

HOWELL COUNTY
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 1, 2, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 26, 29, 30

Willow Springs WIC: 3

Mountain View WIC: 25

Family Planning: 16, 17, 23

Immunizations: 4, 9, 18, 30

Food Handlers: 8, 22

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

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JUNE 2020

Schedule Your Back to School Immunizations by Jess McKee, RN

With the 2019-2020 school year behind us, it is time to start thinking about back to school immunization requirements for 2020-2021. Children entering kindergarten, 8th grade, and 12th grade are required to have boosters of certain vaccines before attending school. A full list of required and recommended vaccines for your child can be found at the link below. <https://health.mo.gov/living/wellness/immunizations/pdf/ImmunizationSchedule7-18.pdf>

The Howell County Health Department has multiple immunization



clinics per month but spots are limited due to spacing requirements during COVID-19. It is important that you call our office at (417) 256-7078 to schedule an appointment at your earliest convenience due to limited space. Please remember that Willow Springs and Mountain View Satellite Clinics do not require an appointment but wait times may be longer than normal and you may be asked to wait in your vehi-

cle if we are at maximum capacity in the building. Immunization clinic dates are posted here in the Monthly Monitor. Below are Immunization Clinics that have been added to the calendar for school-aged children as well as two dates we have tentatively set for additional satellite clinics.

June 11, 2020 K-12th grade Clinic
July 8, 2020- Tentative additional Willow Springs Satellite Clinic (no appointment necessary)
July 16, 2020 K-12th grade Clinic
July 29, 2020 Tentative additional Mountain View Satellite Clinic (no appointment necessary)
August 18, 2020 K-12th grade Clinic

COVID-19 Testing Sites in Howell County

Please call ahead to the testing location to see if you meet their criteria to be screened for COVID-19 and to make an appointment. **Burton Creek: [417-256-2111](tel:417-256-2111).**

Southern Missouri Community Health Center: [417-255-8464](tel:417-255-8464). Ozarks Medical Center Family Clinics are offering testing in West Plains and Mountain View. You

must first call the OMC hotline at [417-505-7120](tel:417-505-7120). The hotline is open 24hours a day, 7 days a week. OMC nurses will determine if you meet the criteria to be screened.



Boost your immune system with a healthy diet!

Many factors can affect the proper functioning of your onsite sewage system.

Water can be the best thing to drink to stay hydrated!



Immunity and Your Food by April Bridges, WIC Nutritionist

Illness is not always preventable, but a healthy immune system can give your body extra protection.

To keep you immune system healthy all year long, focus on **BALANCE**. Eat a variety of foods, focusing on lean proteins and five to seven servings of fruits and vegetables daily. Fruits and vegetables are full of antioxidants. Probiotics are “good” gut bacteria to help

outweigh the bad. Proteins are important for growth and healing. Combine these foods with good hygiene, physical activity, stress management and appropriate sleep to build and maintain a strong immune system.

These nutrients play a role in the immune system and can be found in a variety of foods:

Beta Carotene: sweet potatoes, spinach, carrots

mango, broccoli and tomatoes. **Vitamin C:** citrus fruits, berries, melons, tomatoes, bell peppers and broccoli. **Vitamin D:** fatty fish, eggs, milk and juice that is fortified. **Zinc:** beef, seafood, wheat germ, beans, nuts and tofu (best absorbed from animal sources). **Probiotics:** yogurt and fermented foods like kimchi and kefir. **Protein:** milk, yogurt, eggs, beef, chicken, seafood, nuts, seed, beans and lentils.

Onsite Sewage from Justin Frazier, Environmental Specialist

An estimated 25 percent of homes in Missouri rely on an onsite wastewater treatment system in areas where public sewers are not available. Onsite systems treat wastewater and disperse it on the property where it is generated. When functioning properly, onsite systems prevent human contact with sewage, and prevent contamination of surface and groundwater. Factors that affect the proper functioning of onsite sys-

tems include the site and soil conditions, design, installation, operation, and maintenance. The Missouri Department of Health & Senior Services has set minimum state standards for onsite systems. These standards cover new systems and major changes to existing systems. Some examples of major changes are replacing a sewage tank, and replacing or expanding an absorption field. Generally, a permit must be obtained before starting construction or repair work. However,

certain residential properties may be exempt from state permitting requirements. Public health and the environment are protected when new systems are constructed, and failing systems are repaired or replaced, using criteria equal to or better than Missouri's Minimum Construction Standards. Homeowner understanding of the need for regular maintenance and proper operation of their onsite sewage system is important for long-term system performance and public health protection.

Staying Hydrated this Summer from www.heart.org

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. A person who perspires heavily

will need to drink more than someone who doesn't. For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such as fruits and vegetables which

contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.



Howell County Health Department

180 S. Kentucky Ave
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

Administrator-Chris Gilliam, email: chris.gilliam@lpha.mo.gov

Assistant Admin, Vital Records Clerk-Kathy Parker, email: kathy.parker@lpha.mo.gov

Financial Officer-Shelly Uphaus, email: shelly.uphaus@lpha.mo.gov

Environmental Specialist-Justin Frazier, email: justin.frazier@lpha.mo.gov

Health Educator-Dawn Hicks, email: dawn.hicks@lpha.mo.gov

Administration Receptionist-Kenzy Hudson, email: kenzy.hudson@lpha.mo.gov

WIC Supervisor-Phyllis Crider, email: phyllis.crider@lpha.mo.gov

WIC Clerk-Sharon Owen, email: sharon.owen@lpha.mo.gov

WIC Certifier, HPA & Clerk-Linda Lewis, email: linda.lewis@lpha.mo.gov

WIC HPA-Candace Stockton, email: candace.Stockton@lpha.mo.gov

WIC Nutritionist-April Bridges, email: april.bridges@lpha.mo.gov

WIC Nurse Educator, email: mary.moore@lpha.mo.gov

WIC Breast Feeding Peer Counselor-April Bridges, email: april.bridges@lpha.mo.gov

Director of Nurses, Kathy Doss, email: kathy.doss@lpha.mo.gov

Nurse-Cheri Carda, email: cheri.carda@lpha.mo.gov

Nurse-Vanessa Doss, email: vanessa.doss@lpha.mo.gov

Nurse-Jess McKee, email: jessica.mckee@lpha.mo.gov

Nurse-Katey Seiber, email: katey.seiber@lpha.mo.gov

Front Desk Receptionist-Andi Schartz, email: andi.schartz@lpha.mo.gov