

THE

# FLASH



Food, Lodging and Safety Headlines

MARCH 7, 2016

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## SD Dept. of Health Electronic Inspection Program

**UPDATE-** As mentioned in the last edition of The FLASH, the Office of Health Protection is transitioning from paper inspection forms to using a tablet computer for food service and lodging inspections. Campground inspections and temporary food inspections will still require a paper form for the near future.

Currently, we have a small number of inspectors using the tablets as part of a test group but will be rolling it out statewide very soon. Use of the electronic inspection will allow establishment owners or operators to choose how they would like to receive completed inspections; either as a printed paper copy or via email.

As part of this transition, we have also changed the software system used for our administrative functions, including the renewal and licensing processes.

Unfortunately, we did experience a few bumps along the way during the conversion from our old system. We were delayed in issuing renewal notices this fall which in turn delayed sending out the 2016



licenses in a timely manner. A couple of owners also reported receiving duplicate licenses or licenses with incorrect information.

We sincerely apologize for any inconvenience this may have caused our license holders and appreciate your understanding during this switch. We are still working hard to debug and improve the

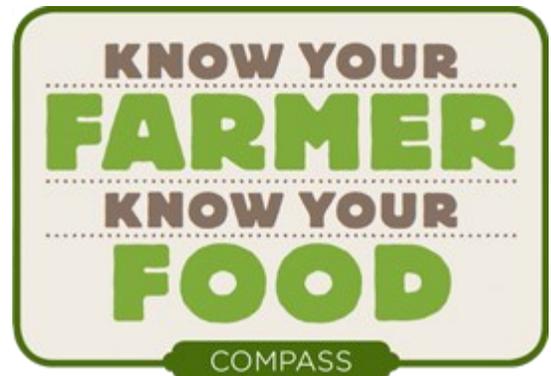
new system and are confident that any remaining issues will be resolved prior to the next renewal season.

Some of the features we plan to offer in the near future include online renewals and payments along with a new and improved public web portal. Eventually, we will have a robust electronic system with better data, greater access, improved flexibility and as a result, a much more efficient system for all involved. Again, we appreciate your patience and feedback as we continue to improve the new system.

-Bill Chalcraft  
Administrator  
Office of Health Protection

## KNOW BEFORE YOU GO!

The USDA launched the Know Your Farmer, Know Your Food initiative in 2009. The initiative brings together staff from across USDA to coordinate, share resources, and publicize USDA efforts related to local and regional food systems. Recent growth in the demand for locally and regionally produced food has opened up new market opportunities for farmers, ranchers and food businesses. Click the links to view the Know Your Farmer Know Your Food [site](#) or [map](#).



## FOOD SAFETY 101

**Protect Yourself and Your Customers from *E. coli***- Keeping guests safe is every establishments top priority. Though no food safety program can be 100% effective, preventing *E. coli* infection can be done by following these tips from the Centers for Disease Control and Prevention:

- **Check the temperature of incoming product:** Ensure the temperature of your meat being delivered is below 41 degrees F. Use a thermometer to make sure your product is safe for serving.
- **Store your product at the right temperatures:** Safe storing temperatures vary from product to product, as well as location (think refrigerator, freezer, dry storage, etc.). Not only that, you have to be cognizant of holding, cooling and reheat temperatures otherwise you could inadvertently get your customers ill. Cold food should be kept at 40° or colder; warm food should be kept above 140°. Regularly check to make sure your refrigerator/freezer thermometer is working properly.
- **Cook meats thoroughly:** This seems like a no-brainer, but failure to cook food to its proper temperature can get diners sick. Cooking is also one of the surest ways to kill *E. coli*.
- **Prevent cross-contamination:** Cross-contamination is a big threat in a commercial kitchen due to the amount of bodies working very quickly and in close quarters. Cutting boards and knives are one of the main culprits—never use the same cutting board to cut vegetables as what you used for any raw meat.
- **Practice proper hygiene, especially good hand washing :** Wash your hands thoroughly after using the bathroom and before preparing food. If soap and water aren't available, use an alcohol-based hand sanitizer. These alcohol-based products can quickly reduce the number of germs on hands in some situations, but they are not a substitute for washing with soap and running water.



## PREPPING FOR THE CAMPING SEASON

With spring just around the corner, campgrounds will soon be filling up. Before the season starts, here are a few things you can do to ensure not only a successful inspection, but also a wonderful experience for the guests visiting your campground this year.

