I am proud to announce my daughter, Krystina Hudnall, completed her degree in nursing. She has accepted a position and will begin her nursing career on the Telemetry Unit at Methodist Hospital in Henderson.

~ Teresa Conrad ~

Thank you to all CAP staff that work so hard. Taking care of the community is hard work, but our communities need us now more than ever!

~ Suzanne Craig ~

Thank you to Daviess County housekeeping, Donna Fleming and Helen Cline for helping DC-CAP to regularly remove disposable insulin coolers and for cleaning our building.

~ Suzanne Craig ~

GRDHD give a big shout out to welcome Ricardo Emanuel, son of Marcela Rivera. Ricardo, born on May 12, 2020 at 6:54 am, weighed 8lbs and 9oz and 21 1/2 inches. The Rivera family is thankful all went well in Marcela’s natural labor during this pandemic.

Thank you to All Daviess County Clinic staff for all the hard work during the COVID-19 pandemic, and thanks for keeping the clinic and needle exchange running smoothly during these difficult times.

~ Linda Hughes & Lynsdey Hagan ~

Thank you to Daviess County housekeeping, Donna Fleming and Helen Cline for helping DC-CAP to regularly remove disposable insulin coolers and for cleaning our building.

~ Suzanne Craig ~

CAP and Insulin

Pictured, Suzanne Craig. Supervisor over CAP says, “Do you know CAP as a whole has gotten $2.6 million dollars of insulin for our communities during the pandemic (March -May)? This picture shows the insulin that came in on one day.”

If you know someone that needs help with their medication or insulin during this difficult time, tell them to call the direct number to CAP is 270-852-2904. We will connect each patient to the county closest to them.
The Green River District Health Department has hosted drive-in testing for COVID-19, first at the Owensboro Community Technical College, now testing at each of our 7 county clinics.

GRDHD has been conducting ‘contact tracing’ on all positive cases reported to GRDHD. Contact tracing is effective in flattening the curve by having individuals to isolate after being informed that they have been exposed to COVID-19.

Pictured: Meredith Griggs, Angel Thompson, Irma Briones, Marilu Adams, Jane Sandefur, Laura Brown, Kim Powell, Julie Britt, and Teresa Conrad

Have I Been Cleaning All Wrong?
Many household disinfectants promise to kill 99.9 percent of germs, but some of us might be cleaning too swiftly to let them do their job. Ever since the coronavirus became a threat, many of us are doing a lot more cleaning at home, spraying and wiping pretty much everything in sight, especially high-touch surfaces like door knobs and faucet handles. But many of us are used to giving a surface a quick spray, followed by a wipe or two, which may not allow enough time for the product to work. Disinfectant wipes and spray cleaners have different instructions on their labels for how long a cleaner should stay on a surface to effectively kill germs, ranging from 30 seconds to four minutes or even as long as 10 minutes. What’s more, some labels recommend cleaning before using a disinfectant.

So what’s the right way to clean? According to infectious disease scientists and microbiologists who study and test cleaning products, the bottom line: Whether you’re worried about coronavirus or other germs that lurk in our homes, many of us are cleaning too fast for the disinfectant to do its job.

How long does a disinfectant need to stay on a surface in order to kill germs? If applying a spray product, wait roughly one minute before wiping. To find out how long the recommended time is for a specific product, check the label. The guidance could range from 30 seconds to several minutes of contact time before you wipe. Note that some products may claim to sanitize, which means they reduce the level of certain bacteria, but not viruses. A disinfectant claim means the product destroys or inactivates both the bacteria and viruses noted on the label.

What’s the best cleaner to get rid of coronavirus?
Product labels will say specifically what types of bacteria and viruses have been tested. But because SARS-CoV-2, the virus that causes Covid-19, is so new, most cleaning products haven’t been tested against it. The good news is that the new coronavirus is actually much easier to kill than many of the organisms previously studied. So it is likely that even if you haven’t been following the contact time recommendations for disinfectants, you have probably been killing the virus. But you need to follow label direction to tackle harder-to-kill germs like E. coli, salmonella or staph.

“It’s important to note that these recommendations are generic and typically based on how long it takes to kill bacteria — for example, Staph and Strep, which are much harder to kill than a virus like SARS-CoV-2,” said Dr. Daniel R. Kuritzkes, chief of the division of infectious diseases at Brigham and Women’s Hospital and professor at Harvard Medical School. “Shorter times of exposure are most likely still quite effective to prevent Covid-19.” For more information: https://nyti.ms/3fIkFow
Making Produce Last Longer
By: Melissa Dorsey, RD, LD

If you have been trying to reduce your number of trips to the store, but find keeping your produce fresh a challenge, here are some quick tips to try implementing to reduce wasted time and food:

1. **Check storage temperature. Some produce items fare better in your refrigerator, while others should be kept out.**

   **Refrigerate:** cantaloupe, honeydew, apples, apricots, plums, lettuce, cauliflower, broccoli, cucumber, brussel sprouts, green beans, berries, mushrooms, celery

   **Keep on counter:** peaches, nectarines, avocado, bananas, citrus fruits, tomatoes.

   *Always refrigerate cut or peeled produce. To increase storage time, wait until you are ready to consume the items before washing and cutting/peeling.*

2. **Some fruits emit ethylene gas, a ripening agent that can speed up the decay of more sensitive foods. Keep foods in the “gas emitting” group stored away from “gas sensitive” foods to prolong their life:**

   **Gas Emitters:** apples, apricots, cantaloupe, honeydew, kiwi, plums, avocados, unripe bananas, peaches, tomatoes

   **Gas Sensitive foods:** ripe bananas, broccoli, cauliflower, brussels sprouts, carrots, cabbage, cucumbers, lettuce, eggplant, peas, peppers, squash, sweet potatoes, watermelon

3. **Use bruised/cut produce first. If you notice a bruise forming on an item, try to prioritize using that item after cutting the affected portion off.**

   **1. Buy frozen fruits and vegetables for out of season items:**
   The frozen options are often cheaper (if the item is not in season or not grown in your area), and can also be more nutritious than fresh versions! This is because they are frozen immediately after harvest, preventing the nutrient loss that can occur during long transit/storage times. Use this knowledge to help ensure you always have fruits and vegetables on hand.

   **2. Try pickling, dehydrating, canning, or other preservation methods to prolong the life of an item you know you can’t eat fast enough.**


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June is Post-traumatic stress disorder (PTSD) Awareness Month

PTSD is a mental health disorder that begins after a traumatic event. That event may involve a real or perceived threat of injury or death. This can include:

- A natural disaster such as earthquake or tornado
- Military combat
- Physical or sexual assault or abuse
- An accident

People with PTSD feel a heightened sense of danger. Their natural fight-or-flight response is altered, causing them to feel stressed or fearful, even when they are safe. PTSD can happen to anyone at any age. It occurs as a response to chemical and neuronal changes in the brain after exposure to threatening events. Having PTSD doesn’t mean you’re flawed or weak. It can disrupt your normal activities and your ability to function. Words, sounds, or situations that remind you of trauma can trigger your symptoms.

According to the American Psychiatric Association (APA), women are twice as likely as men to get PTSD, and the symptoms manifest slightly differently.

**Women may feel more:**
- Anxious and depressed
- Numb, with no emotions
- Easily startled
- Sensitive to reminders of the trauma

**Men may feel:**
- re-experiencing
- avoidance
- cognitive and mood issues
- arousal concerns