

HOWELL COUNTY  
HEALTH DEPARTMENT

### AUGUST CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 24, 25, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 26

Family Planning: 11, 19, 25,

Immunizations: 6, 13, 20, 27

Food Handlers: 10, 24

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

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## Prevent Illnesses Spread by Ticks & Mosquitos by Justin Frazier, EPHS

Although COVID-19 awareness and prevention continues to be a top priority, the Howell County Health Department wants to remind Missourians to also take simple steps to prevent illnesses that are spread by ticks and mosquitoes when they spend time outdoors. Illnesses that may result from tick and mosquito bites can range from mild to severe and, in some cases, can even be fatal. The two main tick-borne diseases reported in Missouri residents are ehrlichiosis and Rocky Mountain spotted fever, followed by tularemia and Lyme disease. A small number of Heartland virus and Bourbon virus cases have also been reported in recent years. In 2019, Missouri reported a combined total of 976 cases of tick-borne disease. West Nile virus is the most common illness spread by mosquitoes in Missouri and other parts of the United States. According to the Centers for Disease Control and Prevention (CDC), up to 80%



of people infected with West Nile virus will not develop any symptoms.

Despite the presence of ticks and mosquitoes, everyone can safely enjoy the outdoors with a few simple safety precautions. The best way to protect yourself and your family from the diseases carried by ticks and mosquitoes is to avoid their bites. HCHD recommends the following precautions to prevent tick and mosquito bites:

- Use insect repellent products with ingredients registered by the Environmental Protection Agency (EPA) such as DEET, picaridin, IR3535, and oil of lemon eucalyptus. For children under 3 years of age, do not use products containing oil of lemon eucalyptus. Apply and re-apply insect repellent to ex-

posed skin according to the package instructions.

- Wear long sleeves and pants to reduce exposed skin when weather permits. Wearing light colored clothing makes it easier to see ticks that are crawling on you while outdoors.

- Stay away from brushy areas, tall grasses, and leaf litter to avoid ticks. Try to stay in the center of the trails when hiking. After returning indoors, check your body carefully for ticks.

- Eliminate mosquito habitat around your home. Drain standing water found in toys, buckets, flowerpots, gutters, or other items that may collect sprinkler or rainwater. Empty, scrub, and refresh water in pet dishes and birdbaths at least once or twice per week.

- Check window and door screens around the home. Repair holes or replace screens as needed to help keep mosquitoes outside of your home.

## 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.**



*A cloth face covering is recommended in public places.*

*We support our breastfeeding mothers!*

*Contact tracing identifies people who have an infectious disease.*



## Social Distancing & Masking by Chris Gilliam, Director

Howell County Health Department encourages residents to continue to be diligent in their efforts to protect themselves and loved ones from the COVID infection and to contain the spread of COVID-19. The Department stresses the importance of social distancing and masking in these efforts.

Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other peo-

ple who are not from your household. To practice social or physical distancing, stay at least 6 feet (about 2 arm’s length) from other people who are not from your household in both indoor and outdoor spaces. Social distancing should be practiced in combination with other everyday preventative actions to reduce the spread of COVID-19, including wearing cloth face coverings, avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20

seconds. In accordance with Centers for Disease Control and Prevention (CDC) guidance, it is recommended that all individuals in the State of Missouri wear a cloth face covering when in a public setting where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. Studies show that individuals in close proximity to others may transmit the virus that causes COVID-19 without having developed symptoms themselves.

## National Breastfeeding Awareness Month from April Bridges, WIC

August is recognized as National Breastfeeding Awareness Month. Here at the Howell County Health Department, WIC usually celebrates each year by hosting an

event to support our breast feeding mothers. There will be no event in 2020 due to the COVID-19 pandemic. WIC is still open, providing breastfeeding education to pre-

natal clients and support to nursing mothers -through clinic visits and by phone. Clients can call the Health Department at 417-256-7078 or call/text 293-3413 with questions or concerns.

## Contact Tracing from Chris Gilliam, Director

Contact tracing is a term often used in case reporting. Contact tracing is used by health departments to prevent the spread of infectious diseases, like COVID-19. In general, contact tracing involves identifying people who have an infectious disease, as well as their

contacts or people who may have been exposed. Public health works with each case and contact in an effort to interrupt or slow disease transmission. For COVID-19, this includes asking cases to isolate and contacts to quarantine at home. Contact tracing for COVID-19 typically involves: Interviewing peo-

ple with COVID-19 to identify everyone with whom they had contact during the time they may have been infectious, especially close contacts. Notifying close contacts of their potential exposure. Monitoring close contacts for signs and symptoms of COVID-19. Referring close contacts for testing.



## 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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