**Buildings**—Make sure bathrooms, showers, and laundry facilities are cleaned and clear of leaves, pine needles, trash and cobwebs. Nobody likes to shower with a spider!

**Picnic Tables**—Check your tables to make sure they are free of splinters and graffiti. For wooden tables, consider sanding them and adding a light coat of clear wood preservative before the season starts. This will also help prevent rot and mold.

**Trails and Paths**—With winter erosion and spring growth, check paths and walkways to make sure they are clear of obstacles, tripping hazards and low hanging branches.

**Playground Equipment**—Check equipment for any splinters, sharp edges, nails or bolts that may pose a hazard to children visiting your campground.

**Water Sources**—Ensure anti-siphon valves (Watts LF8) are in place and working properly on campsite water hook-ups. If your campground uses holding tanks, ensure that they are cleaned and sanitized before filling for use. For facilities using a private well, be sure to have it tested annually for nitrates, as well as quarterly microbial testing.

[Click here](#) for information on collecting and submitting water samples for testing.

Happy Camping!

[Click here](#) to view South Dakota Campground Regulations.



## BACTERIA BIO- E. COLI

### HISTORY

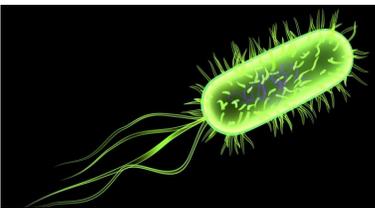
Theodore von Escherich, a German-Austrian pediatrician, bacteriologist and a professor at universities in Graz and Vienna, discovered the bacterium *Escherichia coli* in 1885. The bacterium, commonly known as *E. coli*, lives in the intestines of people and animals. Most *E. coli* are harmless and actually are an important part of a healthy human intestinal tract. However, some *E. coli* are pathogenic, meaning they can cause illness, either diarrhea or illness outside of the intestinal tract. The types of *E. coli* that can cause diarrhea can be transmitted through contaminated water or food, or through contact with animals or persons



Dr. Theodore von Escherich

### ILLNESS

Unlike many other disease-causing bacteria, *E. coli* can cause an infection even if you ingest only small amounts. Because of this, you can be sickened by *E. coli* from eating a slightly undercooked hamburger or from swallowing a mouthful of contaminated pool water. Potential sources of exposure include contaminated food or water and person-to-person contact.



Signs and symptoms of *E. coli* infection typically begin three or four days after exposure to the bacteria, though you may become ill as soon as one day after to more than a week later.

Signs and symptoms include:

- Diarrhea, which may range from mild and watery to severe and bloody
- Abdominal cramping, pain or tenderness
- Nausea and vomiting, in some people

### PREVENTION

No vaccine or medication can protect you from *E. coli*-based illness, though researchers are investigating potential vaccines. To reduce your chance of being exposed to *E. coli*, avoid risky foods and watch out for cross-contamination.

#### Risky foods

- Cook hamburgers until they're 160 F. Hamburgers should be well-done, with no pink showing anywhere in the meat. But color isn't a reliable indicator of whether or not meat is done cooking. Meat — especially if grilled — can brown before it's completely cooked.
- That's why it's important to use a meat thermometer to ensure that meat is heated to at least 160 F (71 C) at its thickest point.
- Drink pasteurized milk, juice and cider. Any boxed or bottled juice kept at room temperature is likely to be pasteurized, even if the label doesn't say so.
- Wash raw produce thoroughly. Washing produce won't necessarily get rid of all *E. coli* — especially in leafy greens, which provide many spots for the bacteria to attach themselves to. Careful rinsing can remove dirt and reduce the amount of bacteria that may be clinging to the produce.

#### Avoid cross-contamination

- Wash utensils. Use hot soapy water on knives, countertops and cutting boards before and after they come into contact with fresh produce or raw meat.
- Keep raw foods separate. This includes using separate cutting boards for raw meat and foods, such as vegetables and fruits. Never put cooked hamburgers on the same plate you used for raw patties.
- Wash your hands. Wash your hands after preparing or eating food, using the toilet, or changing diapers. Make sure that children also wash their hands before eating, after using the bathroom and after contact with animals. Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.
- Avoid direct or even indirect contact between reptiles (turtles, iguanas, other lizards, snakes) and infants or immune compromised persons.
- After working with raw poultry or meat, be sure to wash hands thoroughly before caring for an infant.

[Click here](#) to learn more about *E. coli* and how to prevent illness.

