

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 4, 5, 7, 8, 11, 12, 13,
14, 15, 19, 20, 21, 22, 25, 26,
28, 29

Willow Springs WIC: 6

Mountain View WIC: 27

Family Planning: 5, 12, 20

Immunizations: 14, 19, 26

Food Handlers: 11, 25

Holiday's (closed): 1st-New
Years Day; 18th-Martin Lu-
ther King Jr. Day

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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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COVID-19 Vaccine from cdc.gov

Because COVID-19 is a new disease with new vaccines, you may have questions about what happens before, during, and after your appointment to get vaccinated. These tips from cdc.gov will help.

Before Vaccination: See if COVID-19 vaccination is recommended for you right now. Learn more about the [different types of COVID-19 vaccines and how they work](#). Learn more about the [benefits of getting a COVID-19 vaccination](#). When you go to your appointment, remember to cover your mouth and nose with a mask when you are around others and stay at least 6 feet away from others. **When You Get Vaccinated:** You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it. You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered. Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine. **After**



Vaccination: With most COVID-19 vaccines, you will need two shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot. It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.

Common side effects: On the arm where you got the shot: Pain and Swelling. Throughout the rest of your body: Fever, Chills, Tiredness, and Headache **Helpful tips:** If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. **To reduce pain and discomfort where you got the shot:** Apply a clean, cool, wet washcloth over the area. Use or exercise your arm. **To reduce discomfort from fever:** Drink plenty of fluids. Dress lightly.

When to call the doctor: In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider: If the redness or tenderness where you got the shot increases after 24 hours. If your side effects are worrying you or do not seem to be going away after a few days **Remember:** Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days. With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot. It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot. It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often. **You can also go to <https://covidvaccine.mo.gov/> for more vaccine information.**



Take in plenty of fluids when you are sick.

Set goals for the entire year to eat healthier and be physically active for better health.

Food workers in the city of West Plains are required to take this course!



Recommended Food When You're Sick from cdc.gov

As the weather gets colder and we enter peak cold and flu season—amidst the coronavirus pandemic—you may be wondering what you should eat if you start to feel sick with the sniffles or a sore throat. Overall, the best things for a healthy immune system are a well-balanced diet, getting enough sleep, staying hydrated, limiting

alcohol and added sugar, and keeping stress to a minimum. Key nutrients, like vitamins D and C and zinc are also helpful. In addition, washing your hands and following preventive guidelines from the CDC and your local health department to reduce exposure to illness, especially COVID-19, is important. Everyone will have slightly different symptoms when they're

sick, which can impact our digestive system and appetite, but the number one food we recommend if you're feeling under the weather is soup. For most minor illnesses, getting enough calories and staying hydrated is important and soup can help with both. Plus, you can load up soup with extra-nourishing ingredients (or really, whatever you like) to help keep you healthy.

New Year / Entire Year Goals from WIC by April Bridges, WIC

With the New Year quickly approaching, we will all be making resolutions for 2021. The WIC program encourages young families to set goals to improve eating or physical activity habits year round—not just at the New Year. When setting a new goal, remember to make it clear, measurable and include a

timeframe. Also, keep it realistic. Setting a goal too high may be discouraging and less likely to achieve. Below are a few common goals that WIC participants set, but could be used to improve health no matter what your age. Choose whole grain bread, tortillas, or pasta instead of white, daily. Try one new fruit or vegetable, or “sneak” vegetables into casseroles 3-4

times each week. Make it a point to have physical activity as a family weekly (the park, walking, sports, etc.). Limit sweet treats or beverages and replace them with fruit as a snack or water for drinks, daily. Reduce TV or screen time by playing a family game at least 3-4 times per week. Have family mealtime at the table at least 4-5 times per week.

Food Handlers by Justin Frazier, EPHS

Did you know that all employees that prep or cook food or are dishwashers at food establishments inside the city limits of West Plains are required to have a food safety certificate? The Howell County Health Department provides a Food Handlers Permit

class to help ensure food prep workers are following proper food safety guidelines. The Food Handlers permit is \$3.00 per person and is valid for 2 years. Classes are held every 2nd and 4th Monday of each month from 4:00-5:00 pm at the health department. The class cover

topics involving proper hot and cold holding temperatures, cooking temperatures, proper handwashing and glove use, employee illness restrictions, foodborne illnesses, dishwashing and more. Call the Howell County Health Department at (417) 256-7078 to schedule or for more information.



Howell County Health Department

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Fax: 417-256-1179

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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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