

HOWELL COUNTY HEALTH DEPARTMENT

JANUARY CALENDAR

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

Willow Springs WIC: 3

Mountain View WIC: 23

Family Planning: 11, 17, 18

Immunizations: 2, 9, 16

Covid-19 Vaccination Clinics:
BY APPOINTMENT ONLY: West Plains-3, 10,
17, 24, 31. Willow Springs-3
and Mountain View-23 at our
satellite WIC clinics.

Food Handlers: 8

Holiday's (closed): 1st-
New Year's Day, 15th-
Martin Luther King Jr. 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

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Are You Prepared for Winter Weather from CDC.gov

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. According to a [2014 CDC National Health Statistics Report](#) [PDF – 330 KB], during 2006–2010, about 6,600 U.S. residents died from exposure to excessive natural cold, hypothermia, or both. What is extremely cold weather? The definition of extreme cold can vary. After all, what is cold to one person may not feel that cold to another. People who live in regions with relatively few days of freezing temperatures are not accustomed to them when they go to colder areas. Whenever temperatures drop below what feels lower than normal to you—and as wind speed increases—heat can leave your body more rapidly and leave you at risk of health problems. Extremely cold temperatures are often accompanied by winter storms, so in addition to the risks of the cold, you may also



have to cope with power failures and icy roads. Staying indoors as much as possible can reduce the risks of car crashes and falls on the ice, but you may also face indoor hazards. Many homes will be too cold—either due to a power failure or because the heating system isn't adequate for the weather. When power must use space heaters and fireplaces to stay warm, the risk of household fires increases, as well as the risk of carbon monoxide (CO) poisoning. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. Winterize your home. Install weather stripping, insulation, and storm windows. Get your car ready for cold weather. Service the radiator and maintain antifreeze level; check

tire tread or, if necessary, replace tires with all-weather or snow tires. Keep an emergency kit in your car including blankets, food and water, first aid, and other items you may need if you are stranded. Be prepared for weather-related emergencies, including power outages. Prevent CO poisoning. Install a CO detector and check that it has a working battery. Have your heating system checked by a qualified professional. Never use a gas range or oven to heat your home. Take precaution when spending time outdoors. Wear appropriate outdoor clothing and be aware of the wind chill factor. Check weather reports, telling someone where you are going to be (if long drive or ice fishing). Always have a fully charged cellphone and carry a portable recharger, if possible. Be aware of current and forecast weather conditions when planning for travel. Learn how to avoid, spot and treat frostbite and hypothermia. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink. Be safe during winter weather.



We have immediate appointment availability in our Women's Programs

Over 30 lessons on numerous subjects, loads of recipes and more.

Make sure your home has a Carbon Monoxide Alarm.



Cervical Cancer Awareness Month from Katey Seiber, RN, DON

Hey, ladies! Are you taking steps to prevent cervical cancer? Though cervical cancer most often occurs in women over 30, all women are at risk. So, what can you do to help reduce your risk?

The most important step you can take for yourself is to begin routine cervical screening tests at age 21.

The two types of tests available are pap tests

(also known as pap smears) and HPV tests. An HPV test may not be indicated in every testing scenario, so make sure to ask your provider about when this test is indicated. The purpose of the pap test is to detect changes within the cells of the cervix that could become cervical cancer if not appropriately treated. The HPV test detects the human papillomavirus that can cause these cell changes.

Another approach to prevention is to receive the HPV vaccine. The vaccine can help protect you from the types of HPV that lead to cervical, vaginal, and vulvar cancers. https://www.cdc.gov/cancer/cervical/basic_info/prevention.htm
<https://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>

WIChealth.org from April Bridges, WIC Nutritionist

WIChealth.org is a website where WIC participants can find over 30 lessons about subjects from starting solids to picky eaters. Parents and caregivers can complete an online lesson that can be counted as a nutrition

education contact. Here, the client chooses the subject that interest them, fits their learning style, and keeps them engaged. There are numerous recipes, all of which use foods that are received from WIC. Resources like interactive

tools and videos can be shared via email or Facebook, or saved to view anytime. Recently, WIChealth.org launched a new and improved look. Create your account to see over 20 new resources about high-risk topics.

Carbon Monoxide from Justin Frazier, EPHS

Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Don't use a grill, generator or camping stove inside your home, garage or near a window. If you need to warm a vehicle, remove it from the garage immediately after starting it. Don't leave a car, SUV or motorcycle engine

running inside a garage, even if the doors are open. Never use your oven or stovetop to heat your home. On the outside of your home, make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris

Make sure your home has a carbon monoxide alarm. If you don't have one, please get one. As with smoke alarms, make sure you have a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel

-burning appliances. You won't know that you have a carbon monoxide leak without a working alarm. So, test alarms regularly and replace them every five to seven years depending on the manufacturer's label. For the best protection, have carbon monoxide alarms that are interconnected throughout the home. When one sounds, they all sound. Carbon monoxide alarms are not substitutes for smoke alarms, and vice versa. Combination smoke and carbon monoxide alarms are available.



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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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