## UPCOMING TRAINING

### South Dakota Certified Pool Operators Classes 2016

Class hours are 8:00 am - 5:00 pm daily.  
Course fee includes lunch both days.

**Sioux Falls** - \$325 - April 21-22, May 19-20,  
June 7-8 or Sept 20-21

**Rapid City** - \$350 - April 19-20

**Aberdeen** - \$335 - May 17-18

South Dakota requires certification every 5 years for your  
CPO license to remain valid.

For more info, contact [John Szymanski](#)  
1-877-819-8952 1-507-553-3787 (Fax)

[Certified Pool Trainers of Iowa & Minnesota](#)  
Member of: AWWA, MRWA, MWOA & IAPMO  
Over 40 years serving the industry

### Eye on Liability -

#### Hotel Safety and Responsibility Training

Eye on Liability is a short and informative course that explains how to protect you and your property. After completing it, you will have a better understanding of your role in protecting your guests, employees, and properties while ensuring everyone's safety.

You will also find additional sources of information and training from AHLEI referenced throughout the course.

[Click here](#) to learn more and to download an offline version of Eye on Liability.



## Food Service Training Providers

- **Restaurant Division of South Dakota Retailers Association (SDRA):** [class schedule](#). Cost is \$120 for SDRA members, \$170 for non-members. Pre-registration required. Contact SDRA at 1-800-658-5545 for registration information. SDRA also offers the 8 hour ServSafe® training online; the testing must be proctored by a certified proctor or instructor. Contact SDRA for details.
- **Cash-Wa Distributing.** Pre-registration required. Contact Heidi Wietjes, Cash-Wa Distribution at 1-800-652-0010, Ext: 7123
- **Professional Server Certification Corporation.** Online manager certification and re-certification courses. Initial certification: train online for \$49.95, then take proctored final exam for \$40. Re-certification: train online for \$49.95; no proctor required. Call 1- 800-247-7737 or see [www.Rserving.com](http://www.Rserving.com).
- **Reinhart FoodService.** Cost is \$105. Contact Reinhart Food Service at 1-800-756-5256 Ext.222.
- **SuperSafeMark.** A retail food safety training and certification program developed by the Food Marketing Institute. For more information call 1-877-399-4925 or see [www.fmi.org/food-safety/safemark](http://www.fmi.org/food-safety/safemark).
- **Training Services.** Cost for certification is \$165 and re-certification is \$75. Pre-registration is required. Contact Training Services at 651-355-8486 to register.
- **US Foods - North Dakota.** Contact Heather Weber, Healthcare Act. Manager, 1-800-831-7318
- **Sysco North Dakota.** Call 1-866-327-4699, Ext 6307, for information.
- **National American University,** Rapid City campus, 5301 S Hwy 16. 8 Hour ServSafe Training with in-Class Exam \$110; 8 Hour ServSafe Training w/online Exam \$105; Training with Paper Exam \$110; Proctored Exams: \$45. To Register: Call 855-899-7915 or visit <https://www.national.edu/naux/servsafe/>

See course schedules and locations on next page!



**UPCOMING TRAINING**

## Food Service Training Schedule

South Dakota food service establishments are required to have at least one person on staff who has passed an 8-hour food service training and certification program. Certified Food Manager courses to meet that requirement are listed below. Any questions should be directed to the sponsoring agency.

### March 2016

- March 8 – **Mitchell** - Certification Course, Ramada Inn & Suites, Training Services, 651-355-8486
- March 9 – **Sioux Falls** - Certification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)
- March 15 – **Pierre** - Recertification Course, Governor's Inn, [South Dakota Retailers Association](#)
- March 15 – **Rapid City** - Certification Course, [National American University](#), 5301 S Hwy 16
- March 16 – **Pierre** - Certification Course, Governor's Inn, [South Dakota Retailers Association](#)
- March 22 – **Rapid City** - Certification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)
- March 28 – **Yankton** - Certification and Recertification Course, Yankton County Extension Center, 901 Whiting Drive

### April 2016

- April 5 – **Sioux Falls** - Certification Course, Ramkota Inn, Training Services, 651-355-8486
- April 6 – **Sioux Falls** - Certification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)
- April 12 – **Watertown** - Recertification Course, Country Inn & Suites, [South Dakota Retailers Association](#)
- April 12 – **Rapid City** - Certification Course, [National American University](#), 5301 S Hwy 16
- April 13 – **Watertown** - Certification Course, Country Inn & Suites, [South Dakota Retailers Association](#)
- April 14 – **Rapid City** - Certification Course, Ramkota Inn, Training Services, 651-355-8486
- April 19 – **Rapid City** - Certification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)
- April 20 – **Sioux Falls** - Recertification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)

