

HOWELL COUNTY HEALTH DEPARTMENT

Monthly Monitor

VOLUME 263

JULY 2024

JULY CALENDAR

WIC: 1, 2, 3, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 24, 25, 26, 29, 31

Willow Springs WIC: 3

Mountain View WIC: 30

Family Planning: 17, 18, 25

Immunizations: 2, 9, 16, 23

Food Handlers: 1

Holiday's (closed): 4th Independence Day

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Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

Heat Related Illnesses from www.cdc.gov

Heat related deaths and illnesses are preventable. Despite this fact, approximately 1,220 people in the United States are killed by extreme heat every year.



What is extreme heat? Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

Know the signs and symptoms of heat-related illnesses: Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's

body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Some factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use

Who is at an increased risk? Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous

physical activities during hot weather. Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Use this website to learn more on how to stay safe in the heat this summer, including how to prevent, recognize, and cope with heat-related illness.

Tips to stay safe: Protect yourself when it's hot by staying cool, hydrated, and informed. Protect yourself and others when it's hot outside by staying cool, staying hydrated, and staying informed. Learn additional tips for staying safe during extreme heat at [CDC.gov](https://www.cdc.gov).

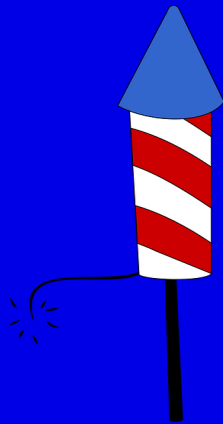
Keep your pets safe. Never leave your pet in a parked car—they can suffer from heat-related illness too! Leaving a window open is not enough—temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open. Provide plenty of fresh water for your pets, and leave the water in a shady area.



Lead can harm children.

Water is best for hydration.

**Stay safe
this July
4th!**



Lead, Can it be Harmful to our Kids? from Beverly McDaniel, RN

Over the last few months we have watched on the news about the recalls of applesauce with possible lead issues. Its concerning as a parent, that we might feed our kids something that could cause any health issues. Monitoring these recalls on food products is one way to stay vigilant to keep safe, but what else can we do to prevent exposure to lead? Lead a natural occurring metal in Missouri. It can be ingested in food, the water we drink and also

inhaled as dust particles.

The exposure can be from workplace or even a home. Older homes with chipping paint can be an easy to spot risk, but toys, dirt and even drinking water are other sources. Children are at the greatest risk. It takes smaller amounts of lead to cause problems in children, and they are more apt to put items, or hands in their mouths.

Why is it important to prevent lead exposure? The harmful effects of even small amounts can cause learning disabilities,

slow growth and development and other health concerns.

Some ways to stay on top of this is prevention. If living in an older home making sure to reduce dust by wet cleaning, watch for chipping paint, and remodeling in a safe manor to reduce exposure. Talk to your health care provider about concerns or need for testing. Lead testing and lead education is also one of many services we offer at Howell County Health Department.

Staying Hydrated from April Bridges, WIC Nutritionist

One of the most important things to do on these hot summer days is to stay hydrated. There are all sorts of products to purchase; but simple, free WATER is the best thing for hydration. Sports drinks are full of sugar and sodium which can lead to weight gain and den-

tal problems. Energy drinks contain caffeine that can disturb sleep and deplete your body of certain minerals. Typical adults need about 8 cups (maybe more) of water per day. Little ones age 1-3 need 3-4 cups, age 4-8 need 5 cups, and age 9-13 needs 7-8 cups of water every day. Try a few of

these tips to help increase your water intake. Keep a pitcher of water in the fridge. Fill a reusable bottle to take on the go, or order water instead of a soft drink at restaurants. If you don't like plain water, add slices of fruit, like oranges or lemons.

Firework Safety from nsc.org

Every year, thousands of people are injured badly enough to require medical treatment after fireworks-related incidents, with many of the injuries to children and young adults. Additionally, fireworks start an average of 19,000 fires each year. **Fireworks Safety Tips: If You Choose to Use Legal Fireworks:** If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips: Never allow young children to handle fireworks,

Older children should use them only under close adult supervision, Never use fireworks while impaired by drugs or alcohol, Anyone using fireworks or standing nearby should wear protective eyewear; Never hold lighted fireworks in your hands, Never light them indoors, Only use them away from people, houses and flammable material, Never point or throw fireworks at another person, Only light one device at a time and maintain a safe distance after

lighting, Never ignite devices in a container, Do not try to re-light or handle malfunctioning fireworks, Soak both spent and unused fireworks in water for a few hours before discarding, Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire, Never use illegal fireworks. Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.



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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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