

HOWELL COUNTY
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 2, 3, 6, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 22,
23, 24, 27, 29, 30, 31

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 9, 23

Immunizations: 7, 14, 21

Covid-19 Vaccination Clin-
ics: West Plains-1, 8, 15,
22, 29 (from 9am-4 pm).
Willow Springs-1 and
Mountain View-28 at our
satellite WIC clinics.

Food Handlers: 6

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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A Healthy Nights Sleep Starts the Moment You Wake Up from www.thensf.org

Did you know that a good night's sleep starts with what you do during the day? In fact, from the moment you wake up, you're affecting your sleep that night.

The National Sleep Foundation's [2022 Sleep in America® poll](#) shows that Americans' daily routines create some less-than-ideal conditions for a good night's sleep. As it turns out, many Americans can do a better job at the good daytime behaviors that help improve our sleep. The good news is we all have the potential to improve our sleep—just by taking some small steps during your day. Making changes to your daytime habits not only sets the stage for better sleep, but also leads to lower stress levels and better overall health.

Here's how simple changes to your daily routine can help you become your Best Slept Self™:

GET SOME SUN: The right light exposure plays a big part in helping manage your circadian rhythms, the natural process behind staying awake and falling asleep. It's also a super-influential factor for your overall sleep health. So, it makes sense that bright, natural light during the day, especially in the morning, helps you feel awake and energized, while dim light in the evening, especially before bed, helps you wind down and fall

asleep.

According to the National Sleep Foundation survey, people who spent a moderate amount of time outdoors (3-5 hours per day) reported the highest sleep health. However, nearly half of Americans say they're not exposed to bright light indoors in the morning and afternoon. If you're not getting much exposure to natural light, step outside for at least an hour each morning or afternoon and see the positive difference a little sunlight can make in your sleep health. Get some bonus sunshine by having your morning coffee outside, or taking your dog for an extra walk (they need vitamin D, too!).

GET UP AND GET MOVING: Making regular exercise part of your daily routine keeps you feeling energized during the day and can reduce daytime sleepiness. While daily physical activity has widespread health benefits and promotes deeper sleep at night, not everyone is getting their sweat on long enough to feel the positive effects. Many Americans are sedentary for much of the day—with more than a third falling short of CDC recommendations for 2.5 hours of moderate or vigorous activity each week, like brisk walking, jogging, or running. If you're parked behind a desk most of the day, even some light physical activity can go a long way in improving your sleep health. Ride your bike to work if you can, or use your work breaks to take brisk walks outside. Skip the ele-

vator and walk up and down your building's stairs. Consider getting up a little earlier and make a 30-minute workout part of your pre-work routine. Regular exercise, even a little here and there, can help you fall asleep faster. This can result in a deeper, more satisfying night of sleep.

MEALTIME CONSISTENCY IS KEY: Eating your meals at a consistent time each day creates another important element of your daily routine that positively affects your sleep cycle. While routinely eating meals on a regular schedule contributes to better [quality sleep](#), 4 in 10 Americans polled say that their meals aren't part of a regular, daily routine. Irregular mealtimes or skipped meals can negatively affect your ability to maintain sleep and wake schedules, especially if meals are eaten too close to bedtime. Plan on eating meals at the same time every day and be sure to have your last meal at least 2-3 hours before bedtime to allow your food to fully digest before you turn in for the night. We've all experienced that haunting restlessness that can come from hitting the pillow soon after a meal.

CUT BACK ON CAFFEINE—OR SKIP IT ALTOGETHER: The less caffeinated you are during the day, the more likely you'll sleep well at night.

Grabbing a cup of coffee might seem like an easy fix after a night of tossing and turning, but the caffeine you're drinking to perk up may be winding down your sleep time.



Whooping cough is very contagious.

The focus is awareness of life-long health eating habits.

Ticks and Mosquitos can carry disease.



Whooping Cough “Pertussis”

from Kathy Doss, RN, DON

Whooping Cough (Pertussis) can cause serious illness, and can even be life threatening. Infants are most at risk of complications.

Whooping cough is very contagious. It can spread from person to person through coughing and sneezing. Symptoms usually include runny nose, coughing that may develop into uncontrolled “coughing fits”, often fol-

lowed with vomiting, low grade fever, and a high pitched “whoop” sound at the end of the cough as they try to inhale. Babies may not cough at all but may turn blue as they struggle to breathe.

Vaccines are the best way to protect yourselves and your loved ones. DTaP is the vaccine given to infants and children younger than 7 years old. Tdap is given to older children, teens and adults. Tdap is also given

to pregnant women in their third trimester to protect their baby in life. Outbreaks continue to occur in settings where vaccination rates are low.

Howell County Health Department offers vaccines to protect against pertussis. Call our office for more information or to schedule an appointment at 417-256-7078.

March is National Nutrition Month

from April Bridges, WIC Nutritionist

Did you know that March is National Nutrition Month? The focus of this month, much the same as WIC, is awareness of life-long healthy eating habits. A healthy and balanced diet sup-

ports a normal pregnancy. A child’s diet fuels his/her brain for learning and creativity. Healthy foods can boost energy and prevent weight gain. And, choosing a balanced diet improves the immune system and

lowers risks of diseases like diabetes. To learn more about National Nutrition Month and tips to work healthy foods into your daily routine, search www.eatright.org.

Ticks and Mosquitos

from Justin Frazier, EPHS

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 residents are ehrlichiosis and Rocky Mountain spotted fever, followed by tularemia and Lyme disease. A small

number of Heartland virus and Bourbon virus cases have also been reported in recent years. 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:
Use insect repellent

products with ingredients registered by the Environmental Protection Agency (EPA) such as DEET, picaridin, IR3535, and oil of lemon eucalyptus. For children under 3 years of age, do not use products containing oil of lemon eucalyptus. Apply and re-apply insect repellent to exposed skin according to the package instructions. Wear long sleeves and pants to reduce exposed skin when weather permits. Wearing light colored clothing makes it easier to see ticks that are crawling on you while outdoors. Avoid brushy areas.



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.

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