

HOWELL COUNTY  
HEALTH DEPARTMENT

NOVEMBER CALENDAR

WIC: 1, 5, 6, 8, 9, 12, 13,  
14, 15, 16, 19, 20, 21, 26, 27,  
28, 29, 30

Willow Springs WIC: 2

Mountain View WIC: 28

Family Planning: 8, 14, 27

Immunizations: 6, 8, 20, 29

Food Handlers: 12, 26

Holiday's (closed): 22nd &  
23rd-Thanksgiving

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Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

# Monthly Monitor

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## Christmas Assistance from West Plains Chamber of Commerce

Christmas can be a difficult time for some of our area citizens. Many families in West Plains struggle with limited resources. During the holidays those resources are spread, often too thinly. It becomes difficult for parents to provide any kind of Christmas cheer for their families. Not knowing where to turn only adds to the frustration.

For the thirteenth year, the West Plains Chamber of Commerce Non-Profit Alliance, along with Ozark Action, representatives from WP R-7 Schools, West Plains Area Rural Schools, Law Enforcement, Businesses and other community groups, have joined forces to form a Community-wide Christmas Assistance Program to help those in need. West Plains' families in need of assistance can pick up an application form at the Ozark Action office located at 710 East Main Street in West Plains. The Committee compiles a centralized database of those



who have applied. This helps prevent the duplication of services and provides the ability to serve more of those in need. This year's application deadline is November 21, 2018.

Once returned, the Committee reviews each application and then tries to match an appropriate agency or donor with the family/individual in need. While filling out an application does not guarantee assistance, the committee makes every effort to help each qualified applicant. Last year, with the help of the agencies involved plus donations from area businesses, individuals, organizations and churches, they were able to serve over 1200 individuals and families. In order for this program to be successful, the committee is asking for community involvement. There

are many different ways to lend assistance to this program. Conducting a toy drive, adopting a family or making a donation are just some of the ways to get involved. **Committee members have stressed that monetary funds are extremely low this year.** The Committee explains all eleven different ways to lend aid on a donor form that is available at the Chamber office. For planning purposes, donor forms are due no later than December 3, 2018.

If you, your company, organization or church would like to help someone this holiday season, the Committee can match you with someone in need. If your group already has an assistance project in place, please consider sharing the names of those you help with the Christmas Assistance Committee. They will eliminate those names from their master list, and free-up resources to serve even more people. For a donor application, please call the Chamber office at 417-256-4433.

## Do You Still Need a Flu Shot

The Howell County Health Department still has flu vaccine. The flu vaccine is a seasonal vaccine that can prevent or reduce the severity of a flu illness. The

CDC encourages all people age 6 months of age and older to be vaccinated against the flu virus. It is especially important to be vaccinated if you are part of a special risk

group like pregnancy, heart disease, respiratory disease, elderly, etc.

Call the health department at 417-256-7078 to schedule an appointment.



Following the 4 basic steps to safe food handling

According to the CDC, 9.4% of the US population has been diagnosed with Diabetes.

Prevent tooth decay and keep a healthy smile!



## Food Borne Illness is a Serious Business

by Justin Frazier, EPHS

Illnesses caused by contaminated foods can strike anyone at any time. Some people are at a higher risk for developing foodborne illness. Those include pregnant women, young children, older adults, and individuals with weakened immune systems.

There are four basic steps to safe food handling. *Clean* - Illness causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Washing your hands for 20 seconds with soap and running water is one of the most important steps you can take. Wash your hands before, during, and after prepar-

ing food; before eating food; before and after treating a cut or wound; after using the toilet; after blowing your nose, coughing, or sneezing; and after touching garbage. Ensure that equipment, utensils, and countertops are cleaned frequently. Wash raw fruits and vegetables under running water before eating or using as ingredients. *Separate* - Separate raw meat, poultry, seafood, and eggs from other foods in the shopping cart, grocery bag, and refrigerator. Use separate cutting boards for produce and meats. Never place cooked foods on a plate that was used for raw food without cleaning the plate first. Always start with clean equipment and hands. *Cook* - Cook

to the right temperature. There is no way to be sure food has reached the safe minimum cooking temperature without using a food thermometer. Check here for additional information on appropriate cooking temperatures. *Chill* - Refrigerate food promptly. Illness causing bacteria can grow in many foods within two hours unless you refrigerate them. Keep your refrigerator below 41°F. Never thaw frozen foods at room temperature.

Don't prepare food for others if you are ill, especially with symptoms of diarrhea and/or vomiting. To reduce your risk, educate yourself and your family on food safety issues.

## Are You Diabetes Aware

by Vanessa Doss, RN

An alarming number of Americans have diabetes and don't know it. According to statistics from the CDC 9.4% of the US population has been diagnosed with diabetes. With that in mind, 23.8% of our population has not been diagnosed with diabetes. So, what is diabe-

tes? Some people have an autoimmune reaction that makes them develop diabetes. This is referred to as Diabetes Type 1. Children, teens and young adults are typically diagnosed with this type of diabetes. The other form of diabetes is Type 2 which usually develops later in life. Type 2 is caused by

the body not processing insulin well. This typically begins by being overweight, unhealthy eating habits and inactivity. November is American Diabetes Month and November 14<sup>th</sup> is World Diabetes Day. Do your health favor and get checked for diabetes through your primary physician or the health department.

## Oral Health

by April Bridges, WIC Nutritionist

Oral health involves more than just visiting the dentist regularly. Prevent tooth decay and keep that healthy smile by following a few of these tips offered by Missouri Department of Health. Stay away from sugary drinks like soda,

fat milk. Limit candy or desserts that are high in sugar and stick to your teeth. Eat plenty of fruits and vegetables to promote healthy gums and teeth. For infants, clean their gums with a soft, clean damp washcloth after each feeding, even if they have

no teeth. Never give sodas, juice, or other sweetened drinks in a bottle. For children, encourage brushing teeth twice every day, and floss once every day. Finally, for pregnant and lactating women, brush and floss daily, don't smoke, and have tooth decay treated so that you don't pass it on to your baby.



## Howell County Health Department

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website: [www.howellcountyhealthdepartment.com](http://www.howellcountyhealthdepartment.com)

**Public Health: Prevent. Promote.  
Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

## Howell County Health Department Staff & Email

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