

# Minnesota Department of Health (MDH), Food Safety Partnership (FSP) and PWDU Quarterly Update

June 2016

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## Note From the Editor

### *Prepared for success*

Food Safety Partnership members throughout Minnesota work together every day to promote better public health. This routine work often goes unrecognized as sensational stories of outbreaks or tragedies capture our attention.

Check out these examples of proactive environmental public health work covered in this issue of the Update:

- Lyme disease prevention tips
- Preventing waterborne outbreaks
- Summer storm preparedness
- Promoting healthy eating through farm-to-school programs
- Legislative and rule revision updates

Working together, we accomplish great things! Thanks for the work you do to prepare your community to meet safety challenges successfully.

*Sarah and the PWDU team*

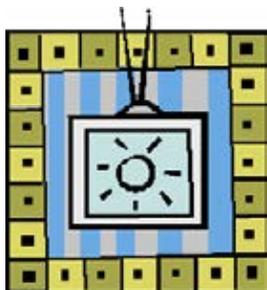
## 2016 Training Calendar

<i>Date</i>	<i>Org.</i>	<i>Details</i>
June 13 - 16	NEHA	NEHA Annual Education Conference San Antonio, TX
Aug. 3	MDH/FPLS	Regulators' Breakfast 8:30 a.m. to 10:00 a.m. OLF-B107 and video-conference sites statewide
Aug. 9 - 11	MDA/FDA	<i>FD170: Application of Inspection and Investigation Techniques</i> 8:00 a.m. to 4:30 p.m. Minnetonka City Hall
Sept. 21	MDH/FPLS/ FSP	Food Safety Partnership <i>Food Microbiology and Cooling of Potentially Hazardous Food - tentative</i> 9:00 a.m. to noon OLF-B107, MDH district office video-conference locations and live stream
Oct. 5	MDH/FPLS	Regulators' Breakfast 8:30 a.m. to 10:00 a.m. OLF-B107 and video-conference sites statewide
Oct. 6	MEHA	2016 MEHA Fall Conference Duluth
Nov. 2	MDH/FPLS/ FSP	Food Safety Partnership <i>Agenda TBD</i> 9:00 to noon OLF-B107, MDH district office video-conference locations and live stream
Dec. 7	MDH/FPLS	Regulators' Breakfast 8:30 a.m. to 10:00 a.m. OLF-B107 and video-conference sites statewide

## Training Events

### FSP Video-conferences

The Food Safety Partnership (FSP) is a consortium of environmental health professionals, industry partners, and other stakeholders, founded in 2001. FSP members work together to protect public health in the area of food safety.



The next FSP event will be September 21, 2016, 9:00 a.m. to noon. Agenda and registration details will be posted on the [FSP web page \(http://www.health.state.mn.us/divs/eh/food/pwdu/fsp/index.html\)](http://www.health.state.mn.us/divs/eh/food/pwdu/fsp/index.html).

If you would like to receive continuing education credits for registered sanitarian/environmental health specialist RS/REHS renewal, you will need to register for the course through the MN.TRAIN system. Course ID # will be included on the posted agenda.

For registration details or site information, email [Jennifer Rief](mailto:jennifer.rief@state.mn.us) (jennifer.rief@state.mn.us) or call 651-201-4508.

### Food Safety Partnership – Plus

Food Safety Partnership – Plus (FSP+) events are opportunities for the regulatory community, industry and consumers to meet and learn about current issues impacting various environmental health issues.

There are no FSP+ events scheduled at this time.

### Regulators' Breakfast

The purpose of the Regulators' Breakfast is to establish a forum that will contribute to statewide uniformity and consistency among regulatory staff and management (local agency and MDH) in the interpretation and application of statutes, rules and procedures. This event is for regulatory agencies. Email [Sarah Leach](mailto:sarah.leach@state.mn.us) (sarah.leach@state.mn.us) or call 651-201-4509 for more information.

The next Regulators' Breakfast will be held Wednesday, August 3, 8:30 a.m. to 10:00 a.m.



