

HOWELL COUNTY  
HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 1, 3, 7, 8, 9, 10, 14,  
15, 16, 17, 18, 23, 24, 25, 28

Willow Springs WIC: 2

Mountain View WIC: 22

Family Planning: 1, 8, 16

Immunizations: 10, 15, 24

Covid-19 Vaccination Clin-  
ics: 2, 9, 16, 23 (from 9am-  
4 pm)

Food Handlers: 7

Holiday's (closed): 11th  
Lincoln's Birthday, 21st-  
President's Day

INSIDE THIS  
ISSUE:

Radon Testing 2

Heart Health Month 2

Family Meals Together 2

Mission and Contact 3  
Info

HCHD Staff and Email 3

Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

# Monthly Monitor

VOLUME 234

FEBRUARY 2022

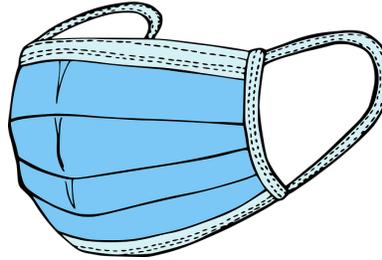
## Quarantine & Isolation Guidelines for COVID-19

**Quarantine and isolation help prevent the spread of contagious diseases, such as COVID-19. Quarantine and isolation are used to keep people who are sick or who have been exposed to COVID-19 separate from people who have not been exposed.**

### What is the difference between quarantine and isolation?

**Quarantine** is for people who are not currently sick but were likely exposed to COVID-19 from a COVID-19 positive individual. People in quarantine may or may not be infectious. Per CDC recommendations, the exposed individual needs to quarantine, which includes staying home\*, staying away from others, and monitoring for symptoms. **Isolation** is for people who have tested positive for COVID-19. People who are in isolation should separate themselves from others living with them by staying in a specific "sick room" or area and using a separate bathroom if possible. They are required to stay home\* and away

from others until they meet re-lease guidelines.



### If you test positive for COVID-19:

Anyone who tests positive for COVID-19 should isolate at home and away from others for at least **FIVE DAYS** after testing positive or from symptom onset. Isolation can only end once symptoms have resolved, which may take longer than the five-day minimum. Once isolation has ended, a mask should be worn around others for at least five days.

### If you are exposed to someone with COVID-19:

**Guidance for those who have received a booster dose:** (or have completed the primary series of Pfizer or Moderna in the last 5 months or the primary Johnson & Johnson vaccine within the last 2 months)

- People in this category who have been exposed to COVID-19 are not required to quarantine.
- Wear a mask around others for 10 days
- If possible, get a COVID-19 test on the fifth day after exposure  
If you develop symptoms, get a test and stay home

### Guidance for those who have NOT received a booster dose:

(or have completed the primary series of Pfizer or Moderna more than 5 months ago or primary series of Johnson & Johnson more than 2 months ago, and have not received a booster dose, or are unvaccinated)

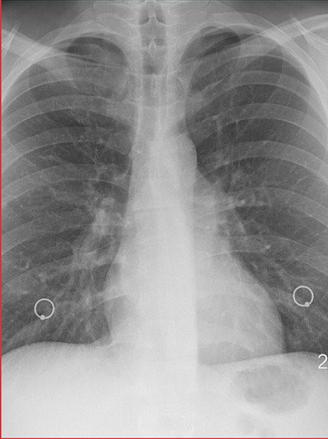
- People in this category who have been exposed to COVID-19 should quarantine for 5 days
- After quarantine, wear a mask around others for 5 additional days
- If it is not possible to quarantine, wear a mask around others for 10 days
- If possible, get a COVID-19 test on the fifth day after exposure  
If you develop symptoms, get a test and stay home

## COVID-19 Vaccinations

**Howell County Health Department is offering walk in no cost COVID-19 Vaccination Clinics**

**every Wednesday in February from 9 am-4 pm. Moderna and Pfizer are the vaccines availa-**

**ble. No appointment is necessary. For more information please call 417-256-7078.**



**Radon is the #1 cause of lung cancer among non-smokers!**

**Take charge of your health to reduce your risk of heart disease.**

**Having family meals together has many benefits!**



## Radon Testing by Justin Frazier, EPHS

Radon is a gaseous radioactive element that occurs from the natural breakdown of uranium in the soil and rocks. It is colorless, odorless, and tasteless. Radon becomes a risk indoors because as it continues to break down, it emits atomic particles that upon entering the lungs can alter the DNA and increase lung cancer risk. In fact, radon is the second leading cause of lung cancer in

the nation and is classified as a "Class A" carcinogen according to EPA. Radon is not known to cause asthma or any other type of respiratory distress.

Radon is the number one cause of lung cancer among non-smokers and can only be detected using test kits designed for testing radon. Missouri DHSS has secured a grant from the U.S. Environmental Protection Agency to promote aware-

ness and increase radon testing in the state of Missouri. Enviro Sciences Inc. has been awarded a contract to provide Missouri residents with a radon test kit upon request. Each residence will be limited to one test kit for the current year. To claim your free radon test kit, go to <https://drhomeair.fmbetterforms.com/#!/missouri-free>

## February in Heart Health Awareness Month by Beverly McDaniel, RN

February is heart health awareness month. Starting a new year is always a great time for making positive changes in lifestyle such as increased activity, healthier food choices and recommended screenings for your age. Risk factors like

high cholesterol, increased blood pressure, smoking, diabetes and excessive alcohol usage are a few things we can monitor for better heart health. CDC reports that one in two adults have hypertension. High blood pressure can affect the

body in several ways: increased risk for heart attack, stroke, pregnancy-related complications and vision loss. Checking your blood pressure on a regular basis and other positive changes will decrease risks of heart disease to help you take charge of a healthier life.

## Family Meals Together from April Bridges, WIC Nutritionist

Eating family meals together has multiple benefits for the family. Experts say that it fosters family unity, can help reduce behavior problems at home and school, and enhance academic success. The improved nutrition at home, also promotes healthy weight gain for kids. Just adding 1-2 extra family meals to the schedule

each week can have long lasting benefits. Removing distractions like electronics, ensures that the attention is on each other. Be sure to get the kids involved in preparation if they are old enough. Making a menu at the start of the week allows each family member to have input of what meals will include. Taking the

kids shopping can have its benefits too. This is an opportunity to educate about food groups, categorizing them into grains, fruit, vegetables, dairy and protein foods. As they age, kids can help calculate cost per serving, budgeting, etc. It may seem hard at first, but with time it will get easier, and within a month or two, you may be eating nearly every meal at home.



## 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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