

HOWELL COUNTY  
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 12,  
13, 14, 18, 19, 20, 21, 24,  
26, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 4, 11, 19

Immunizations: 6, 13, 18

Covid-19 Vaccination Clin-  
ics: 7, 14, 21, 28

Food Handlers: 24

Holiday's (closed): 17th-  
Martin Luther King Jr 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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## Keep Those New Year's 'Eat Better' Resolutions from [www.webmd.com](http://www.webmd.com)

Lose weight, eat less junk food -- they top many lists of New Year's resolutions. But sticking with those good intentions is just not easy. Here are a few tips for a healthier diet and lifestyle: Don't skip breakfast, says Heidi Reichenberger, another ADA spokeswoman based in Boston.

"Skipping breakfast gives you the munchies later on and slows your metabolism down." She advises starting the day with yogurt and fruit or whole-grain cereal with low-fat milk. Don't skip *any* meals or snacks, says Sass. "Try not to let more than five hours go by without eating. Waiting too long can zap energy, and can lead to overeating later. Eat a (healthy) snack between lunch and dinner, maybe right before leaving work, so you will be less likely to grab snack foods once you get home."

Include a total of 30 minutes of activity every day. "It

doesn't have to be all at once," Reichenberger tells WebMD. If it takes 10 minutes to walk from the bus stop, get off at



the next furthest stop so you get a few more minutes walking. And walk it briskly -- you can lose some weight, improve your cardiovascular system, and sleep better.

Drink fewer sodas and other sweetened drinks, like iced tea. A big bottle of a juice-based drink can contain 300 calories -- and those calories add up. Drink water instead. Or mix juice and water, so you're not drinking something so heavily loaded with sugar. Aim to eat five servings of fruits and vegetables every day. Buy pre-cut fruits and vegetables, so you can grab them when you're hungry. Keep frozen veggies in the fridge. They are easy, quick, and rich in nutrients. Take them to work for a quick

lunch you can heat in the microwave. Season with black pepper, herbs, lemon juice, or a red wine-and-balsamic vinegar dressing. Bring snacks to work -- such as pretzels, fruit, and yogurt -- so you won't find yourself at the vending machine every afternoon.

When fixing a salad, sprinkle rolled oats or crunchy whole-grain cereal for added fiber, so you'll feel full. Fix pasta dishes with veggies and lean protein (like canned tiny shrimp, tuna canned in water, precooked chicken breast, or soy crumbles). Adding protein and veggies to pasta allows you to cut back on the amount of pasta (which is high in carbohydrates) while still feeling full. Also, hand-select a variety of fruits instead of buying one large bag of the same fruit. "After the third or fourth day of apples, you'll likely be sick of them," says Sass. "Mixing up a few different types of apples, one pear, one banana will keep you from getting bored."

## 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.**



*DHSS offers information on how to clean up mold.*

*WIC Satellite Clinic in Mountain View has a new Day/ Location.*

*You should begin routine cervical screenings tests at age 21.*



MONTHLY MONITOR

## Mold by Justin Frazier, EPHS

Mold has become a major source of concern related to health in the indoor environment in rental situations. The Missouri Department of Health and Senior Services has compiled guidelines to follow if you are dealing with mold in a rental situation. Consult the Missouri Landlord Tenant Law to understand your rights. Fix the problem if possible. See the Tips and Techniques for Mold Cleanup for recommendations at [www.health.mo.gov/living/environment/indoorair/mold.php](http://www.health.mo.gov/living/environment/indoorair/mold.php). If the problem is something that has to be fixed by the landlord, send

a letter in writing to your landlord describing the nature of your complaint and keep a copy of the letter. If the rental is managed by an agency such as Housing and Urban Development or the Rural Housing Administration, be sure to contact that agency. If your doctor made specific recommendations regarding your living environment, be sure to include those statements. If the landlord refuses to address the issue, you may find some assistance through local city hall or housing authority regarding local building codes, nuisance ordinances, or tenant codes. The codes will vary across Missouri from city to city and county to county. The codes

do not address mold or the health effects from mold. You should discuss the code violations that exist and promote mold growth, such as: faulty plumbing, construction and ventilation issues, leaky roofs, groundwater infiltration due to improper site placement, improper lumber selection, etc. If no assistance is available locally you may consider contacting an attorney. In some situations, moving may be the final option to protect the health of you and your family. Consult with an attorney to consider placing language in your next rental contract guaranteeing the quality of your indoor environment.

## \*WIC Mountain View Satellite Clinic Day/Location Change\*

Each month, WIC staff travels to Willow Springs and Mountain View to provide "satellite" WIC 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.

## Cervical Cancer Awareness Month from Katey Seiber, RN

Hey, ladies! Are you taking steps to prevent cervical cancer? Though cervical cancer most often occurs in women over 30, all women are at risk. So, what can you do to help reduce your risk? The most important step you can take for yourself is to begin routine cervical screening tests at age 21. The two types of tests available are pap tests (also known as pap smears) and HPV tests. An HPV test may not be indicated in every testing scenario, so make sure to ask your provider about

when this test is indicated. The purpose of the pap test is to detect changes within the cells of the cervix that could become cervical cancer if not appropriately treated. The HPV test detects the human papillomavirus that can cause these cell changes. Another approach to prevention is to receive the HPV vaccine. The vaccine can help protect you from the types of HPV that lead to cervical, vaginal, and vulvar cancers. The vaccine can be started as early as age 9

and is recommended through the age of 26. If started before age 15, a two-dose schedule is recommended, given at 0 and 6 months. For those that begin the series after age 15, a three-dose series is recommended at 0, 1-2, and 6 months. There are other ways to help reduce your risk! Here are a few simple ways: do not smoke, use condoms during sex, and limit your number of sexual partners. Contact your health care provider today with questions and to schedule your routine cervical screening and/or HPV vaccination.



## 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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