

HOWELL COUNTY
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 2, 3, 5, 6, 9, 10, 11,
12, 13, 16, 17, 18, 19, 20, 23,
24, 26, 27, 30, 31

Willow Springs WIC: 4

Mountain View WIC: 25

Family Planning: 10, 18, 24

Immunizations: 3, 12, 17

Food Handlers: 9, 23

Holiday's (closed): None

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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 211

MARCH 2020

How Sleep Affects Your Immunity from www.sleepfoundation.org

This content was created by the National Sleep Foundation. When it comes to your health, sleep plays an important role. While more sleep won't necessarily prevent you from getting sick, skimping on it could adversely affect your immune system, leaving you susceptible to a bad cold or case of the flu. To keep yourself snuffle-free this season, here's what you need to know.

Sleep and Cytokines: Without sufficient sleep, your body makes fewer cytokines, a type of protein that targets infection and inflammation, effectively creating an immune response. Cytokines are both produced and released during sleep, causing a double whammy if you skimp on shut-eye. **Chronic sleep loss** even makes the flu



vaccine less effective by reducing your body's ability to respond.

Stock Up on Naps: To stay healthy, especially during the influenza season, get the recommended seven to eight hours of sleep a night. This will help keep your immune system in fighting shape, and also protect you from other health issues including **heart disease**, diabetes, and obesity. If your sleep schedule is interrupted by a busy workweek or other factors, **try to make up for the lost rest with naps**. Taking two naps that are no longer than 30 minutes each—one in the morning and

one in the afternoon—has been shown to help decrease stress and offset the negative effects that sleep deprivation has on the immune system. If you can't swing a half-hour nap during the workday, try grabbing a 20-minute siesta on your lunch hour, and another right before dinner. **Other Healthy Tactics:** Of course, there's more to boosting your immunity and guarding against illness than getting ample sleep. It's also important to practice smart stay-healthy strategies such as washing your hands with soap regularly, avoiding close contact with people who are obviously under the weather, and talking with your doctor about getting an annual flu shot. And remember: Even if you do come down with a case of seasonal sniffles, you'll be able to bounce back faster if your body is well rested.

West Plains Community Garden Sign Ups

The West Plains Community garden will have a table at the annual West Plains Home and Garden Show March 6th & 7th at

the West Plains Civic Center. We will be in the lobby so that if you don't have to pay to get into the show if you only came to sign up for

a garden space. Call the health department for more information at 417-256-7078 or garden chair Ginny Henderson at 417-256-6977.



Wash hands with soap & water for at least 20 seconds!

The theme this year is "Eat Right, Bite by Bite"

You should test your water annually!



COVID-19 (Coronavirus) Info from cdc.gov

On February 11, 2020 the World Health Organization **announced** an official name for the disease that is causing the current outbreak of coronavirus disease, COVID-19.

The virus is thought to spread mainly from person-to-person: Between people who are in close contact with one another (within about 6 feet). Via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. People are thought

to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include: Fever, Cough and Shortness of breath. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of MERS-CoV viruses.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to

avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including: Avoid close contact with people who are sick. Avoid touching your eyes, nose, and mouth. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

For more info go to www.cdc.gov

National Nutrition Month by April Bridges, WIC Nutritionist

Each year, National Nutrition Month is celebrated in March. It focuses on the importance of informed food choices and developing sound physical

activity habits. The theme this year is "Eat Right, Bite by Bite". Key messages include 1) Eating a variety of nutritious foods every day. 2) Plan your meals each week. 3)

Learn skills to create tasty meals. 4) Consult a Registered Dietitian Nutritionist (RDN). Find more information and ideas to meet these goals at eatright.org.

Well Water Testing by Justin Frazier, Environmental Specialist

The Howell County Health Department provides kits for private well water testing. County residents may call or stop in the health department for a kit and directions on properly collecting a water sample. Only samples collected in a testing kit from the

health department will be analyzed. Water samples may be dropped off to the health department Monday – Friday by 11:00 A.M. Water testing fees are \$10.00 for standard e-coli and coliform bacteria tests, if the samples are "self-drawn," and \$20 for an official test,

which will be drawn by the health department. Water test for metals, nutrients and minerals can also be performed by a member of the Howell County Health Department for an additional charge. Protect yourself and your family's health and contact us at 417-256-7078 to schedule your water test today.



Howell County Health Department

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West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: www.howellcountyhealth.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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