

HOWELL COUNTY
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 23, 24,
27, 28, 29, 30, 31

Willow Springs WIC: 1

Mountain View WIC: 23

Family Planning: 14, 15, 28

Immunizations: 7, 9, 23, 30

Food Handlers: 13, 27

Holiday's (closed): 3rd in
observance of the 4th.

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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 215

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Show Me Strong Recovery Plan Phase 2 from www.showmestrong.mo.gov

In light of the expiration of Executive Order 20-09, it is still recommended that Missourians limit our activity and interactions and continue to maintain social distancing and practice good hygiene to protect our neighbors and ourselves. More prescriptive requirements may exist in your community, and individuals are encouraged to check local public health authorities for further guidance.

Missouri's economy is reopening helping Missourians get back to work. This reopening is possible because of our efforts to pull together and achieve progress on the four health care pillars. This resulted in:



- Flattening the curve and expanding healthcare capacity, while utilizing federal programs and deploying state resources;
- Making decisions based on Missouri-specific data and medical expertise;
- Protecting healthcare workers, first responders, and other direct care workers so that our citizens have access to the care they need;
- Looking after our most vulnerable and at-risk populations;
- Partnering with community leaders and incorporating flexibility based on each community's cir-

cumstances; Implementing a measured approach to mitigate risk of a resurgence. It is recommended that citizens continue to:

- Stay home if they feel sick
- Practice good hygiene
- Avoid socializing in groups that do not readily allow for appropriate physical distancing.
- Maximize physical distance from others when in public (parks, outdoor recreation areas, shopping areas, etc.)
- Minimize travel to the extent possible
- Take enhanced precautionary measures to mitigate the risks of contracting COVID-19 if they are elderly or otherwise vulnerable populations

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.



Foodborne disease outbreaks are preventable.

TBI can lead to problems of learning and development in children.

Use this app to view your WIC approved food list and scan barcodes!



Food Borne Outbreaks & Investigations by Justin Frazier, Environmental

The Environmental Services Section at the Howell County Health Department works daily to assess and prevent possible foodborne disease outbreaks at regulated facilities. Foodborne disease outbreaks are investigated to prevent both ongoing transmission of disease and similar outbreaks from occurring in the future. Environmental investigations are conducted in parallel with epidemiological and laboratory investigations to find out how and why an outbreak occurred and, most importantly, to institute corrective actions to avoid similar occurrences in the future. An environmental investigation performed in the context of assessing a foodborne disease outbreak differs significantly from a routine regulatory inspection carried out to identify normal, routine violations. Outbreak related environmental investigations are guided by data as it becomes available from other components of a multi-disciplinary investigation. The specific objectives of an environmental investigation during a foodborne disease outbreak include: Identifying the source, mode and extent of the food contamination; Assessing the likelihood that pathogens survived processes designed to kill them or to reduce their numbers; Assessing the potential for growth of pathogens during food processing, handling, or storage; and Identifying and implementing corrective interventions. These actions help prevent the spread of foodborne illnesses to the public through food service facilities, lodging establishments, schools and long term care facilities.

Traumatic Brain Injury from Cheri Carda, RN

Traumatic Brain Injury (TBI) is an injury or blow to the head that can cause brain damage through tearing, shearing, or twisting of the tissue of the brain. This can lead to problems of learning and development in children throughout the rest of their life. Even though an injury to the head might seem harmless, it is important to be aware of TBI and discuss with your child's provider the risks and consequences related to TBI. Possible signs and symptoms of TBI could include: headache, being very tired or having trouble sleeping, nausea and/or vomiting, confusion, and attention or learning problems. Providing safe areas where children play to reduce falls or blows to the head and safety gear can reduce injuries to the head resulting in TBI.

Info adapted from learning materials through the Missouri Traumatic Brain Injury Implementation Partnership

WIC Shopper App from April Bridges, WIC Nutritionist

WIC (Women, Infants, and Children) provides nutritious foods, nutrition education, and breastfeeding support for participants. The Missouri WIC program is constantly changing! Soon, we will be transitioning to the E-WIC card. Already available is the WIC Shopper App. From this app, participants can view WIC approved food list and scan barcodes in the store, to be sure a food is a WIC item. The app also includes links that can take clients to wichealth.org, the CDC milestone app, or to yummy recipes utilizing WIC foods. Other links include Cooking Matters and "find a store" or "find a WIC clinic". There is even a capture benefit icon, so that participants can snap an image of last receipt, which will include remaining WIC benefits for the household. This app is free, and has many benefits- check it out!



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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