survey about Health. Some of the major findings were:

- **Transportation**: there is a burden locally by the volume of traffic.
- **Housing**: Cost of housing has significantly increased.
- **Health Care**: Interest in attracting a Primary Care services to the community rather than traveling out of town.

Next steps: apply for the MAPC implementation grant in February 2020.



Emergency Preparedness

- Local Planning with Fire, Police, Town Administration, DPW, Human Services and other town departments.
- Regional Planning with 24 cities and towns, Region 5C

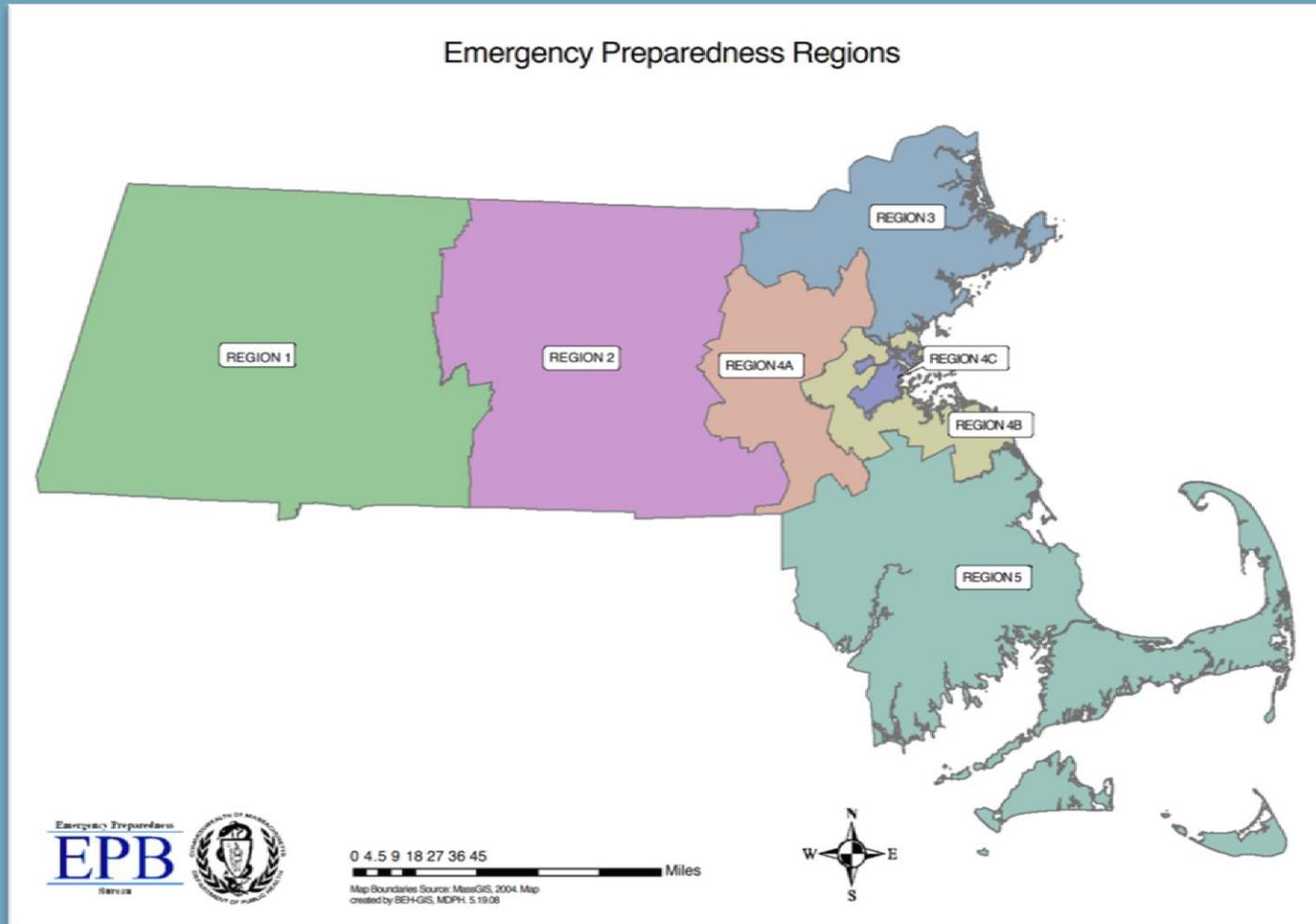


Emergency Preparedness (cont'd)

