

HOWELL COUNTY  
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 1, 3, 4, 7, 8, 9, 10, 11,  
14, 15, 16, 17, 18, 21, 22,  
24, 25, 28, 29, 30

Willow Springs WIC: 2

Mountain View WIC: 23

Family Planning: 8, 15, 16

Immunizations: 1, 10, 22

Food Handlers: 14, 28

Holiday's (closed): none

**INSIDE THIS  
ISSUE:**

Tick Borne Illness 2

Radon 2

Increased Fruit & Veg- 2  
gies in WIC

Mission and Contact 3  
Info

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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## COVID-19 Vaccine for 12 and older from cdc.gov

Although fewer children have been infected with COVID-19 compared to adults, children can: Be infected with the virus that causes COVID-19. Get sick from COVID-19. Spread COVID-19 to others. **CDC recommends everyone 12 years and older should get a COVID-19 vaccination to help protect against COVID-19.** Widespread vaccination is a critical tool to help stop the pandemic. Getting your child or teen vaccinated can bring you one step closer to enjoying the activities you miss. Children 12 years and older are able to get the **Pfizer-BioNTech COVID-19 Vaccine**. **Find a COVID-19 Vaccine:** Go to <https://covidvaccine.mo.gov/find/#vaccine-finder> or search [vaccines.gov](https://vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you. Information about COVID-19 Vaccines for Children and Teens: **Get a COVID-19 vaccine for your child as soon as you can:** COVID-19 vaccines are **safe** and **effective**. COVID-19 vaccines have been used under the most intensive safety monitoring in U.S. history, which includes studies in adolescents. Your child will need a sec-



ond shot of the **Pfizer-BioNTech COVID-19 Vaccine** 3 weeks after their first shot. Your child can't get COVID-19 from any COVID-19 vaccine, including the Pfizer-BioNTech vaccine. Your child **may get a COVID-19 vaccine and other vaccines at the same visit** or without waiting 14 days between vaccines. **Prepare for your child's vaccination visit:** **Get tips** for how to support your child before, during, and after the visit. Talk to your child before the visit about **what to expect**. Tell the doctor or nurse about any allergies your child may have. Comfort your child during the appointment. To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given. After your child's COVID-19 vaccination, you will be asked to stay for 15–30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.

**Your child may have some side effects, which are normal signs that their body is building protection.** On the arm where you got the shot: Pain, Redness, Swelling. Throughout the rest of your body: Tiredness, Headache, Muscle pain, Chills, Fever, Nausea. These side effects may affect your child's ability to do daily activities, but they should go away in a few days. Some people have no side effects. Ask your child's healthcare provider for advice on using a non-aspirin pain reliever and other steps you can take at home to comfort your child. It is not recommended you give pain relievers before vaccination for the purpose of trying to prevent side effects. After you and your child are fully vaccinated against COVID-19, your family can resume activities that you did prior to the pandemic. Learn more about what your child and your family can do **when you have been fully vaccinated**. Get started with v-safe: Ask your child's about getting started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after your child receives a COVID-19 vaccination. Through v-safe, you can report any side effects your child may have after vaccination. V-safe also reminds you to get your child's second dose. Learn more about **v-safe**.



*It's tick season again! Please take precautions to prevent tick-borne illness.*

**Radon can increase lung cancer risk.**

*Funding is still going on to allow for more fruits and vegetables for each WIC participant.*



## Preventing Tick-borne Illness by Kathy Doss, RN, DOM

As the warmer months approach, prevention and control of tick-borne illnesses become important. The most common tick-borne illnesses occurring in Missouri are Rocky Mountain Spotted Fever, Tularemia, Ehrlichiosis and Borelliosis (Lyme disease).

Prevention consists of keeping lawns cut close,

wearing clothing that prevents ticks from getting on your skin and wearing proper tick repellent. Avoiding areas where grass and vegetation are overgrown and wooded areas can also limit exposure to ticks. Tick repellents with DEET are most effective but should be used with caution on children.

If you do have a tick attachment, disinfect the area and

remove the tick with tweezers between the head and mouth parts. Pull upward to avoid leaving mouth parts in the skin which could lead to infection. Disinfect the area again after removal.

If you develop a rash, fever or become ill following a tick bite, see your healthcare provider right away to be evaluated for tick-borne illness.

## Radon by Justin Frazier, Environmental Specialist

Radon is a gaseous radioactive element that occurs from the natural breakdown of uranium in the soil and rocks. It is colorless, odorless, and tasteless. Radon becomes a risk indoors because as it continues to break down, it emits atomic particles that upon entering the lungs can alter the DNA and increase lung cancer risk. In fact, radon is the second

leading cause of lung cancer in the nation and is classified as a "Class A" carcinogen according to EPA. Radon is not known to cause asthma or any other type of respiratory distress. Radon is the number one cause of lung cancer among non-smokers and can only be detected using test kits designed for testing radon. Missouri DHSS has secured a grant from the U.S. Environmental Protection

Agency to promote awareness and increase radon testing in the state of Missouri. Enviro Sciences Inc. has been awarded a contract to provide Missouri residents with a radon test kit upon request. Each residence will be limited to one test kit for the current year. To claim your free radon test kit, go to <https://drhomeair.fmbetterforms.com/#/missouri-free>

## Increase in Fruit & Veggies in WIC by April Bridges, WIC Nutritionist

What a great time to be a WIC participant! Temporary funding is allowing WIC to provide \$35 in fruits and vegetables to each participant. All children age 1-5, and all pregnant and post-partum women on the program

will receive this increased amount from June through September. The allowance can be spent on any fresh or frozen WIC approved fruit and vegetable item. This is a great time to stock up on some of those favorites. Participants

which have already been issued June and July benefits can return to the clinic to have the old amount removed and the increased amount added onto their card. To make an appointment, please call 417-256-7078 and ask for WIC!



## 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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