

HOWELL COUNTY
HEALTH DEPARTMENT

DECEMBER CALENDAR

WIC: 2, 3, 6, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 27,
28, 30,

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 7, 14, 15

Immunizations: 2, 9, 21

Covid-19 Vaccination Clin-
ics: 3, 10, 17, 31

Food Handlers: 27

Holiday's (closed): Decem-
ber 23 & 24 Christmas ob-
servance; 31st-in ob-
servance of New Year's
Day

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ISSUE:**

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Holiday's

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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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12 Ways to Have a Healthy Holiday Season from www.cdc.gov

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

- 1. Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- 2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
- 3. Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- 4. Don't drink and drive or let others drink and drive.** Whenever anyone

drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

- 5. Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.

- 6. Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

- 7. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.

- 8. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each

year.

- 9. Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.

- 10. Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

- 11. Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

- 12. Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

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 (except Holiday's). Moderna and Pfizer are the vac-

cines available. No appointment is necessary. For more information please call 417-256-7078.



Keep your Holiday food celebrations safe.

Our WIC / Immunization Mountain View Satellite Clinic has a new day and a new location.

Call our office today to schedule your flu shot!



Food Safety for the Holiday's from cdc.gov

Feasting with family is part of many holiday celebrations. Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays. **Keep foods separated.** Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. **Cook food thoroughly.** Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermome-

ter to ensure these foods have been cooked to a safe internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill. **Keep food out of the "danger zone."** Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F. **Use pasteurized eggs for dishes containing raw eggs.** *Salmonella* and other harmful germs can live on both the outside and inside

of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. **Do not eat raw dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as *E. coli* and *Salmonella*. Do not taste or eat raw dough or batter that is meant to be baked or cooked. **Thaw your turkey safely.** Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

WIC/ Immunizations Mountain View Satellite Clinic Day/Location Change

Each month, WIC staff and nurses travel to Willow Springs and Mountain View to provide "satellite" WIC / Immunization services for participants in those towns. Starting in December, the Mountain View location will change.

Mountain View Christian Church at 1505 State Route 17 has offered their basement area for the setup of our once monthly clinic. Participants will find the entrance at the back of the church, signs will be placed at the road. As always, clinic there will be the fourth

week of each month; however it will now be held on TUESDAY instead of Wednesday. Immunizations will still be provided as well.

Mountain View Satellite Clinic: Fourth Tuesday each month. Mountain View Christian Church. 1505 State Route 17.

National Influenza Week from Jess McKee, RN

The winter season is upon us and that means flu season is here as well. National Influenza Vaccination Week is December 5 - 11, 2021. Getting vaccinated against the flu every year is the best way to lower your chances of getting the flu virus. For most people who get

the flu, the illness is mild. But for some, it can be serious and even deadly. Serious complications from the flu are more likely in babies and young children, pregnant women, older adults, and people with certain long-term health conditions like asthma or diabetes.

Flu vaccines can't cause the flu but they do significantly decrease your chances of contracting the virus and potentially passing it on to those around you. When you and your family get vaccinated, you help keep yourselves and your community healthy.



Howell County Health Department

180 S. Kentucky Ave
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: 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

Administrator-Chris Gilliam, email: chris.gilliam@lpha.mo.gov

Assistant Admin, Vital Records Clerk-Kathy Parker, email: kathy.parker@lpha.mo.gov

Financial Officer-Shelly Uphaus, email: shelly.uphaus@lpha.mo.gov

Environmental Specialist-Justin Frazier, email: justin.frazier@lpha.mo.gov

Health Educator-Dawn Hicks, email: dawn.hicks@lpha.mo.gov

Administration Receptionist-Sheila Roberts, email: sheila.roberts@lpha.mo.gov

WIC Supervisor-Phyllis Crider, email: phyllis.crider@lpha.mo.gov

WIC Clerk-Sharon Owen, email: sharon.owen@lpha.mo.gov

WIC Certifier, HPA & Clerk-Linda Lewis, email: linda.lewis@lpha.mo.gov

WIC HPA-Candace Stockton, email: candace.Stockton@lpha.mo.gov

WIC Nutritionist-April Bridges, email: april.bridges@lpha.mo.gov

WIC Nurse Educator, email: mary.moore@lpha.mo.gov

WIC Breast Feeding Peer Counselor-Candra Weckwerth: candra.weckwerth@lpha.mo.gov

Director of Nurses, Kathy Doss, email: kathy.doss@lpha.mo.gov

Nurse-Vanessa Doss, email: vanessa.doss@lpha.mo.gov

Nurse-Jess McKee, email: jessica.mckee@lpha.mo.gov

Nurse-Katey Seiber, email: katey.seiber@lpha.mo.gov

Nurse-Bev McDaniel, email: beverly.mcdaniel@lpha.mo.gov

Front Desk Receptionist-Durreall VonAllmen, email:

durreall.vonallmen@lpha.mo.gov