### May 2016

- May 4 – **Sioux Falls** - Certification Course, Ramada Hotel & Suites, [South Dakota Retailers Association](#)
- May 10 – **Aberdeen** - Recertification Course, AmericInn Lodge & Suites, [South Dakota Retailers Association](#)
- May 11 – **Aberdeen** - Certification Course, AmericInn Lodge & Suites, [South Dakota Retailers Association](#)
- May 15 – **Rapid City** - Certification Course, [National American University](#), 5301 S Hwy 16
- May 17 – **Mitchell** - Certification Course, Ramada Inn & Suites, Training Services, 651-355-8486
- May 24 – **Rapid City** - Certification Course, Hilton Garden Inn, [South Dakota Retailers Association](#)
- May 31 – **Sioux Falls** - Certification Course, Ramkota Inn, Training Services, 651-355-8486

Click [here](#) for additional dates and locations.

**STOMACH FLU OR THE FLU?**

Ever hear someone say they were sick recently with stomach issues, such as vomiting or diarrhea, and say they had the “stomach flu”? Well, the stomach flu is a non-medical term used by people and some medical professionals to describe those uncomfortable stomach problems. However, it has nothing to do with the virus that causes influenza.

The influenza virus is a specific virus that infects ones nose, throat and lungs. The “stomach flu” however, is mainly caused by either bacteria (bacterial gastroenteri-

tis) or virus (viral gastroenteritis). Most often, the infection is viral.

Rotavirus and norovirus are the most common causes of the “stomach flu” and do often cause those common stomach issues – vomiting and diarrhea. Influenza is spread mainly by droplets made when people with the flu cough, sneeze or talk.

“Stomach flu” is often caused by contaminated food or drink items. This can be caused by either cross-contamination of food items or by improperly washed hands

and handling of ready-to-eat food items with one’s bare hands. Both can cause illnesses from mild to severe, however, most “stomach flu” illnesses last only 1-3 days, while influenza symptoms usually last longer.

So the next time your friend, family member or co-worker grabs their stomach and says, “I think I have the flu”, remind them they don’t have influenza.



**ALPHABET SOUP: USDA**

**USDA**

**U.S. Department of Agriculture**



USDA provides leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, the best available science, and effective management.

**Food Safety**

USDA's Food Safety and Inspection Service (FSIS) ensure the nation's meat, poultry and processed egg supply is wholesome, safe and properly labeled. USDA conducts and funds food safety research to generate real-world results for both government and the private sector. The department has patented new technology that protects pasteurized liquid eggs.

Commodity standards and grades provide a means for measuring levels of quality and value for agricultural commodities. These standards provide a basis for domestic and international trade and promote efficiency in marketing and procurement. USDA provides quality standards for agricultural products such as cotton, dairy, fruits and vegetables, livestock, poultry, nuts, and processed foods. Quality grading is based on the standards developed for each product. Quality grades provide a common language among buyers and sellers, which in turn assures consistent quality for consumers.

**Protecting Public Health and Preventing Foodborne Illness**

USDA continues to protect consumers from the dangers of *E. coli* contamination by adopting of a zero tolerance policy for six additional strains [*E. coli* O26, O45, O103, O111, O121, and O145] of the pathogen in raw beef products.

**Enhancing Public Education and Outreach**

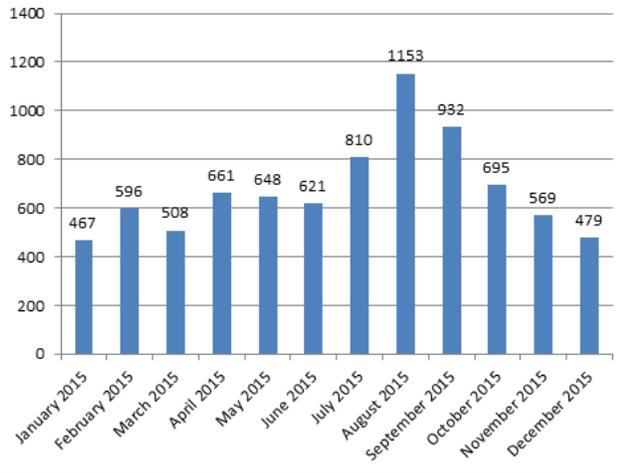
Implementation of a "test and hold" policy prevents the recall of unsafe foods. Facilities are now required to hold product until microbiological testing can determine it is safe to release meat, poultry and egg products into commerce. This policy will significantly reduce consumer exposure to unsafe meat products.