### *FD170: Application of Inspection and Investigation Techniques ©2014*

The Minnesota Department of Agriculture will be hosting *FD170: Application of Inspection and Investigation Techniques* August 9 through 11, 2016. Limited seats are available. Call 651-201-6090 or email [Valerie Gamble](mailto:Valerie.Gamble@state.mn.us) (Valerie.gamble@state.mn.us) with questions.

#### Dates/Times

- Tuesday, August 9, 2016, 8:00 a.m. to 4:30 p.m.
- Wednesday, August 10, 2016, 8:00 a.m. to 4:30 p.m.
- Thursday, August 11, 2016, 8:00 a.m. to 4:30 p.m.

#### Location

Minnetonka City Hall, 14600 Minnetonka Boulevard, Minnetonka, MN 55345

#### Course Description

This hands-on course is recognized by the U.S. Food and Drug Administration (FDA) in the Office of Regulatory Affairs University (ORA-U) curriculum as *FD 170: Application of Inspection and Investigation Techniques*. *FD 170* is the entry-level capstone course that applies the knowledge gained from the ORA-U web-based courses. The course may meet the requirement in Program Standard #2 of both the retail and manufactured foods program standards, and serves as a prerequisite for other journey-level courses.

*FD 170* integrates the information learned by food protection officials from ORA-U web-based training courses with live activities and exercises in a face-to-face setting. The course is designed to be the classroom component of food safety inspector training. Topics covered include a review of prerequisite material, food safety laws and regulations, equipment and tools, hazard analysis, food safety inspection steps, investigations, sampling, and report writing.

#### Intended Audience

This course is designed for state, local, tribal, and territorial

regulators having 24 or fewer months of food regulatory experience who have completed all Level 1 (Food Retail and Food Manufacturing Curriculum) ORA-U courses. For more seasoned inspectors enrolled in *FD 170*, this will be a refresher course. The course is limited to 30 participants.

### Scope

In this course, participants will apply procedures and skills to conduct effective and focused food safety inspections and investigations through discussion, interactive exercises, and classroom participation.

### Terminal Learning Objective

Participants will be able to perform focused food safety inspections and investigations while applying the appropriate regulatory action.

### Instructional Method

*FD 170: Application of Inspection and Investigation Techniques* is delivered through instructor-led training—including in-class discussions, exercises, and activities—that spans three days.

## Bug of the Quarter

### Lyme disease

It's the season...to be concerned about ticks. With the weather getting nice, Minnesotans are getting outside and enjoying the great outdoors. With increased outdoor activities may come an increased risk of tickborne disease, including Lyme disease. Lyme disease is one of many tickborne diseases in Minnesota and is the most common tickborne disease in Minnesota and the United States. The disease can cause a variety of symptoms that affect many different parts of the body. Keep yourself and your family safe by learning how to protect yourself from tick bites and identify symptoms if you have been bitten by an infected tick.

### Fast facts

- Risks peak in June. In Minnesota, the months of April through July and September through October are the most risky.
- Blacklegged ticks search for a host from the tips of low-lying vegetation and shrubs, not up high from trees. Generally, ticks attach to a person or animal near ground level.
- Blacklegged ticks crawl; they do not jump or fly. Ticks grab onto people or animals that brush against

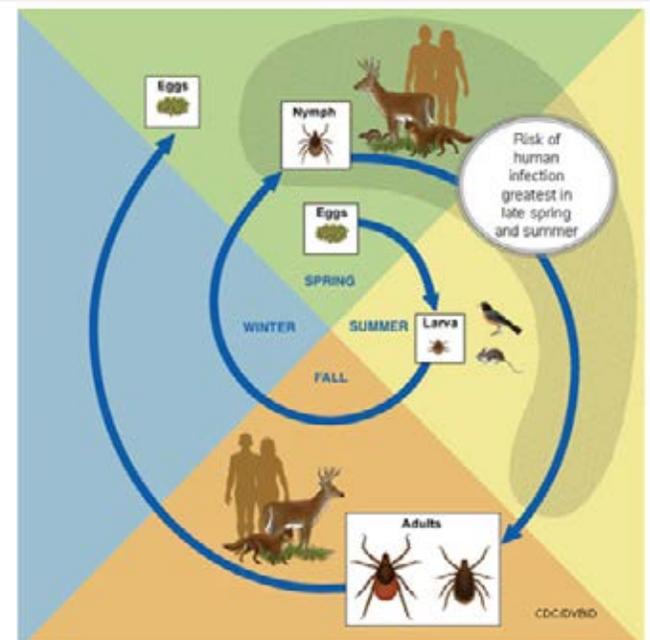
vegetation, and then they crawl upwards to find a place to bite.

