

Nurse's Notes—IMPORTANT: Peanut Butter Recall

The number of products containing peanut butter, paste, and similar peanut additives are growing every hour! Although the current warning does not include the peanut butter purchased in jars, the list is enormous with items found in just about every pantry. We need to be taking this recall seriously. According to the CDC, at least eight people have died and over 500 people have become ill with *salmonella*, across 43 states. Six cases of *salmonella* have reported in North Carolina since the first of February. Specific FDA and CDC recommendations for consumers include:

Do not eat products that have been recalled and throw them away in a manner that prevents others from eating them.

To determine if commercially-prepared or manufactured peanut butter/paste-containing products are subject to recall, visit FDA's website and check the searchable database of recalled products. This list is growing almost hourly and is very lengthy! The website is: <http://www.fda.gov/oc/opacom/hottopics/salmonellatyp.html>. You can also call the toll free number: 1-800-232-4636.

If you cannot determine if your peanut-butter product has been contaminated, it is recommended that you not consume that product. So many products are being recalled, it is recommended that if the label reads a peanut based "anything", the product not be consumed. If in doubt, do not eat the product!

Some pet foods and pet treats may include peanut butter. For more information about this outbreak and your pet visit the web site: http://www.cdc.gov/salmonella/typhimurium/salmonella_pets.html

Persons who think they may have become ill from eating peanut butter are advised to consult their health care provider.

Most persons infected with *Salmonella* develop diarrhea, fever and abdominal cramps 12-17 hours after infection. Infection is usually diagnosed by culture or stool sample. The illness usually last 4-7 days. Although most people recover without treatment, severe infections may occur. Infants, elderly persons and those with impaired immune systems are more likely than others to develop severe illness. When severe infection occurs, *Salmonella* may spread from the intestines to the bloodstream and then to other body sites that can cause death unless the person is treated promptly with antibiotics.

References:
CDC and FDA
Web sites, Sandra Blaha – clinical coordinator
Moses Cone Congregational Nurse Program



American Red Cross

The need is constant.
The gratification is instant.
Give blood.™

March 2009 Blood Drives in Randolph County

Wed. March 4th 8:30am – 1:30pm
Providence Grove High School
5555 Mack Lineberry Rd.
Climax, NC

Friday, March 6th 8:30am – 2:00pm
SW Randolph High School
1641 Hopewell Friends Rd
Asheboro, NC

Sat. March 7th 10:00am – 2:00pm
Tabernacle UMC
213 Tabernacle Church Rd.
Contact Janet @ 472-3208 to schedule your appointment.

Sun. March 8th 1:00pm – 5:30pm
Sandy Creek Baptist Church
4765 Sandy Creek Rd.
Liberty, NC
Contact Wendy @ 332-6913 to schedule your appointment.

Tues. March 10th 2:30pm – 7pm
Faith Christian School
5449 Brookhaven Rd.
Ramseur, NC
Contact the School @ 824-4156 to schedule your appointment.

Friday, March 13th 8:30am – 2:00pm
Asheboro High School
1221 S. Park St.
Asheboro, NC

Sunday, March 15th 2:00pm – 6:00pm
Old Union Methodist Church
5077 Walker Mill Rd.
Sophia, NC
Contact Jeffrey @ 498-7102 to schedule your appointment.

Tuesday, March 17th 8:30am – 2:00pm
Eastern Randolph High School
390 Eastern Randolph Rd.
Ramseur, NC

Thurs. March 19th 2:00pm – 6:30pm
Asheboro Community Blood Drive
Hosted by First United Methodist Church
224 N. Fayetteville St.
Asheboro, NC
Contact 629-2399 to schedule your appointment.

Saturday, March 21st 9:00am – 1:30pm
First Christian Baptist Church
326 W. Academy St.
Randleman, NC
Contact Dorothy @ 498-4332 to schedule your appointment.

Monday, March 23rd 2:00pm – 6:30pm
Asheboro Friends Meeting
230 E. Kivett St.
Asheboro, NC
Contact Nell @ 626-6739 to schedule your appointment.

Be A Hero For Red Cross

Join us for our upcoming **Heroes Campaign**, which will be held Monday, March 2 – Friday, March 13. Your Randolph Red Cross staff and volunteers will host a Kickoff with a light, casual breakfast at our office located at 1117 S. Fayetteville Street on **Monday, March 2nd at 7:30 am.**

All monies raised will remain within Randolph County to help provide vital services throughout our community.

**Red Cross Services to date
(July 1, 2008 – January 31, 2009) within Randolph Co.**

Blood Services

Collected 3,141 units during 81 blood drives throughout Randolph County

Health & Safety

1,554 people received life-saving training during 232 courses provided

79 youth trained in babysitting, water safety, and other safety courses

Disaster Services

Provided shelter, food, clothing and other necessities to 33 families affected by disaster - \$30,612 Committed dollars

Service to Armed Forces

Assisted 30 families through emergency communications with their loved ones in the military

None of this would be possible without the financial generosity of our Heroes. Here are a few examples of how your donation could help Red Cross services:

- ✓ \$520 will provide new clothing and shoes for a family of four devastated by a house fire or other disaster;
- ✓ \$115 will provide groceries for a family of four for one week;
- ✓ \$180 will provide training products for First Aid/CPR/AED training courses;
- ✓ \$450 will provide scholarships to train ten young adult babysitters.

For more information, please fee free to contact Roy Gilliland or Jen Dunn (Heroes Chairwoman) at (336) 629-2399



Liberty Public Library Book Club

Do you love to read?

Do you love to talk about what you've read?



Tuesdays at 6:30 P.M.

Join us to discuss this month's selection. Light refreshments will be served



Mar 24 *East of Eden* by John Steinbeck

Apr 28 *The Widow's War* by Sally Gunning

Stop by the Library for a copy.

Call 622-4605 for information

Visit Website For More Info www.liberty-nc.com