Operation of the [USDA Meat and Poultry Hotline](#), the [USDA Food Safety Discovery Zone](#) traveling exhibit and the FSIS Web-based virtual representative [Ask Karen](#) are key components of USDA's consumer education programs.

**INSIDE THE NUMBERS**

**2015 Total Inspections = 8,139**



**2015 Inspections SD DOH  
Office of Health Protection**

The State Inspection Program conducts routine inspections for the Department of Health. In 2015, a total of 8,139 inspections were conducted of food service, lodging, and campground establishments. The average inspection with documentation time was 1.3 hours.

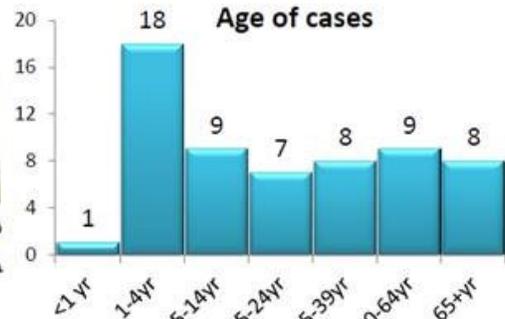
The chart below breaks down the 2015 inspections by month. You will note the number of inspections swells significantly during the summer months due to a large number of seasonal establishments and temporary events.

**SOUTH DAKOTA: 1 January – 31 December 2015: Provisional Data**

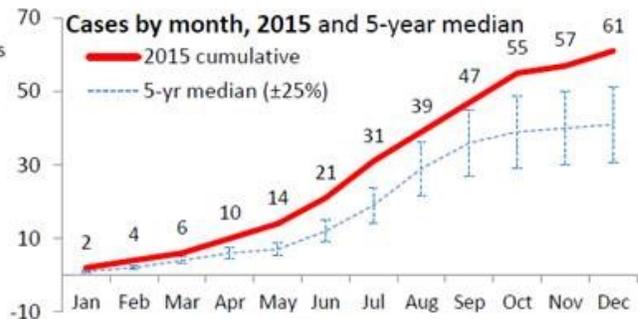
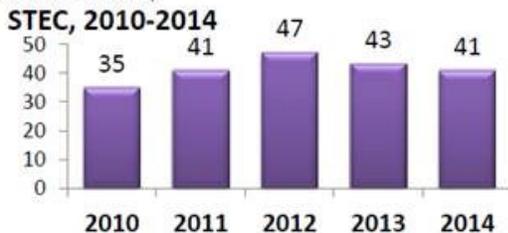
**Shiga toxin-producing *E. coli* (STEC)**

Infections often include severe stomach cramps, diarrhea (often bloody), and vomiting, some may develop severe illness and hemolytic uremic syndrome (HUS).

Regions	Cases	Rate**
Sioux Falls MSA	26	10.5
Rapid City MSA	3	2.2
Northeast	13	7.6
Southeast	12	10.7
Central	6	6.4
West	1	1.1
<b>South Dakota</b>	<b>61</b>	<b>7.1</b>



\*\*Rate: cases per 100,000 population. MSA: Metropolitan Statistical Area  
**Counties with cases:** Beadle\*, Brookings\*, Brown\*, Brule\*, Buffalo\*, Charles Mix\*, Clay\*, Davison\*, Faulk\*, Hanson\*, Hughes\*, Hutchinson\*, Kingsbury\*, Lake\*, Lawrence\*, Lincoln 11, Marshall\*, McCook\*, Meade\*, Minnehaha 14, Moody\*, Pennington\*, Roberts\*, Spink\*, Tripp\*, Union\* , Yankton\* (\*counties with ≤5 cases).



## COMMON VIOLATIONS

Did you know there are over 5000 licensed food, lodging and camping establishments in South Dakota? In the interest of public safety all of these establishments are required to be inspected with regular frequency. Often a pattern emerges indicating an inspection item or rule that is commonly violated. Here are a couple of items that are often marked on the inspection forms and suggestions on what may be helpful to prevent a reoccurrence.

**Food Service – Item #6 – Contamination by Employees.** Would you lick a stranger's hand? Scientific evidence has demonstrated that handwashing is less effective than originally thought at removing viral forms of human pathogens from hands. Therefore, the Dept. of Health does not approve bare hand contact with ready-to-eat foods. Ready-to-eat foods are items

that have either already been properly cooked (e.g. fried chicken) or do not require further cooking for food safety (e.g. salads and baked goods).

