

**HOWELL  
COUNTY  
HEALTH  
DEPARTMENT**

# Monthly Monitor

VOLUME 264

AUGUST 2024

## AUGUST CALENDAR

**WIC:** 1, 2, 5, 6, 8, 9, 12, 13, 14, 15, 16, 19, 20, 21, 22, 23, 26, 27, 28, 29, 30

**Willow Springs WIC:** 7

**Mountain View WIC:** 27

**Family Planning:** 8, 21, 22, 29

**Immunizations:** 6, 13, 20

**Food Handlers:** 5

**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

## Tickborne Diseases from [www.dhss.mo.gov](http://www.dhss.mo.gov)

In the United States, ticks are responsible for more human disease than any other insect. Tickborne diseases are also known as zoonotic diseases. A zoonotic disease is an infectious disease that can be transmitted between animals and humans. Ticks are very effective transmitters of disease because most ticks take blood from a large variety of small and large mammals, reptiles and even birds. Many tickborne diseases have been reported in Missouri: Rocky Mountain spotted fever, ehrlichiosis, tularemia, Heartland virus, Bourbon virus, Lyme disease and the southern tick-associated rash illness.

Tickborne diseases are a type of emerging disease, many of them first recognized in the last 30 years. Human case numbers per year for tickborne diseases are generally on the rise. This upward trend is due to

better recognition and disease reporting, but is also a reflection of changes in the environment that fosters increased exposure and transmission to humans.



Fortunately, not all ticks are infected, so a tick bite does not necessarily mean you will get a disease.

Understanding a little about tick behavior can give some clues on how to avoid being bitten. For example, one tried-and-true prevention measure is to walk in the center of trails to avoid overhanging brush and tall grass. This is effective because of the way some ticks seek a host, which is called

"questing." A questing tick will perch itself, front legs extended, on the stems of grass, low brush or on the edges of leaves on the ground. Using this ambush strategy, the tick waits until a suitable host brushes against the vegetation. Ticks do not jump, fall or fly and are generally found within three feet of the ground.

The signs and symptoms of tickborne disease vary among individuals and differ according to the infecting agent. In general, a person should consider consulting a health care provider whenever he or she experiences a sudden high fever, severe headache, muscle or joint aches, nausea, vomiting or diarrhea. If these symptoms occur following a tick bite, or even after exposure to a tick habitat, the health care provider should be informed of this fact. Another possible sign of tickborne disease is a rash or pus-filled wound that appears at the site of a tick bite, or a spreading rash that follows a tick bite or exposure to tick habitat.



Breastfeeding mom's are invited to attend the Pool Party.

Use your garden zucchini or get some from your Farmer's Market!



## National Immunization Month from Monica Childers, IPN

August is here and that means time to check those immunization records and make sure your children are up to date and ready for the new school year. You can come to the Howell County Health Department for all your children's vaccinations, we also provide satellite clinics to try to cut

down on your time and travel to get your child vaccinated. Feel free to call the health department at 417-256-7078 for more information regarding the time and location of these clinics and find out which, if any, vaccinations your child may need. We have several programs available to try to make sure every child

can receive the vaccines they need. Hey, you can also check us out on our Facebook page. We look forward to seeing you and want to help you make sure your child is protected and ready to take on this next school year! <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

## Pool Party for Breastfeeding Month from April Bridges, WIC Nutritionist

August is recognized as National Breastfeeding Month. Here at the Howell County Health Department, we celebrate by having a Breastfeeding event each year. To celebrate this year, we will be

having a POOL PARTY! All breastfeeding moms and their children are invited to attend. On August 14, 5-8 pm, the West Plains city pool is reserved just for this celebration. We will meet at the Pavilion at 5, to have

some pizza and a short speaker. Door prizes will be announced and at 6:00 the pool will be open for swimming until 8 pm. Attendees must come to the pavilion at 5 to register and receive pool entrance.

## Zucchini Salad with Burrata from www.eatingwell.com

### Ingredients

- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 1/4 teaspoon grated garlic
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pink or black peppercorns, plus more for garnish
- 3 large zucchinis (about 9 ounces each), stem ends trimmed

- 2 tablespoons torn fresh basil
  - 1 tablespoon chopped fresh dill, plus more for garnish
  - 1 (4.4-ounce) ball burrata cheese, torn into 1/2-inch pieces
- Directions:** Whisk lemon juice, oil, honey, mustard, garlic, salt and pepper together in a small bowl until emulsified. (Alternatively, place ingredients in a Mason jar or other container with a tight-fitting lid; shake until combined.) Using a vegetable peeler or a mandoline, shave zucchini lengthwise

into thin ribbons; discard seedy centers. Transfer to a large serving dish. Add 2 tablespoons of the dressing, basil and dill; toss until fully coated. Top with burrata and drizzle with the remaining dressing. Garnish with additional dill and pepper, if desired.

**Nutrition Information:**  
Serving Size: 1 1/2 cups, Calories 183, Fat 15g, Saturated Fat 6g, Cholesterol 22mg, Carbohydrates 8g, Total Sugars 6g, Added Sugars 3g, Protein 8g, Fiber 1g, Sodium 313mg, Potassium 412mg



## 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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