

HOWELL COUNTY
HEALTH DEPARTMENT

SEPTEMBER CALENDAR

WIC: 2, 3, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 23,
24, 27, 28, 29, 30

Willow Springs WIC: 1

Mountain View WIC: 22

Family Planning: 14, 15, 28

Immunizations: 9, 21, 30

Covid-19 Vaccination Clin-
ics: 3, 10, 17, 24

Food Handlers: 27

Holiday's (closed): 6th-
Labor 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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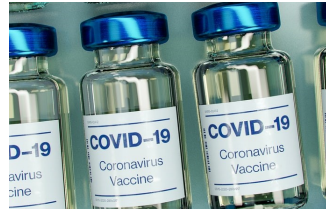
Families with Vaccinated and Unvaccinated Members from www.edc.gov

What You Need to

Know: If you've been fully vaccinated against COVID-19, you've taken the first step toward protecting yourself and your family and returning to many of the activities you did before the pandemic. To maximize protection from the Delta variant of the virus that causes COVID-19 and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission. Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.

How can I protect my unvaccinated family members? These are the best ways to protect your unvaccinated family members, including children who cannot get vaccinated yet:

Get vaccinated yourself. COVID-19 vaccines reduce



the risk of people getting COVID-19 and can also reduce the risk of spreading it. Be sure to get everyone in your family who is 12 years or older vaccinated against COVID-19. Wear a mask. To maximize protection from the Delta variant and prevent possibly spreading it to others, have everyone in your family, even those who are vaccinated, wear a mask indoors in public if you are in an area of substantial or high transmission. You might choose to have everyone in your family, even those who are vaccinated, wear a mask indoors in public regardless of the level of transmission in your area. Unvaccinated family members, including children 2 years and older, should wear a mask in all indoor public settings. To set an example, you also might choose to wear a mask. Do NOT put a mask on children younger than 2 years old.

How do I protect a family member who has a condition or is taking medications that weaken their immune system? Get vaccinated yourself. COVID-19

vaccines reduce the risk of people getting COVID-19 and can also reduce the risk of spreading it. People who have a condition or are taking medications that weaken their immune system may NOT be protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their healthcare provider. If you live with someone who has a weakened immune system or is at increased risk for severe disease, you might choose to wear a mask in all indoor public settings regardless of the level of transmission in your area.

Choose safer activities for your family: Outdoor activities are safer than indoor ones. If you are indoors, choose a location that is well ventilated, for example a room with open windows, and know when to wear a mask. Avoid activities that make it hard to stay 6 feet away from others. If your family member is younger than 2 years old or cannot wear a mask, limit visits with people who are not vaccinated or whose vaccination status is unknown and keep distance between your child and other people in public. Regardless of which safer activities your family chooses, remember to protect yourself and others.



Walk in COVID-19 vaccination clinics occur every Friday from 8-11 am and 1-4 pm..

Look for fruits and vegetables in season for cost savings!



Food Safety and COVID-19 from www.cdc.gov

Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food, it is important to always wash your hands with soap and water for 20 seconds for general food safety. Throughout the day,

wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. In general, because of poor survivability of these coronaviruses on surfaces,

there is likely very low risk of spread from food products or packaging.

You should always handle and prepare food safely, including keeping raw meat separate from other foods, refrigerating perishable foods, and cooking meat to the right temperature to kill harmful germs. See CDC's [Food Safety site](https://www.cdc.gov/foodsafety) at www.cdc.gov/foodsafety for more information.

COVID-19 Vaccinations at HCHD

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 no cost COVID-19 Vaccination Clinics every Friday from 8-11

am and 1-4 pm. Moderna vaccine for 18 years of age and older and Pfizer vaccine for 12 years of age and older. No appointment is necessary. For more information please call 417-256-7078.

Shop Healthy On A Budget by April Bridges, WIC Nutritionist

Thinking of increasing your fruit and veggie intake to boost your immune system? Celebrate the season by choosing fresh fruits and vegetables that are "in season". They are full of flavor, and can cost less than other times of the year. Some fall har-

vest foods include apples, pears, Brussels sprouts, mushrooms, peppers and sweet potatoes. Start a garden. There is plenty of time for plants to mature, especially cooler weather varieties, like herbs, carrots, spinach or radish. Also, keep it simple. Pre-

cut, pre-washed, and ready-to-eat foods are convenient, but tend to cost more than in basic form. There are many low-cost ways to meet your fruit and vegetable needs. Check out MyPlate.gov for more tips on getting more in your diet for less.



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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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