

HOWELL COUNTY
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 1, 2, 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: 13, 20, 21

Immunizations: 8, 15, 22,
27

Covid-19 Vaccination Clin-
ics: 2, 9, 16, 23, 30

Food Handlers: 12, 26

Holiday's (closed): 5th –
Fourth of July Holiday

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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 227

JULY 2021

Summer Grilling Safety by Justin Frazier, Environmental Specialist

Families will once again commemorate the 4th of July and summertime with outdoor activities and barbecues. Here are some important food safety tips for both first-time and experienced grill masters.

Always use a food thermometer when grilling outside.

- Meat and poultry cooked on a grill tend to brown quickly on the outside but may not be fully cooked on the inside. NEVER partially grill meat or poultry and finish cooking later. Color is never a reliable indicator of safety and doneness. Use a food thermometer to ensure the food has reached a safe minimum internal temperature.

- Cook raw beef, pork, lamb and veal steaks, chops and roasts to 145 F. For safety and quality, allow



meat to rest for at least three minutes before carving or consuming.

- Cook raw ground beef, pork, lamb and veal to 160 F.
- Cook egg dishes to 160 F.
- Cook fish to 145 F.
- Cook raw poultry, including ground poultry, to 165 F.

To correctly take the temperature of ground beef or poultry burgers, insert the food thermometer through the side of the patty, until the probe reaches the center to detect cold spots. The thermometer should read 160 F. Ground poultry burgers should read 165 F.

COVID-19 Vaccinations

HCHD will schedule appointments in compliance with Missouri's COVID-19 Vaccination Plan, which can be found at covidvaccine.mo.gov, this is also where you

need to go to register for an appointment. Registration is encouraged but not required.

Howell County Health Department is offering walk in COVID-19 Vac-

Foodborne illness rates increase during the summer.

- **Natural causes:** Germs are present throughout the environment in soil, air, water and in our bodies. These microorganisms grow faster during the summer months because of the warmer and more humid weather.

Outside activities increase during the summer: Although summer may look different this year, people still like to go outside to enjoy warmer weather. They may be cooking or eating outside, away from items in the kitchen that help us stay safe and clean, like sinks. Given these circumstances, harmful germs have many opportunities to quickly multiply on food and make people sick.

Help keep your friends and family safe this summer by following these food preparation and cooking tips.

ination Clinics every Friday from 8-11 am and 1-4 pm. No appointment is necessary. For more information please call 417-256-7078.



Schedule an eye exam today.

Grow your own fresh produce or visit local Farmer's Markets to purchase farm fresh produce and more.

Simple, free water is the best thing for hydration.



Healthy Vision Month by Jess McKee, RN

July is healthy vision month and there is no better time to start envisioning a clear future! The National Eye Institute is a great resource and has some simple steps that anyone can take to care for their eye health now and for the future.

Getting regular eye exams, wearing protective eye wear, and giving

your eyes a rest are all good habits but there are a number of ways to take care of your eyes.

Be sure to eat a variety of leafy greens such as spinach, collard greens and kale. Fish such as salmon, tuna, and halibut are great additions to your diet because they are rich in omega-3 fatty acids which is great for eye health.

Being active can lower your risk of health conditions such as diabetes, high blood pressure, and high cholesterol that can cause eye or vision problems.

Smoking increases your risk for certain diseases such as macular degeneration and cataracts. It can also be harmful to your optic nerve. For free support and information on quitting, visit Smokefree.gov.

Garden Produce is loaded with Nutrients from www.gardentech.com

When your only shipping delay is the time it takes to get from the garden to your table, fruits and veggies are at their best. Deterioration starts as soon as crops are harvested, so home-grown and locally grown produce that gets to

your table fast offer more nutrients than produce that travels over time and distance. Vitamins and antioxidants in some types of produce may be more than 100 percent higher in local crops versus imported ones.³ Produce from local farmers doesn't have to

stand up to long-distance shipping, so they, like you, may choose to plant more nutritious varieties. Try a backyard garden or plants in pots, it can be easy and fun for the whole family. You can also check out local area Farmer's Markets where you can get fresh produce, meats, eggs, honey and more.

Stay Hydrated this Summer by April Bridges, WIC Nutritionist

These hot summer days remind us to do a lot of things....check on the elderly, plan vacations, water pets, plants, etc. But, one of the most important things is to stay hydrated. We are bombarded with all sorts of products to purchase; but simple, free WATER is the best thing for hydration. Sports drinks are full of sugar and

sodium which can lead to weight gain. Energy drinks contain caffeine that can disturb sleep and deplete your body of certain minerals. Typical adults need about 8 cups (maybe more) of water per day. Little ones age 1-3 need 3-4 cups, age 4-8 need 5 cups, and age 9-13 needs 7-8 cups of water every day. Try a few of these tips to

help increase your water intake. Keep a pitcher of water in the fridge. Fill a reusable bottle to take on the go, or order water instead of a soft drink at restaurants. Add slices of fruit, like oranges or lemons, if you don't like plain water. When our bodies consist of nearly 60% water, we have to do our part to replenish responsibly!



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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.

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