- Ticks are slow feeders and will feed for three to five days.
- If the blacklegged tick is infected, it must be attached for 24 to 48 hours before it transmits the bacterium that causes Lyme disease.
- People may get Lyme disease from blacklegged ticks that are infected with the bacteria *Borrelia burgdorferi*. Not all blacklegged ticks are infected.

### Symptoms

Early symptoms of Lyme disease usually appear within 30 days of a bite. It is common to have a red and itchy spot, up to the size of a quarter, right after being bitten by a tick. This is simply due to irritation from the tick's saliva and is not a symptom of Lyme disease. However, contact your doctor if you notice any of the following symptoms:

- Rash
  - May look like a bull's-eye, red ring with a clear center that may grow to several inches in width
  - May not be itchy or painful
  - Not everyone gets or sees the rash and not all rashes look like a bull's-eye
- Fever and chills
- Muscle and joint pain
- Headache
- Tired and weak



This diagram shows the lifecycle of blacklegged ticks that can transmit Lyme disease.

If a person is not treated early, one or more of these symptoms may occur weeks or months later: multiple rashes, paralysis on one side of the face, weakness or numbness in the arms or legs, irregular heartbeat, persistent weakness and tiredness, or swelling in one or more joints.

### Diagnosis and treatment

Visit your doctor if you think you might have Lyme disease. It is possible to get Lyme disease more than once, so continue to protect yourself from tick bites and contact your doctor if you suspect you may have symptoms of Lyme disease.

Lyme disease is treated with antibiotics. Treatment works best early in the disease. Lyme disease detected later is also treatable with antibiotics, but symptoms may take longer to go away, even after the antibiotics have killed the Lyme disease bacteria.

In most cases, symptoms go away after treatment. There is currently no human vaccine available for Lyme disease.

### Reducing your risk

Use a safe and effective tick repellent if you spend time in areas where ticks live. Follow the product label and reapply as directed.

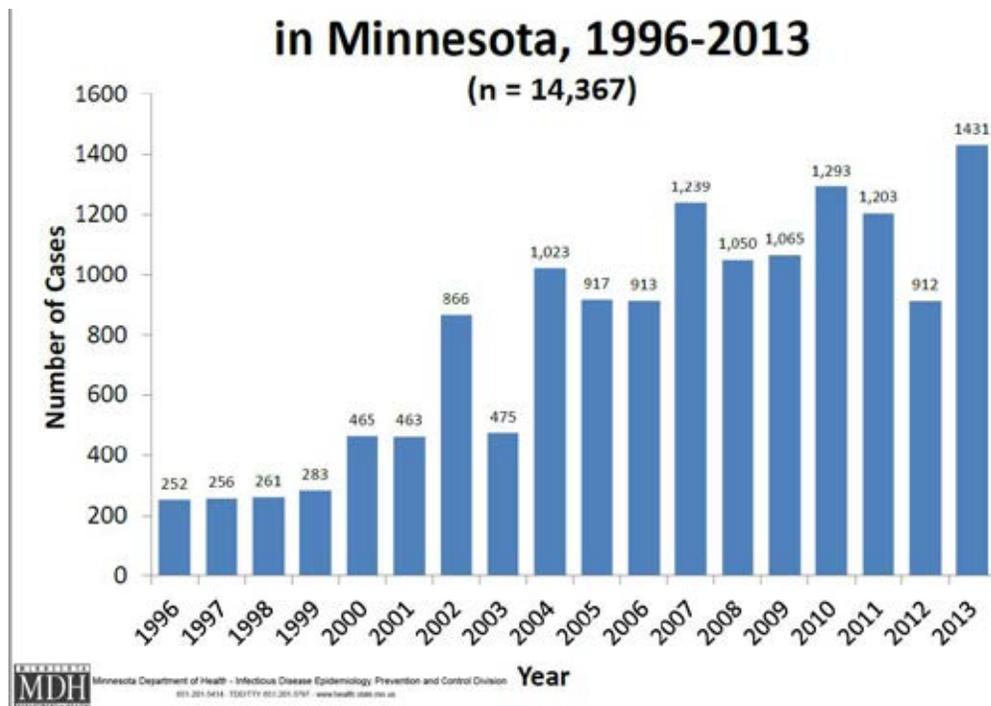
- Use DEET-based repellents (up to 30%) on skin or clothing. Do not use DEET on infants under two months of age.
- Pre-treat clothing and gear with permethrin-based repellents to protect against tick bites for at least two weeks without reapplication. Do not apply permethrin to your skin.
- Wear light-colored clothing to help you spot ticks more easily. Wear long-sleeved shirts and pants to cover exposed skin.
- Talk with your veterinarian about safe and effective products you can use to protect your pet from ticks.

