

HOWELL COUNTY
HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 1, 2, 4, 5, 8, 9, 10, 11,
16, 17, 18, 19, 22, 23, 25, 26,

Willow Springs WIC: 3

Mountain View WIC: 24

Family Planning: 2, 16, 17

Immunizations: 9, 11, 18

Food Handlers: 8, 22

Holiday's (closed): 12th-
Lincoln's Birthday and 15th-
Presidents Day

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

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COVID-19 and Heart Health from www.heart.org

What COVID-19 is doing to the heart, even after recovery: By Laura Williamson, American Heart Association News

A growing number of studies suggest many COVID-19 survivors experience some type of heart damage, even if they didn't have underlying heart disease and weren't sick enough to be hospitalized. This latest twist has health care experts worried about a potential increase in heart failure.

"Very early into the pandemic, it was clear that many patients who were hospitalized were showing evidence of cardiac injury," said Dr. Gregg Fonarow, chief of the division of cardiology at the University of California, Los Angeles. "More recently, there is recognition that even some of those COVID-19 patients not hospitalized are experiencing cardiac injury. This raises concerns that there



may be individuals who get through the initial infection, but are left with cardiovascular damage and complications."

Fonarow said these complications, such as myocarditis, an inflammation of the heart muscle, could lead to an increase in heart failure down the road. He's also concerned about people with pre-existing heart disease who don't have COVID-19 but who avoid coming into the hospital with heart problems out of fear of being exposed to the virus.

Nearly one-fourth of those hospitalized with COVID-19 have been diagnosed with cardiovascular complications,

which have been shown to contribute to roughly 40% of all COVID-19-related deaths. But two recent studies suggest heart damage among those infected may be more widespread. In JAMA Cardiology, an analysis of autopsies done on 39 COVID-19 patients identified infections in the hearts of patients who had not been diagnosed with cardiovascular issues while they were ill. Another JAMA Cardiology study used cardiac MRIs on 100 people who had recovered from COVID-19 within the past two to three months. Researchers found abnormalities in the hearts of 78% recovered patients and "ongoing myocardial inflammation" in 60%. The same study found high levels of the blood enzyme troponin, an indicator of heart damage, in 76% of patients tested, although heart function appeared to be generally preserved. Most patients in the study had not required hospitalization.

COVID-19 Vaccinations

HCHD will schedule appointments in compliance with Missouri's COVID-19 Vaccination Plan, which can be found at covidvaccine.mo.gov In preparation for COVID-19 vaccinations

please click here for the COVID-19 [Screening-COVID-I-Immunization](#) (word version) or [Screening-COVID-I-Immunization](#) (PDF version) consent form that

you can fill out, print and bring with you once appointments are scheduled. If you have any trouble with these links you can find the forms on our website www.howellcountyhealth.com



Cooking with your kids is a great way to get them to try new foods!

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Radon is the leading cause of lung cancer deaths among non-smokers.



Cooking With Your Kids by April Bridges, WIC Nutritionist

With more time spent at home these days, this is a great time to get kids involved in the kitchen. Cooking/preparing can also be a learning moment about nutrition and food safety. It can boost kids' confidence when others are enjoying what they have helped prepare. It may also increase their acceptability of different foods

when they have prepared it themselves. Be sure to talk about food groups and find teaching moments on how to prepare healthy meals.

First, teach kids to wash hands before getting started in the kitchen. To keep them enthusiastic, make sure to assign them tasks that are appropriate for age and ability. For example, age 3-5 can mix together simple ingredients

or press cookie cutters. Age 6-7 can use a vegetable peeler, crack eggs, or measure ingredients. Eight to nine year olds can use can openers, use thermometer to check meats, and age 10 and up could even chop vegetables and boil, bake or microwave foods. As they grow, they can take on more, and work up to finishing the whole dish. Find more ways to get the kids involved at MyPlate.gov.

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-](tel:417-256-2111)**

[2111. Southern Missouri Community Health Center: 417-255-8464. Ozarks Medical Center Family Clinics are offering testing in West Plains and Mountain](tel:417-255-8464)

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.

Radon by Justin Frazier, EPHS

You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon. Exposure to radon is

a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family. The Missouri Department of Health and Senior Services in cooperation with the U. S. Environmental Protection Agency (EPA) provides educational resources about the danger of

radon exposure and encourages Missourians to test their homes for radon. One in three Missouri homes tested for radon have levels above the EPA action level of 4.0 pCi/L. The DHSS radon program offers **free** short-term radon test kits for Missouri residents to test their homes for radon. Residents can register online for a free test kit at <https://health.mo.gov/living/environment/radon/index.php> or by contacting the Bureau of Environmental Epidemiology toll-free at 866-628-9891.



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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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