

**HOWELL COUNTY
HEALTH DEPARTMENT**
DECEMBER CALENDAR

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

Willow Springs WIC: 6

Mountain View WIC: 19

Family Planning: 7, 14, 20

Immunizations:

Covid-19 Vaccination Clinics:-BY APPOINTMENT ONLY: West Plains-6, 13, 20, 27. Willow Springs-6 and Mountain View-19 at our satellite WIC clinics.

Food Handlers: 4

Holiday's (closed): Christmas 25 & 26

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Clinic Hours:

Monday-Friday 8-12 & 1-5, closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

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The 12 Tips of Christmas

from Debbie Anderson, LPN

The Holidays are upon us! It's a special time of year to spend time with family and friends. Here are 12 tips to make sure you have a Healthy Holiday Season!!



1. Wash your hands often to help prevent spreading germs. Use warm water, soap and wash for at least 20 seconds (sing "We wish you a Merry Christmas and a Happy New year through twice!")

2. Bundle up when going outdoors to stay dry and warm.

3. Manage stress levels! Take a break if you feel overwhelmed. Reach out to family or friends for support, don't over extend yourself (it's ok to say "no thank you" to invitations) and get plenty of rest.

4. Don't drink and drive, or let others drink and drive. If you are going to drink, make sure you have Designated driver ready to take

you home!

5. Be smoke-free. Avoid smoking and second-hand exposure. Smokers have greater health risks because of their tobacco use, but non-smokers are also at risk when exposed to second hand smoke.

6. Fasten seat belts while riding in a motor vehicle, and make sure children are properly secured according to their height, weight and age.

7. Get exam and screenings. Ask your Health care provider what exams you should get and when you should get them.

8. Get your vaccines. Flu season is upon us! Vaccines help prevent disease and

save lives!

9. Monitor children. Holiday parties may mean little ones are in the house, make sure to keep any potentially dangerous toys, food and drinks out of reach.

10. Practice fire safety. More residential fires happen during the winter months than any other time of year. Don't leave fireplaces, space heaters, stoves or candles unattended.

11. Prepare food safely! Remember to wash hands properly, sanitize work spaces, avoid cross-contamination, cook food to proper temperature and don't leave leftovers out on the counter!

12. Eat healthy and stay active. We all know with the holidays comes a lot of yummy treats!! But remember to eat a balanced diet, and limit foods high in fat, salt and sugar. Try to be active 30 minutes a day at least 5 days a week.

Happy Holidays!!!





Keep food safe this Holiday Season.

Food Safety this Holiday Season from USDA Food Safety

America's biggest food holiday is almost here, and the U.S. Department of Agriculture (USDA) wants to remind consumers to avoid habits that increase the risk of harmful bacteria in their meal.

Here are seven dangerous habits USDA would like consumers to drop:

#1 Not washing your hands or kitchen surfaces before, during and after food prep: Hand-washing is the first step to avoiding foodborne illness. Wash your hands for at least 20 seconds with soap and water before, during and after handling food.

Clean and sanitize any surfaces that have touched raw turkey and its juices and will later touch food, such as kitchen counters, sinks, stoves, tabletops, etc.

Cleaning with soap and water physically removes the germs, and sanitizing kills any remaining. Many different sanitizers can be used: an easy homemade version is to make a solution of one tablespoon of liquid chlorine bleach per gallon of

water, or you can use a commercial sanitizer or sanitizing wipe.

#2 Using the same cutting boards and utensils for raw and ready-to-eat foods: Cross-contamination is the spread of bacteria from raw meat and poultry onto ready-to-eat food, surfaces, and utensils. Avoid this by using separate cutting boards — one for raw meat and poultry and another for ready-to-eat foods like fruits and vegetables that will be served raw.

#3 Defrosting your turkey on the kitchen counter: Leaving any frozen package of meat or poultry for more than two hours on the counter at room temperature is dangerous. Even though the center of the package may still be frozen, the outer layer of the food is in the "Danger Zone" between 40 and 140 F — a temperature where food-borne bacteria multiply rapidly.

#4 Cooking your turkey overnight at a low temperature: It is not safe to cook any meat or poultry in an oven set lower than 325 F. At lower temperatures, meat stays in

the Danger Zone for too long. Cook your turkey at 325 F or above and ensure all parts of the turkey reach a safe internal temperature of 165 F.

#5 Relying only on a pop-up temperature indicator: While the pop-up timers found in many turkeys tend to be fairly accurate, they only check the internal temperature in one spot when we recommend three. Always use a food thermometer to ensure your turkey has reached a safe internal temperature of 165 F in the thickest part of the breast.

#6 Stuffing your turkey the night before: USDA recommends against stuffing your turkey since this often leads to bacteria growth.

#7 Keeping leftovers for more than a week: Store leftovers in small shallow containers and put them in the refrigerator. Thanksgiving leftovers are safe to eat for up to four days when stored in the refrigerator. In the freezer, leftovers are safely frozen indefinitely but will keep the best quality for two to six months.

Holiday Meals from April Bridges, WIC Nutritionist

Family Mealtime has many benefits.



Holidays are great at bringing everyone together. But, eating meals as a family shouldn't just be for special occasions! Family mealtime has multiple benefits. Experts say that it fosters family unity, can help reduce behavior problems at home and school, and enhance academic success. The improved nutrition at home, also promotes healthy weight for kids. Just adding 1-2 extra family

meals to the schedule weekly can have long lasting benefits. Removing distractions like electronics, ensures that the attention is on each other. Be sure to get older kids involved in preparation. Making a menu at the start of the week allows each family member to have input of what meals will include. Taking the kids shopping can have its benefits too. This is

an opportunity to educate about food groups, categorizing them into grains, fruit, vegetables, dairy and protein foods. As they age, kids can help calculate cost per serving, budgeting, etc. It may seem hard at first, but with time it will get easier, and within a month or two, you may be eating nearly every meal at home.



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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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