

HOWELL COUNTY  
HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 1, 2, 5, 6, 8, 9, 12, 13,  
14, 15, 16, 19, 20, 21, 22, 23,  
26, 27, 29, 30

Willow Springs WIC: 7

Mountain View WIC: 28

Family Planning: 6, 20, 21

Immunizations: 13, 27

Food Handlers: 12, 26

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

VOLUME 224

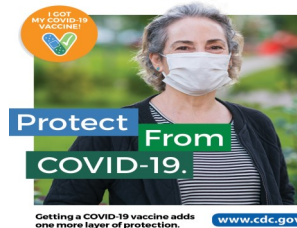
APRIL 2021

## Recommendations for Fully Vaccinated People from cdc.gov

This is the first set of public health recommendations for fully vaccinated people. This guidance will be updated and expanded based on the level of community spread of SARS-CoV-2, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines.

For the purposes of this guidance, people are considered fully vaccinated for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/ Janssen ).†

The following recommendations apply to non-healthcare settings. For related information for healthcare settings, visit [Updated Healthcare Infection Prevention and Control Recommendations](#)



### in Response to COVID-19 Vaccination.

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physi-

cal distancing

- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19 disease](#) or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing [COVID-19 symptoms](#)
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

## COVID-19 Vaccinations

HCHD will schedule appointments in compliance with Missouri's COVID-19 Vaccination Plan, which can be found at [covidvaccine.mo.gov](http://covidvaccine.mo.gov), this is also where you need to go to register for

an appointment. In preparation for COVID-19 vaccinations please click here for the COVID-19 Screening-COVID-1-Immune (word version) or Screening-COVID-1-Immune (PDF ver-

sion) 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.co](http://www.howellcountyhealth.co)



Get Your Pet Vaccinated Against Rabies!

## Annual Rabies Clinics by Justin Frazier, Environmental Specialist

The Howell County Health Department will again be sponsoring a countywide rabies vaccination clinic on May 1<sup>st</sup>, where Howell County residents may receive reduced cost vaccinations for their pets. “This year’s clinic will offer county residents several locations and times to have their pets vaccinated across

the county by participating veterinarians,” according to Howell County Health Department Environmental Services Supervisor Justin Frazier. The times and locations are still being finalized, but clinics will be held in West Plains, Willow Springs and Mountain View. Please continue to monitor the Howell County Health Department website and Face-

book page for updates on clinic times and locations. We encourage all pet owners to contact their vet’s office to discuss having their pets vaccinated. Please call the Howell County Health Department at 417-256-7078 with any questions.

## 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. Southern Mis-**

**souri Community Health Center: 417-255-8464. Ozarks Medical Center Family Clinics are offering testing in West Plains and Mountain View. You must first call the OMC hot-**

**line at 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.**

## Providing Healthy Snacks by April Bridges, WIC Nutritionist

Spring is here! From Easter baskets to T-ball snacks, parents are expected to provide snacks around every corner. When choosing snacks for kids, keep in mind their fat and sugar

content. Here are a few suggestions to keep snacks healthy without compromising acceptability: Fruit cups, Individual bags of pretzels, Cereal bars made with real fruit, Animal shaped gra-

ham crackers- choose ones with 0 trans fat, Low fat putting cup, 100% fruit juice boxes, Dried fruit made with 100% fruit, Add pretzels and nuts to WIC cereal to make a tasty trail mix.



Look for healthy snacks that are low in sugar.



## Howell County Health Department

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website: [www.howellcountyhealth.com](http://www.howellcountyhealth.com)

**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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