

HOWELL COUNTY
HEALTH DEPARTMENT

NOVEMBER CALENDAR

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

Willow Springs WIC: 4

Mountain View WIC: 25

Family Planning: 10, 18, 24

Immunizations: 3, 12, 17

Food Handlers: 9, 23

Holiday's (closed): Thanks-
giving 26 & 27

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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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Mask Up Ozarks Campaign



Community leaders are banding together in a regional campaign encouraging healthy behaviors from citizens as COVID-19 continues to affect our community.

The initiative called "Mask Up Ozarks" is comprised of representatives from Burton Creek Rural Clinic, City of West Plains, Howell County Health Department, Missouri State University-West Plains, Ozarks Medical Center (OMC), Southern Missouri Community Health Center (SMCHC) and West Plains Schools.

The coalition believes that how we continue to overcome this pandemic will be through the unified effort. The goal of the campaign is that as a unified message spreads, the region will move closer to a new set of "normal" behaviors in shared spaces. The campaign will provide resources

to educate citizens as well as help businesses assure customers that their business is safe to visit, supporting a recovery that lasts.

The "Mask Up Ozarks" initiative focuses on wearing a mask as a way to help flatten the curve and slow the spread. The coalition is asking southern Missourians to focus on what they can do to help keep our communities safe.

"Slowing the spread of COVID-19 has to be a community effort and we are relying on everyone to do their part. With the recent increase in cases and positivity rates it is more important

than ever to wear your mask." said Howell County Health Department Administrator Chris Gilliam. "Masking is one thing we can all do to reduce the amount of time it will take to be able to return to a more normal way of life."

Keeping the local economy open depends on people staying healthy. If everyone can do their part to create a safe environment to eat, shop, learn, and play, the community will get through this together. "Mask Up Ozarks" is a public service campaign created by a coalition of organizations working to support the region's recovery. If you would like to learn more about the initiative including how you can participate, please visit www.maskupozarks.com.

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.



Stay safe this Thanksgiving!

Flu vaccine still available.

Every home should have a carbon monoxide detector!



Thanksgiving & COVID from edc.gov

Lower risk activities: Having a small dinner with only people who live in your household. Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others. Having a virtual dinner and sharing recipes with friends and family. Shopping online rather than in person on the day after Thanksgiving or the next Monday. Watching

sports events, parades, and movies from home. **Moderate risk activities:** Having a small outdoor dinner with family and friends who live in your community. Lower your risk by following CDC's recommendations on hosting gatherings or cookouts. Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing. Attending a small outdoor sports events with safety precautions in

place. **Higher risk activities. Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:** Going shopping in crowded stores just before, on, or after Thanksgiving. Participating or being a spectator at a crowded race. Attending crowded parades. Using alcohol or drugs, which can cloud judgement and increase risky behaviors. Attending large indoor gatherings with people from outside of your household.

Still Need a Flu Shot?

If you have not received your flu shot yet for this season please call our office at 417-256-7078

to schedule an appointment. Vaccine is limited so please call as soon as you can. There is no charge for

the flu shot so be a flu fighter this year and get your flu shot.

Carbon Monoxide by Justin Frazier, Environmental Specialist

Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Understand How Carbon Monoxide Can Be Harmful: Don't use a grill, generator or camping stove inside your home, garage or near a window. If you need to

warm a vehicle, remove it from the garage immediately after starting it. Don't leave a car, SUV or motorcycle engine running inside a garage, even if the doors are open. Never use your oven or stovetop to heat your home. On the outside of your home, make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris. **Install Carbon Monoxide Alarms:** Make sure your home has a carbon monoxide alarm. If you don't have one, please go out and get one. As with smoke alarms, make sure you have a car-

bon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances. You won't know that you have a carbon monoxide leak without a working alarm. Test alarms regularly and replace them every five to seven years depending on the manufacturer's label. For the best protection, have carbon monoxide alarms that are interconnected throughout the home. When one sounds, they all sound. Carbon monoxide alarms are not substitutes for smoke alarms, and vice versa. Combination smoke and carbon monoxide alarms are available.



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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