

HOWELL COUNTY  
HEALTH DEPARTMENT

OCTOBER CALENDAR

WIC: 2, 9, 10, 11, 15, 16, 17, 18, 19, 22, 23, 25, 26, 29, 30, 31

Willow Springs WIC: full day-1

Mountain View WIC: 1/2 day-none, full day-24

Family Planning: 4, 17, 23

Immunizations: 2, 25, 30

Food Handlers: 22

Flu Clinics: 12-WP, 18-MV & WS

Holiday's (closed): 8th-Columbus Day

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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

VOLUME 195

OCTOBER 2018

## Annual Flu Clinics from Cheri Carda, RN



The influenza or flu virus can be a harmful virus that sickens and kills people annually. It is spread through respiratory droplets when you sneeze or cough uncovered into the air and into your hands. It can also be spread when your hands or contaminated objects come into contact with other surfaces or people. 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. Talk to your provider about the flu vaccine, especially if you fall into a category of special risk. You can find further information about the flu virus and flu vaccine at [www.cdc.gov](http://www.cdc.gov). Click on the diseases and conditions tab to find the flu (influenza) tab.

Howell County Health Department will offer 3

flu vaccination clinics with no appointment needed!

**West Plains:** October 12th at Howell County Health Department, 180 Kentucky from 8:30 am-5:30 pm.

**Mountain View:** October 18th-Good Samaritan Clinic, 501 US Hwy 60 from 9 am-12 noon

**Willow Springs:** October 18th-United Methodist Church, 4th & Harris St., from 1:30-4:30 pm

For more information about the clinics or the flu vaccine please call the Howell County Health Department at 417-256-7078.

## Good Health is in Your Hands by Dawn Hicks, Health Educator

Literally, good health is in your hands. Hand washing is the number one way to prevent the spread of germs and illness.

Surfaces such as shopping carts, handrails, counters, pens and many more can

contain germs that could make you sick. If you touch a contaminated surface and then touch your mouth, nose or eyes you could infect yourself with those germs which in turn could make you sick. The good news is handwashing can

help prevent the spread of germs. Remember to wash your hands often using warm water and soap and scrub vigorously for at least 20 seconds, rinse and dry with a paper towel. Then use the paper towel to turn the faucet off.



For Information on Lodging Inspection call the health department

The CDC reports that annually 1600 people are effected by Listeriosis.

The WIC food list has some new changes starting this fall!



## Lodging Inspections

by Justin Frazier, EPHS

Whether for business or pleasure, thousands of people travel throughout Missouri each year. Many of these trips require overnight or extended stays away from the comforts of home at lodging facilities. Along with food service and Daycare Inspections, the Howell County Health Department also performs annual and complaint lodging inspections. Each establishment is inspected and is

required to obtain a state-issued lodging license annually. All lodging facilities are inspected with a focus on public health and safety. The lodging facilities are regulated under a rule that addresses: drinking water supplies, sewage or wastewater treatment, life safety, fire safety, electrical wiring, fuel-burning appliances, plumbing, food safety, and swimming pools and spas. Anyone operating a facility that is a building or

group of buildings where five or more guest rooms are provided, which is held out to the public for hire which can be construed to be a hotel, motel, resort, cabins, or other similar place would be operating a lodging establishment and would need a license. For information of lodging inspections or to file a complaint, contact the Howell County Health Department, Environmental Services Section.

## Listeriosis

by Dawn Hieks, Health Educator

*Listeria monocytogenes* (*L. monocytogenes*) otherwise known as listeriosis is a food borne illness that according to the Centers for Disease Control (CDC) effects 1600 people annually and about 260 die. The people that are at the highest risk to get listeriosis are pregnant women because it could lead to miscarriage, stillbirth or septicemia or meningitis in the newborn. Others at risk are people with organ

transplants, children, the elderly and those that are immune suppressed due to illnesses such as cancer, renal disease, diabetes and AIDS. A lot of foods that contain *Listeria* are foods that are not cooked including cheese, lunchmeats, hotdogs, and meat spreads. Other foods that have been found to contain *Listeria* are fresh fruits and vegetables, hummus, ice cream, and caramel apples. So what can you do to protect yourself from *Listeria*? Keep perishable foods

refrigerated, keep ready to eat foods separated from raw foods so they don't get contaminated, cook beef, pork and poultry (chicken, turkey, duck) to the recommended internal temperatures, wash all your raw fruits and vegetables before eating them, and don't consume milk or foods made from raw milk. Keep your refrigerator at 40 degrees or lower, use a refrigerator thermometer to check the temperature. Also, be sure to clean and sanitize your refrigerator on a regular basis.

## WIC Changes

by April Bridges, WIC Nutritionist

There are a few changes to the WIC foods list starting October 1, 2018. Some new options will be available in cheese, yogurt, soy milk and juice. Cheese has always been an allowable exchange for milk, but block cheese was our only option until now. Fat-free

or low fat shredded cheese will be allowed starting in October. Cheddar- all varieties, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Provolone, and Swiss cheeses are now available in shredded, and in block. Best Choice brand has been added to

yogurt options. Silk brand soy milk has been added for our participants that have milk allergies. Finally, Juicy Juice and Motts brand has been added as a juice option for kids. Options for WIC foods continue to increase, and we are looking forward to the transition to the E-WIC card by the end of 2019.



## Howell County Health Department

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**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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