Occasionally, wait staff or other non-kitchen help is tasked with handling ready-to-eat food items such as tortilla chips or breadsticks, unaware that they are required to follow the same no bare hand contact policy. Disposable non-latex gloves (changed frequently) work well. However you may also use tongs, patty or deli paper, forks or other utensils to avoid direct hand to food contact.

**Lodging – Item #26 – Approved Cleaners, Sanitizers, Stored, Labeled.** This item is often marked when a spray bottle(s) is found either without a label or a label that is not clearly legible. When transferring cleaning chemicals, sanitizers or even

water from the bulk container or tap into a spray bottle (secondary container) it is important that the product can still be identified by everyone. Labels are needed primarily for health and safety reasons. However, it is also important not to misuse the product. The Dept. of Health lodging code does not require a full or complete label for the secondary container but simply that it is prominently and clearly marked as to what the product is. The actual ingredient label and/or "direction for use" label can be maintained with the original container or elsewhere on site.

As always please contact the Dept. of Health for additional resource information on these and other topics.



## ASK THE INSPECTOR - ANSWERS TO YOUR FREQUENTLY ASKED QUESTIONS

Hello!

The upcoming start to the Spring season coincides with the upcoming start to the construction season. In this column we'll review common questions that people have about starting a food service business.

**Q. Do I need a license to sell my food?**

A. When food or drink is prepared for sale or service to the public then yes, in most cases you will need a state issued food service license to do this. However, there are exceptions.

**Q. What are some of the exceptions?**

A. Whole fruits and vegetables, certain home-canned goods and baked goods which do not require refrigeration are some of the food items that may be offered to the public without obtaining a food service license. It's important to keep in mind that there may be stipulations as to where and how these food items may be offered to the public so it is always helpful to contact the SD Dept. of Health with specific questions.

**Q. Can my home kitchen be licensed?**

A. For a variety of reasons we do not license domestic kitchen. However, we may license a kitchen at a primary residence if it is separate and not associated with the "family kitchen". For example, many food service start-ups operate in a converted basement or in an outbuilding located on their property.

**Q. What are my options if I can't afford to build a new commercial kitchen or buy a restaurant?**

A. Some kitchen space alternatives include: operating out of kitchen that may be located at a church, senior citizens center, retirement home, school, community center or non-profit organization. These places may require lease agreements for time and space so each situation will need to be discussed with the property owner.

**Q. Are there other ways to start a food service business?**

A. Some people who start in the food service business begin by operating a food stand at a community celebration or similar event. A 14-day temporary food license can be obtained with minimal costs and requirements. A mobile food service truck/cart license may be of interest to others who would like to begin operating a food service business on a seasonal or part-time basis.

**Q. What is the best way to get started?**

A. Please begin your entry into the food service business by contacting the SD Dept. of Health. We have advisors throughout state who are ready and willing to assist you in attaining a successful start.



John Osborn  
Inspector

If you have a question you would like to see in the next edition of The FLASH, just send an email to [DOH.info@state.sd.us](mailto:DOH.info@state.sd.us)

**MEET THE INSPECTORS**

**Name:** Ann Marie Sailer

**Hometown:** Rapid City, SD

**Years working for State of SD:** 2 years

**Hobbies:** I enjoy gardening, cooking and being with my family and my two boxers, Angus and Malcolm.

**Background:** I have a Culinary Degree in Pastry Arts; and have many years of catering and cooking experience.

**Most rewarding part of being an inspector:** Working with a wide variety of people who are passionate about what they do.

**Advice for Establishment Owners:** Encourage your staff to grow within your business.

**Name:** Russ Lauritsen

**Hometown:** Wood, SD

**Years working for State of SD:** 12 yrs.

**Hobbies:** Hot Rods & Car Shows

**Background:** I was born and raised in SD and served 5 years in the Air Force. I've been married to my wife Gloria for 27 years and we have two kids, Daniel (24) and Sara (22).

**Most rewarding part of being an inspector:** Being able to help establishment owners/managers make improvements and letting them know Inspectors are here to help. The new relationships that develop by doing inspections.

**Contact Office of Health Protection Staff****Administrator**

Bill Chalcraft

[Bill.Chalcraft@state.sd.us](mailto:Bill.Chalcraft@state.sd.us)

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SOUTH DAKOTA  
DEPARTMENT OF HEALTH