Check for ticks at least once a day after spending time in areas where ticks live:

- Inspect your entire body closely for ticks, especially hard-to-see areas such as the groin and armpits.
- Remove ticks as soon as you find one.
- Use tweezers and grasp the tick close to its mouth and pull the tick outward slowly and gently. Clean the area with soap and water.
- Examine your gear and pets for ticks, too.

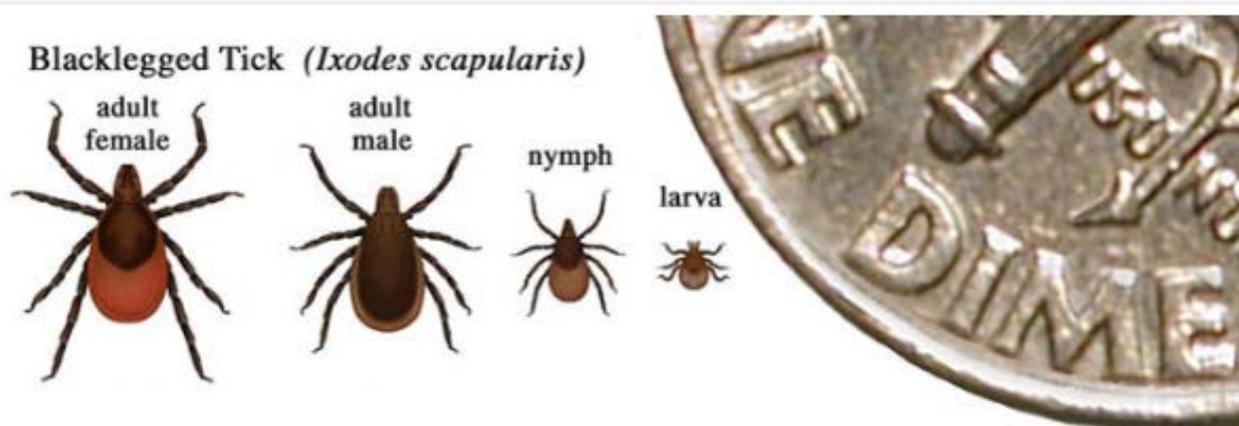
Visit the [Tick-Transmitted Diseases website](http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html) (<http://www.health.state.mn.us/divs/idepc/dtopics/tickborne/index.html>) for more information on Lyme disease and other tickborne diseases.

*This graph shows the number of reported cases of Lyme disease in Minnesota from 1996 through 2013.*



Year	Number of Cases
1996	252
1997	256
1998	261
1999	283
2000	465
2001	463
2002	866
2003	475
2004	1,023
2005	917
2006	913
2007	1,239
2008	1,050
2009	1,065
2010	1,293
2011	1,203
2012	912
2013	1,431

## Relative sizes of blacklegged ticks at different life stages



In general, adult ticks are approximately the size of a sesame seed and nymphal ticks are approximately the size of a poppy seed.

