

HOWELL COUNTY  
HEALTH DEPARTMENT

**AUGUST CALENDAR**

**WIC:** 1, 2, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 24, 25, 26, 29, 30, 31

**Willow Springs WIC:** 3

**Mountain View WIC:** 23

**Family Planning:** 2, 16, 17

**Immunizations:** 4, 9, 18, 25, 30

**Covid-19 Vaccination Clinics:** West Plains– 3, 10, 17, 24, 31 (from 9am-4 pm). Willow Springs-3 and Mountain View-23 at our satellite WIC clinics.

**Food Handlers:** 1

**Holiday's (closed):** None

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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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## School Immunizations from Katy Seiber, RN

It's that time again! Back-to-school season is upon us, and with that comes back-to-school immunizations! Your child's school nurse will typically send a letter home if your child needs immunizations for the upcoming school year. A good rule of thumb is to consider their age: if your child is going into kindergarten, 8<sup>th</sup> grade, or 12<sup>th</sup> grade, they likely need to get up-to-date on vaccines before starting the new school year. There are times when children outside of these age groups are due for vaccines as well; maybe they started their series a little late or never followed up for boosters in the past. If you're questioning it, that's a sign you should look into it!

### **What vaccines does my child need?**

Routine vaccination for kindergarten is as follows: DTaP (diphtheria, tetanus, and pertussis), Polio, MMR (measles, mumps, and rubella), and varicella (chicken pox). The DTaP and polio comes in a combination vaccine, meaning both vaccines

can be given in one injection.

The same is true for the MMR and varicella; it is also a combination vaccine. That's just two quick injections for your kiddo! Those two are all that is required for school, but we also offer the Hepatitis A vaccine for any children who have not received it after their 1<sup>st</sup> birthday. Hepatitis A is a highly contagious, short-term liver infection, caused by the hepatitis A virus. It is spread through contaminated food/drink and person-to-person contact.

Routine vaccination for 8<sup>th</sup> grade is as follows: TDaP (tetanus, diphtheria, and pertussis) and MenACWY (meningococcal disease serogroups A,C,W,and Y). Again, only these two are required for admittance to school, but the hepatitis A and HPV vaccines will also be available for this age group. HPV (human papilloma virus) is a very common virus that can cause cancers later in life. Because public health is all about prevention, our goal is to administer this vaccine before your child has exposure to the virus. HPV vaccination provides safe, effective, and lasting protection against

the HPV infections that most commonly cause cancer. Routine vaccination for 12<sup>th</sup> grade is as follows: a booster dose of the MenACWY vaccination. This is dose two of the MenACWY vaccine your child received before 8<sup>th</sup> grade. Other vaccines that will be available to your senior are the hepatitis A, HPV, and meningococcal B vaccines. They may have already received hepatitis A and/or HPV at this age, but the meningococcal B vaccine is only offered to children ages 16 and up. While this vaccination is not required to enter high school, it is highly recommended before entering environments within a congregated setting, such as college or the armed forces. The meningitis B vaccination provides protection against the meningococcal serogroup B. Whew! That was a lot to process! There is a lot of information out there, and, above all else, we want to equip you with the knowledge to make a well-informed decision about your child's future. Please call and speak to a nurse about any questions you may have regarding what your child needs to become up-to-date.

## Covid Vaccination Clinics

Howell County Health Department is offering walk in no cost COVID-19 Vaccination Clinics every Wednesday 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 Tuesday every month from 8:30 am-3

pm at our WIC & Immunization satellite clinics. Satellite clinic location can be found on our website, [www.howellcountyhealth.com](http://www.howellcountyhealth.com)



<https://nwis.waterdata.usgs.gov/mo/nwis/uv>

Consider becoming a Nationally Certified Child Passenger Safety Technician.

The WIC app and website has many recipes to try!



## What Can I Do If My Well Runs Dry from Justin Frazier, EPHS

There are a number of reasons why a well may quit producing water. The most frequent cause is a malfunctioning or worn-out submersible pump. Other electrical problems such as a malfunctioning electrical switch at the pressure tank may also cause a loss of water. Pressure tanks also need to be replaced from time to time. Water quality problems like iron bacteria and sediment may also clog the well and severely restrict water flow from the well. A well driller or competent plumber should be consulted to determine the exact cause of the problem. Under persistent dry weather conditions, the water

level in your well may drop below the submersible pump, causing a loss of water. In some cases, the water level may only temporarily drop below the pump when water is being frequently pumped from the well during showers or laundry. Under these conditions, you may be able to continue using the well by initiating emergency water conservation measures and using water only for essential purposes. If the water level permanently drops below the submersible pump, it may be possible to lower the submersible pump within the existing well. In most cases this will only provide a short-term solution to the problem. More permanent solutions require either deep-

ening the existing well or drilling a new well. Be aware that deepening an existing well may not increase the well yield and could produce water of different water quality characteristics. You should consult with a local well driller or a professional hydrogeologist to determine the best solution for your situation.

Proper management of private wells during droughts will become more important as competition for water in rural areas of Howell County increases. By monitoring nearby groundwater levels online you may be able to detect potential problems early and implement water conservation strategies that may prevent your well from going dry.

## Child Passenger Safety Technician Class

A CPS-Child Passenger Safety Technician class will be held in West Plains from September 27-30. This is a national certification that allows you to help educate families on proper installation of their car seats and proper har-

nessing of children in the car seat.

Once you have at least one certified CPS tech on staff you can register to become an inspection station and will be eligible to receive free car seats from MO-

DOT. To sign up go to [cert.safekids.org](http://cert.safekids.org) and the "Find a Course" tab. There are scholarships available and 24 post credit hours for law enforcement officers. For more information call our office and ask to speak to Dawn Hicks.

## WIC Summer Produce Recipe from April Bridges, WIC Nutritionist

The increase in WIC benefits for fresh or frozen fruits and vegetables continues through September 30. Take advantage of this extra allowance to create fun, cool, tasty summer treats and sides. Plenty of recipes that use WIC foods can be found on the WIC Shopper app, as well as [WICHealth.org](http://WICHealth.org). Here is just a couple of ways to use that produce for hot summer days!

### Summer Fruit & Pasta Toss

#### Ingredients:

- 8 ounces of whole wheat spiral pasta
- 1 ½ cups cantaloupe cubed
- 1 ½ cups pineapple cubed
- 1 ¼ cups strawberries sliced
- 1 cup seedless grapes, halved
- 1 ½ cups low-fat vanilla

yogurt

#### Directions:

Cook pasta according to instructions, drain and cool in refrigerator for 10 minutes. While pasta is cooking, prepare fruit and place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving. Prep time: 45 min. Serves: 4



## 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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