

HOWELL COUNTY
HEALTH DEPARTMENT

NOVEMBER CALENDAR

WIC: 1, 2, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 29, 30

Willow Springs WIC: 3

Mountain View WIC: 24

Family Planning: 16, 17, 23

Immunizations: 9, 11, 18

Covid-19 Vaccination Clinics:

Food Handlers: 22

Holiday's (closed): Thanksgiving 25th & 26th.

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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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DHSS Urges All Missourians 6 Months and Older to get their Flu Shot

from www.dhss.mo.gov

JEFFERSON CITY, MO -- Flu season has arrived in Missouri, and state health officials are urging individuals to get vaccinated now to protect themselves and their families, prevent the spread of flu and ease the burden of COVID-19 and other respiratory viruses that have and continue to impact the healthcare system.

Although the number of flu cases reported through surveillance activities during the 2020 season was much lower than normal, the public should not lower their guard and fail to get vaccinated. Last year's lower activity was partially due to citizen awareness of protection measures, such as social distancing, frequent hand washing, and avoiding the public when sick. Additionally, a record number of flu vaccines were distributed in the United States last season, which likely reduced flu illnesses even further.

"Getting your annual flu shot this fall is even more important this year as we continue to take action against COVID-19," said Donald

Kauerauf, Director of the Missouri Department of Health and Senior Services (DHSS). "We encourage every person over the age of 6 months to get a flu shot to protect yourself, your loved ones and your community against flu and its associated complications. Each flu season is different, and citizens need to practice individual protective actions including getting vaccinated." More individuals with a greater level of protection against the flu also helps ease the burden that the state's healthcare system continues to face due to COVID-19 and the other potentially serious respiratory viruses that have been active this year, like respiratory syncytial virus (RSV). Individuals who have not been vaccinated for COVID-19 can do so at the same time as they get their annual flu immunization.

Flu can be very serious. Nearly every year in the United States, millions of people get the flu, hundreds of thousands are hospitalized, and thousands die from flu-related illnesses. The most common symptoms of flu are fever, cough, and sore throat. Symptoms can also include body

aches, headaches, chills, runny nose and fatigue.

Groups of people at high risk for flu-related complications include children age 5 and under, adults older than 65, pregnant women, and those with weakened immune systems or chronic medical conditions such as asthma, diabetes or heart disease. "It is important for parents to understand that while their young children may have a lower risk of severe illness from COVID-19, young children are at higher risk of developing serious [flu-related complications](#)," said Kauerauf. "Children under age 2 may have added vulnerability because they've never experienced any exposure to the influenza virus."

Flu vaccines are now widely available, and it is recommended annually for everyone 6 months and older. Additionally, a COVID-19 vaccine and flu vaccine can be given at the same time. Contact your healthcare provider, or find a location near you for either vaccine at Vaccines.gov. For more information regarding flu in Missouri, visit MOStopsFlu.com.

Call our office today to schedule your flu shot, 417-256-7078.

COVID-19 Vaccinations

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 and Pfizer are the vaccines available. No

appointment is necessary. For more information please call 417-256-7078.



Carbon Monoxide poisoning is preventable.

Communicable Disease reporting can help prevent the spread of disease.

An increase for November and December of fruits and vegetables.



Carbon Monoxide by Justin Frazier, EPHS

What is Carbon Monoxide Questions and Answers? Carbon monoxide, or “CO,” is an odorless, colorless gas that can kill you. **Where is CO found?** CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. CO can build up indoors and poison people and animals who breathe it. **What are the symptoms of CO poisoning?** The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach,

vomiting, chest pain, and confusion. CO symptoms are often described as “flu-like.” If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping or drunk can die from CO poisoning before they have symptoms. **Who is at risk from CO poisoning?** Everyone is at risk for CO poisoning. Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000

are hospitalized. **How can I prevent CO poisoning in my home?** Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year. Do not use portable flameless chemical heaters indoors. Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.

Communicable Disease by Kathy Doss, DON

Communicable disease surveillance plays a vital role in disease control. Timely reporting is important to prevent spread of disease and protect the public. Reports are received from hospitals, laboratories and physicians. During the COVID pandemic,

public health has been on the forefront of mitigation efforts to control the spread. Some of these efforts have included contact tracing and vaccinations. Howell County Health Department investigates diseases and conditions in our county that are reportable to the Missouri Depart-

ment of Health and Senior Services. A list of reportable diseases can be found at <http://health.mo.gov/index.php> For more information on communicable disease surveillance, contact Howell County Health Department at 417-256-7078.

WIC Temp Funding for Fruits & Veggies from April Bridges, WIC Nutritionist

Temporary funding is again allowing WIC to provide an increase 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

for November and December. 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 November and December benefits can return to the clinic to have the old amount removed and the increased amount added on to 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.

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