## Healthy Swimming Update

### *Diarrheal Illness in Recreational Water Employees*

Managers and aquatic employees play an important role in keeping the water safe and healthy for everyone. Employees that work while ill with diarrhea and vomiting can spread their illness to patrons and co-workers. If an outbreak occurs, not properly excluding ill employees from work can amplify or prolong the outbreak.

Sanitarians with public health agencies statewide who are inspecting aquatic facilities this summer should remind managers they can help stop the transmission of waterborne illnesses and prevent outbreaks from occurring by:

- Training employees to recognize the symptoms of waterborne illness.
- Informing employees of the facility's employee illness policy. If the facility does not have a policy, one should be instituted.
- Recording all employee reports of illness on an employee illness log and keeping the log in a place

that can easily be found by all managers and supervisors.

- Excluding ill employees from work while they have diarrhea or vomiting. Employees diagnosed with *Cryptosporidium* should not enter the water until 2 weeks after their symptoms have stopped. Alternate job duties may be given during this time.
- Having a plan in place to find substitutions for employees who are ill and cannot work.

See the [Information for Recreational Water Employees and Managers: Preventing Recreational Water Illnesses \(RWIs\)](http://www.health.state.mn.us/divs/idepc/dtopics/waterborne/prevention/recreationalstaff.html) (<http://www.health.state.mn.us/divs/idepc/dtopics/waterborne/prevention/recreationalstaff.html>) web page for:

- Diarrheal Illness in Recreational Water Employees fact sheet
- Diarrheal Illness in Recreational Water Employees: Information for Managers fact sheet
- Recreational Water Employee Illness Log

Sanitarians, consider printing out copies and bringing them to your next inspection!

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## Tip of the Quarter

### *Teaming up to be prepared for summer storms*

Summer storm season is ramping up! Licensed establishments, including retail food and beverage, lodging (i.e., hotel, motel, manufactured home parks (MHP), recreational camping areas (RCA), and youth camps), and public swimming pools can be better prepared for a severe weather event with help from their friendly environmental health inspector. Discussing the next big storm in the forecast is more than just a way to make small talk, it's also an opportunity to help your community be prepared for when bad weather hits.

### *Be prepared*

Owners and operators of all establishments will be better prepared to respond to an incident if they have procedures outlined ahead of time. Here are some suggestions to be better prepared:

- Have contact information for local emergency services and inspectors (fire, building, health).
- Have a reliable source, such as a NOAA weather radio, for updates before and during a severe weather event. NOAA weather radios can be purchased at many retail outlets or online for \$20 to \$100.
- Receive up-to-the-minute severe weather alerts through your cell phone with NOAA's Wireless Emergency Alerts. No signup is required! Alerts are sent automatically to WEA-capable phones during an emergency.

### *Be informed*

Tools like the [Xcel Energy Electric Outage Map](http://www.outagemap-xcelenergy.com/outagemap/?_ga=1.233999006.1689607168.1464883523) ([http://www.outagemap-xcelenergy.com/outagemap/?\\_ga=1.233999006.1689607168.1464883523](http://www.outagemap-xcelenergy.com/outagemap/?_ga=1.233999006.1689607168.1464883523)) can provide both the operator and inspector information about how long the electricity has been off and when it is expected to be restored. Other power companies may have similar outage information available online. Check with your local utility provider.

The National Weather Service (<http://www.weather.gov/>) provides a wealth of information that can help communities be prepared for severe weather. Wireless Emergency Alerts



(WEA) (<http://www.nws.noaa.gov/com/weatherreadynation/wea.html>) are emergency messages sent by authorized government alerting authorities through your mobile carrier. Government partners include local and state public safety agencies, FEMA, the FCC, the Department of Homeland Security, and the National Weather Service.

### *Rules and regulations*

State statutes and rules contain some requirements for certain establishments before or after an emergency. Here are a few requirements related to severe weather.

### **Storm shelters (Minnesota Statutes, chapter 327 and Minnesota Rules, chapter 1370)**

Manufactured home parks with ten or more homes are required to have an approved storm shelter.

