

HOWELL COUNTY
HEALTH DEPARTMENT

DECEMBER CALENDAR

WIC: 3, 4, 6, 10, 11, 12, 13,
14, 17, 18, 19, 20, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 26

Family Planning: 4, 14, 19

Immunizations: 11, 18, 27

Food Handlers: 10

Holiday's (closed): 21st-at
12 noon for meetings, 24th-
Christmas Eve & 25th-
Christmas Day and 26th

INSIDE THIS ISSUE:

Kids and Holiday
Cooking 2

HPV-Human Papillo-
ma Virus 2

Romain Lettuce and
E.coli Outbreak 2

Mission and Contact
Info 3

HCHD Staff and
Email 3

Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

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Preparing for Winter from www.cdc.gov



Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home.

Listen to weather forecasts regularly and check your emergency supplies whenever a period of extreme cold is predicted. Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. **If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each**

year. Ask your local fire department to recommend an inspector or find one online. **If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated.** Test them monthly and replace batteries twice a year. All fuel-burning equipment should be vented to the outside. Each winter season have your furnace system and vent checked by a qualified technician to ensure they are

functioning properly. **If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently.** Your ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months. **Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.** To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors, and storm windows or thermal-pane windows. **If you have pets, bring them indoors.**

Warming Centers from www.health.mo.gov

It's getting colder outside and this can be a problem for some people. Warming centers provide a heated place for people to go

during extremely cold weather. The Department of Health and Senior Services maintains an interactive map of warming cen-

ters/shelters to be used by the public. If you know of someone who needs a center please go to the map at <https://ogi.oa.mo.gov/DHSS/>



Teach kids about nutrition and food safety this season.

There are over 150 types of HPV identified.

FDA advises consumers to discard or not eat romaine lettuce.



Kids and Holiday Cooking

by April Bridges, WIC Nutritionist

Christmas is on its way, and along with it comes all the parties and holiday gatherings. This is a great time to get kids involved in the kitchen. It is fun because foods are special creations at this time of year, but it can also be a learning moment about nutrition and food safety. It can boost kids' confidence when others are enjoying what they have helped prepare. It may also increase their acceptability of differ-

ent foods when they have prepared it themselves. Be sure to talk about food groups and find teaching moments on how to prepare healthy meals.

First, teach kids to wash hands before getting started in the kitchen. To keep them enthusiastic, make sure to assign them tasks that are appropriate for age and ability. For example, age 3-5 can mix together simple ingredients or press cookie cutters. Age 6-7 can use a vegetable peeler, crack eggs, or meas-

ure ingredients. Eight to nine year olds can use can openers, use thermometer to check meats, and age 10 and up could even chop vegetables and boil, bake or microwave foods. As they grow, they can take on more, and work up to finishing the whole dish. Find more ways to get the kids involved at MyPlate.gov.



HPV

by Cheri Carda, RN

HPV (Human Papilloma Virus) is a very common viral infection that almost every man and woman in the United States will acquire in their lifetime. There have been over 150 types identified per the CDC. They can be transmitted by skin to skin contact and can

cause changes that lead to certain types of cancer, such as, cervical, vaginal, vulva, anal, and oral in women. Men can also be affected with cases of penile, scrotal, anal, and oral cancer. These infections usually have no symptoms but can still potentially lead to cancer. There is a vaccine on the market since

2006 that can help. The HPV9 or Gardasil vaccine can be administered to men and women from ages 9-45 to help protect against these viruses. This vaccine is so effective that the CDC reports that 30,000 out of over 32,000 cases of these cancers each year can be prevented by this vaccine.

Romain Lettuce E.coli Outbreak

by Justin Frazier, EPHS

The FDA, along with CDC, state and local agencies, is investigating a multistate outbreak of *E. coli* O157:H7 illnesses likely linked to romaine lettuce. The FDA is conducting a trace back investigation to determine the source of the romaine

lettuce eaten by people who became sick. The FDA advises that consumers should not eat and discard romaine, or any mixed salads containing romaine, until more information on the source of the contamination and the status of the outbreak can

be determined. Consumers should always practice safe food handling and preparation measures. It is recommended that they wash hands, utensils, and surfaces with hot, soapy water before and after handling food.



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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.

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