

HOWELL COUNTY
HEALTH DEPARTMENT

SEPTEMBER CALENDAR

WIC: 1, 2, 6, 8, 9, 12, 13,
14, 15, 16, 19, 20, 21, 22,
23, 26, 28, 29, 30

Willow Springs WIC: 7

Mountain View WIC: 28

Family Planning: 16, 21

Immunizations: 8, 15, 29

Covid-19 Vaccination Clin-
ics: West Plains- 7, 14, 21,
28 (from 9am-4 pm). Wil-
low Springs-7 and Moun-
tain View-28 at our satel-
lite WIC clinics.

Food Handlers: None

Holiday's (closed): 5th-
Labor 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

VOLUME 241

SEPTEMBER 2022

What are Harmful Algal Blooms from Missouri Department of Natural Resources

Harmful Algal Blooms in Missouri Waterways

(From Missouri Dept. of Natural Resources)
Harmful Algal Blooms (HABs) is an issue of growing concern here in Missouri and across the nation. Because these growths of algae and bacteria in waterways can present a variety of public and environmental health concerns, it is important for the public to be more aware of and better informed about HABs. The following contains information about the different risks that HABs can present, how to avoid exposure, the different symptoms of exposure and steps to take if a person or animal is showing signs of exposure.

What are algae? Algae are mostly aquatic, plant-like organisms that can range in size from microscopic to giant kelp found in the ocean. Algae are photosynthetic organisms, meaning they use sunlight to process food and produce oxygen. In aquatic ecosystems, algae play a major role not

only by producing oxygen but making up the base of the food chain.

What are HABs? Excessive growths of algae are called algal blooms. This excessive growth can actually reduce or eliminate oxygen in the water as the overgrowth consumes more oxygen than the photosynthesis process can produce. This can lead to illnesses or death of large numbers of fish. These blooms are considered harmful when they have detrimental effects on human, livestock or pet health, or on aquatic ecosystems.

What are blue-green algae? Blue-green algae are not actually algae, but a type of bacteria called cyanobacteria. But like algae, these bacteria can "bloom" when the conditions are right. Cyanobacteria are especially concerning because they are capable of producing toxins that can be harmful, even lethal, to humans, livestock and pets if they come into contact with polluted water or drink contaminated water.

What causes HABs? Blooms occur when weather conditions and an overabundance of nutri-

ents (nitrogen and phosphorus) in a waterbody create the perfect environment for rapid growth. A growing concern nationwide, nutrient pollution is caused by excess nitrogen and phosphorus in the air and water. While these nutrients are natural parts of aquatic ecosystems, when a wide range of human activities cause too much nitrogen and phosphorus to enter the environment, the air and water can become polluted.

How can I keep myself and my family safe? Before allowing children or pets to swim in public access waterways, like those at parks and other recreation areas, check for posted water quality condition information. This information may also be found online, at the park office or posted at common access areas, such as bath houses or boat ramps. Also, educate yourself on harmful algal blooms and how to identify them. If the water doesn't look or smell right, or you suspect a HAB is occurring, avoid direct contact with the affected area.

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



Cancer Awareness Month!

Consider becoming a Nationally Certified Child Passenger Safety Technician.

Look for fruits and veggies that are in season!



Cancer Awareness Month from Cheri Carda, RN

The kids are back at school, there is hopefully a feeling of crispness in the air, Starbucks pumpkin spice is back for lovers and haters alike. Ah, September! September is also the month for Cancer Awareness. The American Cancer Society at www.cancer.org estimates that in 2022 there are 5,250 new cases and 1,670 deaths **EVERY DAY!** What can you do? Annual screenings for you and **every** member of your family. Be aware and research risk factors

for different cancers. The American Cancer society is an excellent website for information, stories, and ways that you can prevent cancer for you and your family, and ways that you can help others in their fight. Another excellent way to prevent cancer is the HPV or Gardasil vaccine. It is proven to help prevent reproductive cancers in boys and girls. The Centers for Disease Control at www.cdc.gov, the American Academy of Pediatrics at www.healthychildren.org,

The Immunization Action Coalition at www.immunize.org, and the Children’s Hospital of Philadelphia at www.chop.edu and search for their vaccine education center, have excellent up to date, scientific information and guidance to help. Our Nurses here at the Health Department are also excellent resources to discuss this vaccine. So, do what you need to do to protect and help your family. And enjoy the autumn season and pumpkin spice!

Child Passenger Safety Seat 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 harnessing 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 MODOT. To sign

up go to 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.

Shopping Healthy on a Budget from April Bridges, WIC Nutritionist

Thinking of increasing you fruit and veggie intake to boost your immune system? Celebrate the season by choosing fresh fruits and vegetables that are “in season”. They are full of flavor, and can cost less than other times of the year. Some fall harvest foods include apples, pears, Brussels sprouts,

mushrooms, peppers and sweet potatoes. Start a garden. There is plenty of time for plants to mature, especially cooler weather varieties, like herbs, carrots, spinach or radish. Also, keep it simple. Pre-cut, pre-washed, and ready-to-eat foods are conven-

ient, but tend to cost more than in basic form. There are many low-cost ways to meet your fruit and vegetable needs. Check out MyPlate.gov for more tips on getting more in your diet for less.



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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.

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