- Storm shelter construction standards are enforced by the Minnesota Department of Labor and Industry (DLI).
- All storm shelters must have at least one accessible exit.
- Some storm shelters may be designed as dual-use shelters, and may be used for other purposes. This may include use as a laundry facility, park office, or for other purposes.
- Inspectors and park caretakers both benefit from discussion about the shelter location, accessibility and plans for severe weather response. The routine annual inspection is a great time to bring up these topics.

## Imminent health hazards (Minnesota Rules, part 4626.1795)

Minnesota food code requires licensed establishments, such as restaurants and bars, grocery stores or other retail food establishments, to notify the regulatory authority immediately if an imminent health hazard may exist. There are many potential causes of an imminent health hazards, including:

- Fire
- Flood
- Extended interruption of electrical or water service
- Sewage backup
- Misuse of poisonous or toxic materials
- Onset of an apparent foodborne illness outbreak
- Other emergency circumstance that may endanger public health



### *Communication is key*

Be a proactive operator or inspector by communicating about storm preparation before, during and after a severe weather event. Establishing and maintaining good communication networks may help your community reduce losses, recover more quickly from an incident, and keep the public safe from injury and illness.



By Frits Ahlefeldt

## In the News

### *Farm to school is cookin' in Minnesota*

To move the farm to school agenda forward in Minnesota, University of Minnesota Extension and Minnesota Department of Health (MDH) co-convened a statewide Farm to School Leadership Team in April 2011. The Farm to School Leadership Team works through partnerships across Minnesota to build farm to school initiatives that help kids eat healthy, support nearby farmers, foster economic vitality, and strengthen communities. Eleven member organizations have joined the group that strives to maximize the resources, ideas and impact of the state's many farm to school efforts.

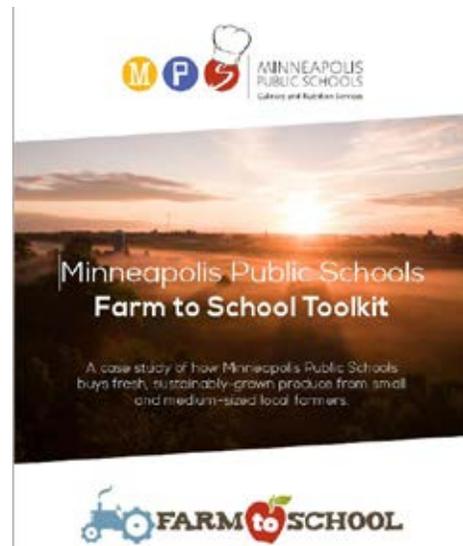


**MDH** Minnesota Department of Health



UNIVERSITY OF MINNESOTA  
**EXTENSION**

As of January 2016, Minnesota Department of Agriculture (MDA) has awarded 83 Farm to School grants to 57 institutions, totaling \$1.46 million and leveraging \$3.5 million of additional funds through local school districts and the Center for Prevention at Blue Cross and Blue Shield of Minnesota. The number of Minnesota school districts engaged in farm to school practices rose from 18 districts in 2006 to 268 districts in 2014!



Minneapolis Public Schools (MPS) is pleased to launch the [MPS Farm to School Toolkit](http://nutritionservices.mpls.k12.mn.us/mps_f2s_toolkit) ([http://nutritionservices.mpls.k12.mn.us/mps\\_f2s\\_toolkit](http://nutritionservices.mpls.k12.mn.us/mps_f2s_toolkit)). The Toolkit is a case study of how MPS buys fresh, sustainably-grown produce from small and medium-sized local farmers.

