

HOWELL COUNTY  
HEALTH DEPARTMENT

APRIL CALENDAR

**WIC:** by phone-call for info/  
appointment

**Willow Springs WIC:** cancelled

**Mountain View WIC:** cancelled

**Family Planning:** 7, 15, 21

**Immunizations:** 9, 14, 28

**Food Handlers:** cancelled

**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 2 | 2

APRIL 2020

## Howell Co. Coronavirus (COVID-19) Emergency Order

### HOWELL COUNTY HEALTH DEPARTMENT

IN COOPERATION  
WITH THE MISSOURI  
DEPARTMENT OF  
HEALTH & SENIOR  
SERVICES

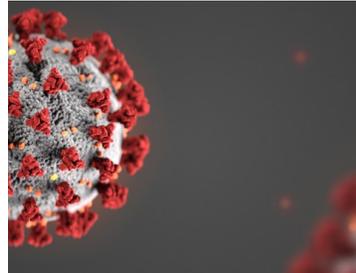
Coronavirus Disease  
(COVID-19) Public  
Health Emergency Order  
for Howell County, Missouri

Updated guidelines for  
restaurants and public  
gatherings

HOWELL COUNTY,  
MO (March 30, 2020) –  
Howell County Health  
Department Director,  
Chris Gilliam – in consultation with the Howell  
County Health Department Board of Trustees –  
today issued a public health emergency order  
in alignment with the Centers of Disease Control  
and Prevention (CDC) latest COVID-19  
guidance.

Effective 12:01 a.m. on  
March 30, 2020 until  
12:01 a.m. on April 13,  
2020:

All restaurants, dining  
facilities, bars, taverns,



clubs are to be closed to  
the public. Establishments  
may continue to provide  
curbside, drive-through  
and delivery services.

All large public gatherings  
of more than ten (10) people  
are prohibited. Exceptions  
include governmental and  
judicial functions, healthcare  
facilities and private business  
operations.

As of today, Howell County  
has no confirmed cases of  
COVID-19. We are continuously  
monitoring the evolving situation  
and working to ensure our  
community is prepared.

To reduce risk and prevent  
the spread of COVID-19,  
continue to follow these  
basic preventative measures:

Wash hands often with  
soap and water for at least  
20 seconds or use a hand

sanitizer that contains at  
least 60% alcohol

Avoid touching eyes,  
nose and mouth with  
unwashed hands

Stay home if you are  
sick

Cover coughs and sneezes  
using your elbow or  
shoulder rather than your  
hands

Clean and disinfect high-  
touched surfaces frequently

If you suspect that you  
have COVID-19 or have  
been exposed to someone  
with COVID-19, call your  
healthcare provider to let  
them know before seeking  
care. It is critical that your  
provider is aware you may  
have COVID-19 prior to  
your arrival at a healthcare  
facility, and that you follow  
all instructions for arriving  
at a healthcare facility.

For more information  
please visit the Department  
of Health & Senior Services  
website at:  
[https://health.mo.gov/  
living/healthcondiseases/  
communicable/novel-  
coronavirus/](https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/)

# Missouri WIC

Eat Healthy. Stay Well.

WIC appointments can be done over the phone!

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

It's always a good idea to practice healthy habits around pets!



## Temporary WIC Guidelines from April Bridges, WIC Nutritionist

The state WIC office and the USDA have given us temporary guidelines to follow in the wake of COVID-19. We have temporary waivers (until further notice) to avoid face-to-face WIC appointments. Instead, we will be doing WIC appointments over the phone as allowed. This includes certs, mid-certs and new participants. Until further notice, our Mountain View and Willow Springs clinics will be closed. There are some temporary changes and substitutions that can be made on you WIC checks. All checks still ex-

pire the last day of the month at midnight as usual. Starting March 23, the examples below can be allowed for some food substitutions. For example:

1. Milk: Substitutions of half gallons or quarts to equal the number of gallons is allowed if gallons of milk are not available. You still can only get the variety of milk printed on your checks (whole, 1%, etc.)
2. Peanut butter: Substitutions of Jif, Peter Pan, and Skippy in 16-18 oz containers of creamy, crunch, regular, or smooth peanut butter is allowed IF participants cannot locate store brand peanut butter.

3. Eggs: Substitutions of medium eggs for large eggs.
4. Formula checks will be printed with fewer cans per individual check

If you cannot locate formula, please call our office Monday through Friday 8am -12pm, 1-5pm: 417-256-7078

If your phone number has changed or is not active, please contact us. If you have any further questions, please call us at 417-256-7078. Thank you for your patience! Howell County Health Department WIC Program. This institution is an equal opportunity provider and employer.

## How to Protect Yourself from COVID-19 from cdc.gov

### Know How it Spreads:

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.**

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), through 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.

Take steps to protect yourself:

**Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry. **Avoid touching your eyes, nose,**

**and mouth** with unwashed hands. **Avoid close contact** with people who are sick. **Stay home** if you are sick, except to get medical care. **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow. **Throw used tissues** in the trash. Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## COVID-19 and Pets from cdc.gov

There is no reason at this time to think that any animals, including pets, in the United States might be a source of infection with this new coronavirus that causes COVID-19. To date, CDC has not received any reports of pets or other animals becoming sick with COVID-19 in the United

States. Pets have other types of coronaviruses that can make them sick, like canine and feline coronaviruses. These other coronaviruses cannot infect people and are not related to the current COVID-19 outbreak. However, since animals can spread other diseases to people, it's always a

good idea to practice healthy habits around pets and other animals, such as washing your hands and maintaining good hygiene. For more information on the many benefits of pet ownership, as well as staying safe and healthy around animals including pets, livestock, and wildlife, visit CDC's Healthy Pets, Healthy



## Howell County Health Department

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**Website:** [www.howellcountyhealth.com](http://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

Administrator-Chris Gilliam, email: [chris.gilliam@lpha.mo.gov](mailto:chris.gilliam@lpha.mo.gov)

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