- Officials have adopted an “*all hazards*” approach to prepare for natural and man-made disasters.
- Public health and Public safety agencies all work together.
- Coordinate local emergency plans: shelter, telephone call in lines, mass immunizations



Emergency Preparedness – Public Health



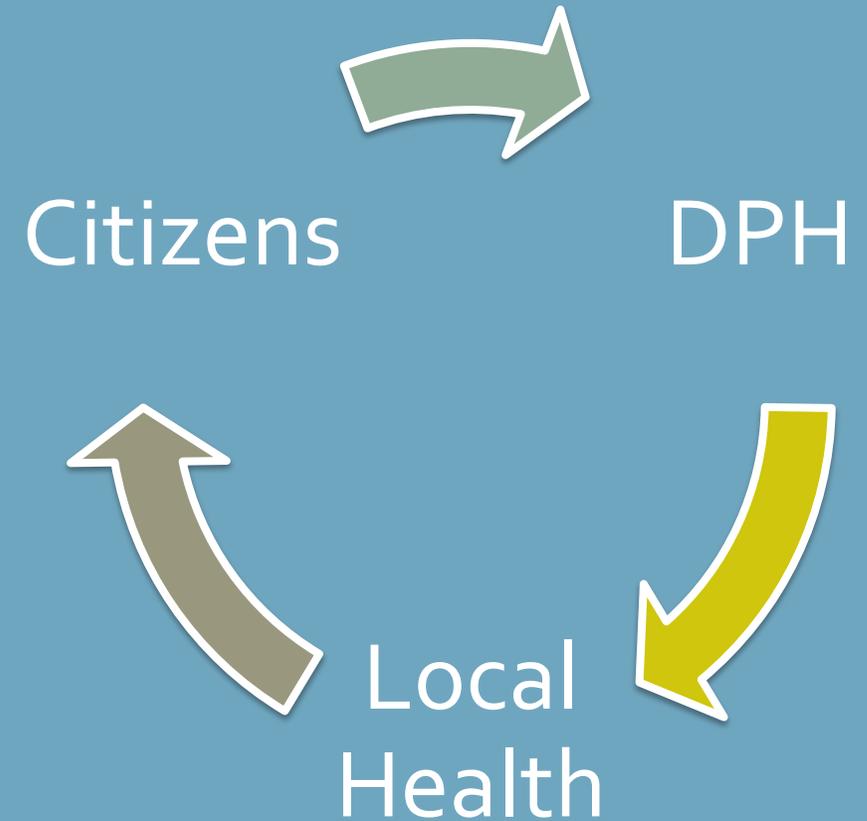
OFFICE OF
PREPAREDNESS
AND EMERGENCY
MANAGEMENT

Emergency Preparedness – Region 5C

- Abington
- Avon
- Bridgewater
- Brockton
- Carver
- Duxbury
- East Bridgewater
- Halifax
- Hanson
- Holbrook
- Kingston
- Marion
- Marshfield
- Mattapoisett
- Middleborough
- Pembroke
- Plymouth
- Plympton
- ***Randolph***
- Rochester
- Rockland
- Wareham
- West Bridgewater
- Whitman

Communication Networks

- Homeland Health Alert Network
- Food Recalls
- Infectious Outbreaks
- Vaccine Updates



Region 5c and MRC Exercise on Saturday 10/19/2019



Public Health Review

- Prevents outbreaks of disease, food poisoning, other diseases.
- Enforces the State Sanitary Code and Investigates Nuisance Complaints.
- Increases life span by promoting healthy behaviors
- Partners with Police, Fire, DPW, Schools and Town Administrators during emergency situations, especially during the recovery process.
- Public Health works to keep our community safe from disease and is an essential service to the Town of Randolph.