§ 226. Sanitary code; filing and publication. 1. Every regulation adopted by the public health and health planning council shall state the date on which it takes effect, and a copy thereof, duly signed by the secretary of the public health and health planning council, shall be filed as a public record in the department and in the office of the secretary of state.

2. A copy of every regulation adopted by the public health and health planning council shall be sent by the commissioner to each health officer within the state, and shall be published in such manner as the public health and health planning council may from time to time determine.