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UNIVERSITY OF MARYLAND EXTENSION

Prince George's County

July 2020

Your Monthly News & Updates



Greetings!



@UMEPGC

Preparing for Re-Opening: Stagnant Water & Health Risks

With Buildings Preparing to Reopen, It's Time to Think About Stagnant Water and Health Risks

Building closures during a pandemic reduce water use, leading to stagnant water inside plumbing. This water may be unsafe to drink or for other personal or commercial purposes. CDC and EPA recommend that building managers and owners become informed and take necessary steps to flush the building plumbing before reopening.



What do we do when reopening our building?

1. Flush plumbing with fresh water to remove stagnant water and associated contaminants.
2. Plan a systematic approach to ensure all contaminants are removed from the intricate piping infrastructure, and varied fixture types*.
3. Follow guidelines from CDC, EPA and your state and local health departments. This is essential!

*The degree to which flushing helps reduce contaminant levels can vary depending upon the age, condition and type of plumbing and the corrosiveness of the water.

With many buildings preparing to reopen their doors, the Maryland Department of Health, University of Maryland Extension, University of Maryland School of Public Health, and Maryland Department of the Environment have come up with tips and resources in regard to stagnant water.

For more information, please see the [tips and resources sheet](#).

Food Safety During A Power Outage

FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE PLAN AHEAD (IF YOU CAN) ...

- Put appliance thermometers in your refrigerator and freezer.
- Keep freezer 0°F or below
- Refrigerator 40°F or below
- Freeze containers of water and gel packs to help keep food cold if the power goes out.
- Group foods together in the freezer to help food stay colder longer.
- Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.
- If you think power will be out for an extended period of time, buy dry or block ice to keep the fridge or freezer cold.
- Store nonperishable foods on higher shelves to avoid flood water.

DURING WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to maintain cold temperature.

IF DOORS STAY CLOSED ...

- ... a full freezer will hold its temperature for **48 HOURS** if half-full
- ... a fridge will keep food safe for **4 HOURS**

AFTER ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!

Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

Never taste food to determine its safety!

WHAT CAN I KEEP?

The following foods are safe if held above 40°F for more than 2 hours:

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, relish, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and Hoisin sauces
- Peanut butter
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods (waffles, pancakes, bagels)
- Fruit pies
- Fresh mushrooms, herbs, and spices
- Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?

- Meat, poultry or seafood products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Eggs and egg products
- Dough, cooked pasta
- Cooked or cut produce

REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.

AFTER A FLOOD

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

SANITIZE 1 tbsp. bleach + 1 gallon water

- Pots, pans, dishes and utensils
- Undamaged all-metal cans after removing labels

USDA Ad Council FoodSafety.gov

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For more information, please see the [click here](#).

Did You Know



Did you know...Gardening information is available during this pandemic? The International Association of Horticultural Producers (AIPH) has published information on "How gardening will keep you well during the coronavirus pandemic." For more information, [please see the datasheet](#).

Did you know...Our 4-H Youth Development Program has found some distance learning websites? To keep up with posts about some activities and information, please see our [Facebook Page](#), [News & Updates Page](#), and our [Things to do at Home Page](#).

Did you know...The Consumer Financial Protection Bureau

(CFPB) is working with the @FHFA and @HUDgov to assist homeowners and renters during COVID-19? Visit the new unified [Mortgage and Housing Assistance site](#) for the latest information on how to get help.



Did you know...The Food Equity Council has Food Resources for Food Assistance? For more information [click here](#).

Did you know...Our EFNEP team has some useful resources during this time? [Check out their site for more information](#).



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Prince George's County, Maryland

Visit [Fresh. Local. Fun. PGC](#) for more information about farms, food events, and farmers markets in gorgeous Prince George's! Minutes from the Nation's Capitol, Prince George's County offers a variety of [food and farming events](#) every month!



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