

HOWELL COUNTY
HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 24, 26, 27, 28

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 6, 19, 20

Immunizations: 4, 11, 18

Covid-19 Vaccination Clinics: West Plains– 5, 12, 19, 26 (from 9am-4 pm). Willow Springs-5 and Mountain View–25 at our satellite WIC clinics.

Food Handlers: 3

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

VOLUME 248

APRIL 2023

National Public Health Week from Katy Seiber, RN

The first week in April is National Public Health Week! You may just think of the health department as a place where you go for WIC or shots, but we offer so much more than that! So, what kind of public health services are provided here?

Of course, WIC is absolutely offered here, as well as immunizations for all ages, but you might not be aware of some of our other focus areas. HCHD offers women's health services two to three times monthly, offering contraception, cervical surveillance, STD testing, assistance with mammograms, and general family planning advice from both our MD and nurse practitioner. We also offer temporary Medicaid enrollment for pregnant women, as well as a prenatal case management program for women with Medicaid. Case management is a great re-

source for expecting mothers to learn about each month of pregnancy, keep an eye on blood pressure/weight, and walk away with some gifts that will be helpful when the baby arrives.

Our car seat program is another resource we are excited to offer for families in need. The only criteria: (1) must meet WIC income guidelines, and (2) must not have received a seat from us before. We typically give one seat per family. Through this process, the caregiver is able to come in and receive education about how to use the seat, installation, adjusting the seat to accommodate for height/weight changes, checking for recalls, best practice, etc. After the education, a car seat tech will observe the caregiver installing the seat in their own vehicle to ensure safety and confidence in the technique used. We hope this process will allow for an expansion of car seat safety, not only in our area, but in anyone who that

caregiver is able to assist in the future with the knowledge they gain here.

Other services we offer include: lab services (usually required to have an order from a physician), STD testing, pregnancy testing, lead/hemoglobin testing, and cholesterol screenings. Another fairly new program we have implemented is the completion of free cholesterol and glucose testing for women through the Maternal and Child Health (MCH) grant. Our vital records and environmental staff are able to provide assistance with birth/death certificates, water testing, food safety, hotel inspections, food service inspections, and child-care inspections. Public health employees tend to wear a lot of hats! If you have questions about a service we might offer please give us a call at 417-256-7078 to see how we can assist you. Happy National Public Health Week!

Covid Vaccination Clinics

Howell Co. Health Dept. is offering no cost COVID-19 Vaccination Clinics every Wednesday from 9 am-4 pm. In Willow Springs on the

first Wednesday every month and in Mountain View on the fourth Tuesday every month from 8:30 am-3 pm at our WIC & Immunization satellite clin-

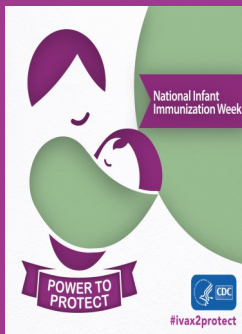
ics. Satellite clinic location can be found on our website, www.howellcountyhealth.com. For more information call 417-256-7078.



Lead is particularly dangerous to children.

Keep in mind fat and sugar contents.

Stay up to date on your child's immunizations. Call today to schedule.



Lead from Justin Frazier, EPHS

What is Lead? Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals, causing health effects. **Where is Lead Found?** Lead can be found in all parts of our environment – the air, the soil, the water, and even inside our homes. Much of our exposure comes from human activities including the use of fossil fuels including past use of leaded gasoline, some types of industrial facilities and past use of lead-based paint in homes. Lead and lead compounds have been used in a wide variety of products found in and around our homes, including paint, ceramics, pipes and plumbing materials, solders,

gasoline, batteries, ammunition and cosmetics. Lead may enter the environment from these past and current uses. Lead can also be emitted into the environment from industrial sources and contaminated sites, such as former lead smelters. **Who is at Risk?** Lead is particularly dangerous to children because their growing bodies absorb more lead than adults do and their brains and nervous systems are more sensitive to the damaging effects of lead. Babies and young children can also be more highly exposed to lead because they often put their hands and other objects that can have lead from dust or soil on them into their mouths. Children may also be exposed to lead by eating and drinking food or water containing lead or from dishes or glasses that contain

lead, inhaling lead dust from lead-based paint or lead-contaminated soil or from playing with toys with lead-based paint. **Adults, Including Pregnant Women:** Adults may be exposed to lead by eating and drinking food or water containing lead or from dishes or glasses that contain lead. They may also breathe lead dust by spending time in areas where lead-based paint is deteriorating, and during renovation or repair work that disturbs painted surfaces in older homes and buildings. Working in a job or engaging in hobbies where lead is used, such as making stained glass, can increase exposure. A pregnant woman's exposure to lead from these sources is of particular concern because it can result in exposure to her developing baby.

Spring Snacks from 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 without 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 pudding cup
- 100% fruit juice boxes
- Dried fruit made with 100% fruit
- Add pretzels and nuts to WIC cereal to make a tasty trail mix

Immunization Week April 24-30 from CDC.gov

National Infant Immunization Week (NIIW) is April 24 – 30, 2022. Each year, NIIW celebrates the critical role vaccination plays in protecting the health of our children and families — and this year we're reminding parents of the importance of staying up to date with routinely recommended vaccines following disruptions from COVID-19.

As a parent, you want to protect your little one from

harm. Vaccinating your child according to the recommended immunization schedule gives him or her the best protection against 14 serious childhood illnesses — like measles and whooping cough — before the age of 2.

Howell County Health Department encourages you to make sure your child is up to date on vaccines by

ensuring that they haven't missed any check-ups. Well-child visits are essential. You can also review the [2021 easy-to-read immunization schedule](#) recommended by the Centers for Disease Control and Prevention (CDC). If you're pregnant, now is a great time to find a doctor for your baby and schedule a visit to discuss any questions you have about vaccines.



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

Admin Assistant, Vital Records Clerk-Sheila Roberts, email: sheila.roberts@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-Christina Hodgson, email: christina.hodgson@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-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

Nurse-Jess McKee, email: jessica.mckee@lpha.mo.gov

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