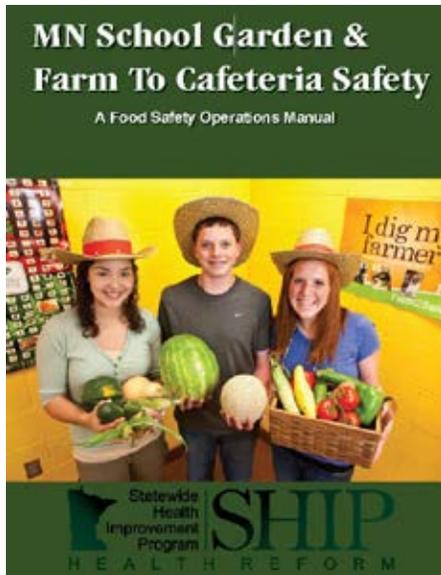


The MPS toolkit has a focus on the business aspect. It is an easy-to-read summary of MPS' farm to school procurement process with lots of pictures and links to useful documents and templates. While no two school districts are alike, programs large and small can find something to glean from MPS' model.

### *MDA announces Request for Proposals for Farm to School grants*

Submission deadline is November 2, 2016

ST. PAUL, Minn. – The Minnesota Department of Agriculture (MDA) has announced a Request for Proposals for the 2017 AGRI Farm to School Grant Program. The MDA anticipates awarding up to \$500,000 in competitive grants to increase sales of locally grown and raised foods to K-12 institutions and child care providers.



Another tool was developed in 2013, made possible by MDH Statewide Health Improvement Program (SHIP) and a partnership between health educators and environmental health staff at Olmsted County Public Health Services.

The "MN School Garden & Farm to Cafeteria Safety. A Food Safety Operations Manual" (<https://www.co.olmsted.mn.us/OCPHS/programs/community/ship/Documents/School%20Garden%20Safety%20Manual.pdf#search=school%20garden>) has a focus on food safety for produce from school gardens or local growers, from field to consumption in the cafeteria. The first half is about food safety in the school garden. The second half is for the school kitchen manager, and includes tips about how to verify a safe food source.

*Content taken in part from: "The Dirt: News and Notes from FNS Office of Community Food Systems" Volume 2, Issue 15, May 17, 2016*

Two categories of grants will be considered:

1. Grants for the purchase of equipment and/or physical improvements that will allow schools to purchase, prepare, and serve more locally grown and raised food. The grant will cover 50% of the total project cost up to a maximum award of \$50,000. Recipients must contribute the remaining 50% of the total project cost as a cash contribution.
2. Grants for the cost of creating plans that identify specific equipment, tools, training or policies that a school or district needs in order to purchase more locally grown or raised food. The grant will cover up to 75% of the total project cost up to a maximum award of \$30,000. Recipients must contribute the remaining 25% of the total project cost as a cash contribution.

As part of this grant, the Center for Prevention at Blue Cross and Blue Shield of Minnesota (Blue Cross) is providing up to \$125,000 to help schools and child care providers meet the requirement for matching funds.

This funding is part of Blue Cross' long-term commitment to improve the health of all Minnesotans by tackling the leading root causes of preventable disease: tobacco use, lack of physical activity, and unhealthy eating.

The MDA and Blue Cross are committed to making healthy choices available to all Minnesotans, and past Farm to School grant rounds have offset the costs of equipment

and kitchen upgrades for schools statewide. More than half of Minnesota's student population has participated in the program.

All applications must be received no later than 4:00 p.m. on November 2, 2016. The complete Request for Proposal and instructions for submission are located online at [www.mda.state.mn.us/grants/grants/mnfarmtoschool.aspx](http://www.mda.state.mn.us/grants/grants/mnfarmtoschool.aspx). Proposals may be submitted online.

Applicants who are interested in utilizing Blue Cross contributions as part of their proposal should contact Ashley Bress at 651-201-6500 for instructions.

### Legislative Update

Two bills that impact MDH Food, Pools and Lodging Services (FPLS), delegated agencies and owners and operators of some food establishments or recreational camping areas were passed by the Minnesota Legislature and signed into law.

### Special Event Food Stands (SEFS)

- The definition of special event food stand has been modified and no longer limits operation to three events. Maximum number of days of operation remains unchanged at 10 days total.
- The bill has been signed and the changes are effective July 1, 2016.
- View the revisions in [Chapter 179 Sections 37 and 38 of 2016 Minnesota Session Laws](https://www.revisor.mn.gov/laws/?year=2016&type=0&doctype=Chapter&id=179) (<https://www.revisor.mn.gov/laws/?year=2016&type=0&doctype=Chapter&id=179>)

### Seasonal Temporary Food Stands (STF), Mobile Food Units (MFU) and Food Carts (FC)

- The requirement to post a decal in STF, MFU and FC has been eliminated.
- The bill has been signed and the changes are effective July 1, 2016.



