

HOWELL COUNTY
HEALTH DEPARTMENT

DECEMBER CALENDAR

WIC: 1, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 28, 29, 31

Willow Springs WIC: 2

Mountain View WIC: 30

Family Planning: 8, 15, 16

Immunizations: 1, 10, 29

Food Handlers: 14, 28

Holiday's (closed): 23rd 12 noon-staff meeting; 24 & 25-Christmas

INSIDE THIS ISSUE:

Emergency Disinfection of Drinking H2O 2

Phytonutrients 2

COVID-19 and Holiday Gatherings 2

Mission and Contact Info 3

HCHD Staff and Email 3

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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DECEMBER 2020

City of West Plains Passes Face Covering Ordinance

Face Coverings Now Required in City of West Plains. To help slow the spread of COVID-19 face coverings are now mandatory in the City of West Plains as a result of City Council's vote of 3-2 in favor of the mandate on November 4th, 2020.

The ordinance, which goes into effect immediately and runs through February 2, requires clean face coverings for all people age 10 and older in the City of West Plains. However, the ordinance allows West Plains Mayor Jack Pahlmann to suspend enforcement of the ordinance if the 14-day positivity rate falls below five percent for seven consecutive days.



There are exceptions to the face covering requirement such as having a medical condition, when outdoors and you can maintain a social distance of 6' or more, when at home and in the presence of members of your own household, while in your families personal vehicle and more that can be found on the cities website at <https://westplains.net>

The Mayor specifically encourages the enforcement of the ordinance, which will be administered by education and an opportunity for voluntary compliance. The next measures include a warning, and a civil citation. If convicted, a fine could be assessed not to exceed \$100.

People are asked to call the West Plains Police Department at 256-2244, and not the 911 emergency number. The full ordinance can be found online at westplains.net by clicking on the red "City of West Plains Face Covering Ordinance" button. Signs for businesses are also available on the website.

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.



Be prepared during an emergency to have drinking H₂O.

Fruits, vegetables and other foods provide phytonutrients.

Protect yourself and your loved ones this Holiday Season!



Emergency Disinfection of Drinking Water by Justin Frazier, EPHS

In an emergency situation where regular water service has been interrupted – like a tornado, flood, or ice storm – local authorities may recommend using only bottled water, boiled water, or disinfected water until regular water service is restored. In these situations, you should only use water that has properly disinfected for drinking, cooking, making any prepared drink, washing dishes and for brushing teeth. Properly boiling and disin-

fecting water will kill disease-causing microorganisms that may be present in the water. However, boiling or disinfection will not destroy other contaminants, such as heavy metals, salts, and most other chemicals. Use **bottled water** or water you have properly prepared and stored as an emergency water supply. **Boil water**, if you do not have bottled water. Boiling is sufficient to kill pathogenic bacteria. If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.

Bring water to a rolling boil for at least one minute. At altitudes above 5,000 feet (1,000 meters), boil water for three minutes. Let water cool naturally and store it in clean containers with covers.

Disinfect water using household bleach, if you can't boil water. Use 8 drops of 6% bleach, or 6 drops of 8.25% bleach, to each gallon of water. Double the amount of bleach if the water is cloudy, colored, or very cold. Stir and let stand for 30 minutes. The water should have a slight chlorine odor.

Phytonutrients by April Bridges, WIC Nutritionist

Phytonutrients are substances produced by plants, and are believed to promote health, slow the aging process and reduce the risk of certain diseases. They may also protect against some cancers, heart disease,

high blood pressure, stroke and other chronic health conditions. Plants produce these substances naturally to protect themselves against viruses and bacteria. They also provide color, aroma and flavor to food. Phytonutrients are found

in fruits, vegetables, grains, legumes, nuts and teas. The color indicates the type of phytonutrient found in the plant. Aim for five each day, and choose fruits and vegetables from a rainbow of colors to get the health benefits of each.

COVID-19 and Holiday Gatherings from CDC.gov

People with or exposed to COVID-19: Do not host or participate in any in-person gatherings if you or anyone in your household: Has been diagnosed with COVID-19 and has [not met the criteria for when it is safe to be around others](#). Has [symptoms of COVID-19](#). Is waiting for

COVID-19 [viral test](#) results. May have been [exposed to someone with COVID-19 in the last 14 days](#). Is at increased risk of severe illness from COVID-19. Do not host or attend gatherings with anyone who has COVID-19 or has been exposed to someone with COVID-19 in the last 14 days.

People at increased risk for severe illness: If you are an older adult or person with certain medical conditions who is at [increased risk of severe illness](#) from COVID-19, or live or work with someone at increased risk of severe illness, you should avoid in-person gatherings with people who do not live in your household.



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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