

HOWELL COUNTY HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 1, 4, 5, 7, 8, 11, 12, 13, 14, 15, 18, 19, 20, 21, 22, 25, 27, 28, 29

Willow Springs WIC: 6

Mountain View WIC: 26

Family Planning: 5, 12, 20

Immunizations: 14, 21, 28

Covid-19 Vaccination Clinics: West Plains- 6, 13, 20, 27 (from 9am-4 pm). Willow Springs-6 and Mountain View-26 at our satellite WIC clinics.

Food Handlers: 4

Holiday's (closed): None

INSIDE THIS ISSUE:

Tick & Mosquito Safety 2

Spring and Healthy Snacks 2

Rabies and Your Pets 2

Mission and Contact Info 3

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 236

APRIL 2022

National Public Health Week April 4-11 from www.nphw.org

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic. These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

Monday: Racism: A Public Health Crisis

Racist inequities in health care, income, housing, education have widened during the COVID-19 pandemic, harming health and well-being. We must address the public health crisis of racism and advance racial equity to improve health.

Tuesday: Public Health Workforce: Essential to our Future

The public health workforce is essential to our future. Let's support these professionals and strengthen the public health authority for better health outcomes in all of our communities, now and in the future.

Wednesday: Community Collaboration and Resilience

Public Health is Where You Are



We must work together to improve housing, education, food, transportation and the environment to support equity, resilience and the health of our communities and the people who live, work, play and learn there.

Thursday: World Health Day: Health is a Human Right

Celebrate World Health Day this National Public Health Week by supporting continued funding for U.S. global health efforts. We are all connected, as the COVID-19 pandemic has shown. Let's work together to make the world a safer place for everyone.

Friday: Accessibility: Closing the Health Equity Gap

We can close the health equity gap by reducing health disparities in health insurance, increasing physical accessibility to care, improving availability of appropriate care and building more inclusive public health programs and communities.

Saturday: Climate Change: Taking Action for Equity

While climate change hurts everyone, people of color and those with lower incomes experience greater health harms. APHA is at the forefront, calling for equity and investment in local solutions that meet community needs.

Sunday: Mental Wellness: Redefining the Meaning of Health

Each year, one in five Americans will experience mental illness. Mental health is public health. Prevention, early detection and treatment of mental health conditions can lead to improved physical and community health.

For more information on each day please go to www.nphw.org

COVID-19 Vaccination Clinics

Howell County Health Department is offering walk in no cost COVID-19 Vaccination Clinics every Wednesday in April from 9 am-4 pm. In Willow Springs on the first Wednesday every

month from 8:30 am-3 pm and in Mountain View on the fourth Wednesday every month from 8:30 am-3 pm at our WIC & Immunization satellite clinics. Satellite clinic location can be found on our web-

site, www.howellcountyhealth.com Moderna and Pfizer are the vaccines available. No appointment is necessary. For more information please call 417-256-7078.



Take steps to prevent tick and mosquito illness.

Be sure to pack healthy snacks this spring for your family!

Protect your pets by getting them vaccinated.



Ticks & Mosquito Safety by Justin Frazier, Environmental Specialist

As warmer weather approaches and more time is being spent outdoors, the Howell County Health Department wants to remind Missourians to also take simple steps to prevent illnesses that are spread by ticks and mosquitoes when they spend time outdoors. Illnesses that may result from tick and mosquito bites can range from mild to severe and, in some cases, can even be fatal. The two main tick-borne diseases reported in Missouri resi-

dents are ehrlichiosis and Rocky Mountain spotted fever, followed by tularemia and Lyme disease. West Nile virus is the most common illness spread by mosquitoes in Missouri and other parts of the United States. According to the Centers for Disease Control and Prevention (CDC), up to 80% of people infected with West Nile virus will not develop any symptoms.

HCHD recommends the following precautions to prevent tick and mosquito bites:

Stay away from brushy areas, tall grasses, and leaf litter to avoid ticks. Try to stay in the center of the trails when hiking. After returning indoors, check your body carefully for ticks. Eliminate mosquito habitat around your home. Drain standing water found in toys, buckets, flowerpots, gutters, or other items that may collect sprinkler or rainwater. Empty, scrub, and refresh water in pet dishes and birdbaths at least once or twice per week.

Spring and Health Snacks by April Bridges, WIC Nutritionist

Spring is here! From Easter baskets to T-ball snacks, parents are expected to provide snacks around every corner. When choosing snacks for kids, keep in mind their fat and sugar content. Here are a few suggestions to keep snacks healthy with-

out compromising acceptability.

- Fruit cups
- Individual bags of pretzels
- Cereal bars made with real fruit
- Animal shaped graham

crackers- choose ones with 0 trans fat

- Low fat putting cup
- 100% fruit juice boxes
- Dried fruit made with 100% fruit
- Add pretzels and nuts to WIC cereal to make a tasty trail mix

Rabies and Your Pets from Katey Seiber, RN

The warmer months are coming quickly! Have you updated your pet's rabies vaccination recently? As soon as 3 months of age, dogs, ferrets, and livestock can be started on rabies vaccine. Some rabies vaccines for cats can even be started as early as 2 months of age. How does rabies work? The virus is transmitted through direct contact with saliva or brain/nervous system tissue from an infected animal. This usually happens by means of bite, claw scratch, or saliva entry into

an area of broken skin. For example, you have a cut on your hand, and your dog licks or slobbers on that cut. The rabies virus travels from the location of the exposure to the brain by moving within the nerves. During this time period, the animal does not typically appear symptomatic. This is why acting in a timely manner is so important.

Why are rabies vaccines important? Vaccinating your pet and maintaining control over their whereabouts are the two best ways to pre-

vent rabies exposure. Rabies is a fatal viral disease, but it is preventable. Many people do not understand the severity of the situation when their animal has had an exposure. For example, your dog gets into a scuffle with a skunk. If your pet was exposed to a rabid skunk, it can contract rabies from the skunk. This means you can be face-to-face with rabies in your own home and not ever be aware until the dog is symptomatic.

To prevent scary situations such as this one, take the initiative to keep your pets up-to-date on rabies vaccinations.



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 Weckworth: 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-Cheri Carda, email: cheri.carda@lpha.mo.gov

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

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

Front Desk Receptionist-Abby Stankovich, email: abby.stankovich@lpha.mo.gov