View the revisions in [Chapter 179 Sections 37 and 38 of 2016 Minnesota Session Laws](https://www.revisor.mn.gov/laws/?year=2016&type=0&doctype=Chapter&id=179) (<https://www.revisor.mn.gov/laws/?year=2016&type=0&doctype=Chapter&id=179>).

### Recreational Camping Areas (RCA)

- A new licensure exemption for privately owned RCA used for camping no more than once a year and for no longer than seven consecutive days by members of a private club where the members pay annual dues to belong to the club was created.
- The bill has been signed and the changes are already in effect.
- View the revisions in [Chapter 179 Sections 37 and 38 of 2016 Minnesota Session Laws](https://www.revisor.mn.gov/laws/?year=2016&type=0&doctype=Chapter&id=179) (<https://www.revisor.mn.gov/laws/?year=2016&type=0&doctype=Chapter&id=179>).

### Rule Revision

Minnesota is currently in the process of revising the Minnesota food code, Minnesota Rules, chapter 4626 and the Minnesota pool code, Minnesota Rules, part 4717.1750. Look for more rulemaking updates in future issues.



### Food Code

The Minnesota Departments of Health and Agriculture continue to collaborate with the Minnesota Revisor of Statutes, food establishment owners and operators, delegated agencies and other stakeholders as we make progress toward adopting a new Minnesota food code. Here is information to help you understand where we are in the process:

- [Draft Proposed Rule Language](http://www.health.state.mn.us/divs/eh/food/code/2009revision/draftprule/index.html) (<http://www.health.state.mn.us/divs/eh/food/code/2009revision/draftprule/index.html>) is 85 to 90 percent complete. The language posted on the rule revision website is very close to the version that will be put on public notice prior to the public hearing.
- [20 Questions: The Proposed Major Changes of Concern to the Minnesota Food Code](http://www.health.state.mn.us/divs/eh/food/code/2009revision/20qstnchge.pdf) (<http://www.health.state.mn.us/divs/eh/food/code/2009revision/20qstnchge.pdf>) is a document to help all stakeholders better understand the major proposed revisions to the code.
- Owners and operators of food establishments are encouraged to contact your inspector with questions about how proposed changes may affect your

establishments. Contact information for MDH and local delegated agency staff can be found in the [Minnesota State and Local Food, Pools, and Lodging Contacts](http://www.health.state.mn.us/divs/eh/food/license/locals.pdf) (<http://www.health.state.mn.us/divs/eh/food/license/locals.pdf>). For MDA jurisdiction, you can Find Your Inspector (<http://gis.mda.state.mn.us/territories/>) using an address-based search function.

- MDH and MDA will continue working with the Revisor after the end of the 2016 legislative session to complete final corrections and changes to the draft code.
- A first draft of the Statement of Need and Reasonableness (SONAR) has been completed and is being edited Minnesota Department of Agriculture (MDA) staff.
- We hope to be able to schedule the public hearing for late fall or early winter.

If you have any questions or need additional information, please contact [Linda Prail](mailto:linda.prail@state.mn.us) at [linda.prail@state.mn.us](mailto:linda.prail@state.mn.us) or 651-201-5792.

### Pool Code

The “Notice of Adoption” for the revisions to the Minnesota pool code, Minnesota Rules, part 4717.1750 will be published in the State Register on Monday, June 20, 2016.

The new language will be effective on Monday, June 27, 2016. The language is same as the proposed version.

Rapid Inspection has been updated to reflect the revisions and will be live on June 27, 2016.

If you have any questions, please contact [Linda Prail](mailto:linda.prail@state.mn.us) at [linda.prail@state.mn.us](mailto:linda.prail@state.mn.us) or 651-201-5792.



## Partnership and Workforce Development Unit Staff Contact Information

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