

HOWELL COUNTY HEALTH DEPARTMENT

Monthly Monitor

VOLUME 272

APRIL 2025

APRIL CALENDAR

WIC: 1, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 23, 24, 25, 28, 29, 30

Willow Springs WIC: 2

Mountain View WIC: 22

Family Planning: 10, 16, 18

Family Planning Mobile: 17 Mountain View

Immunizations: 1, 8, 15,

Food Handlers: 7

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Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

Measles Vaccination and Booster from www.npr.org and Katey Seiber, DON

In light of the recent measles outbreaks occurring in Texas and New Mexico, HCHD urges community members to look into their immunity to measles. There are factors to consider, such as your birth year, how many doses you received, your risk level, etc.



Adults born before 1957 are assumed to have natural immunity. However, there is no harm in getting a shot if you're not sure of your immunity or vaccination status.

Adults born after 1957 -1968 should consider getting revaccinated because early versions of the measles vaccine were made from an inactivated (killed) virus. This vaccine was not very effective. The

CDC recommends that anyone vaccinated before 1968 get at least one dose of the live attenuated vaccine.

Adults vaccinated between 1968 and 1989 likely received just one dose of measles vaccine, as opposed to the two-dose series that is standard today. While one dose is sufficient coverage for most people, you must consider whether or not you are at a higher risk. High risk scenarios would include people who are in college settings, work in health care, live or are in close

contact with immunocompromised people, or are traveling internationally.

HCHD would like to take this time to highlight that routine vaccination for children includes a vaccine at 12 – 15 months old and again at 4 – 6 years old. Vaccination offers the best protection against measles.

If you have questions about whether or not you should receive a vaccine, PLEASE call us. We want to arm our community with protection against this vaccine-preventable disease. 417-256-7078.

https://www.npr.org/sections/shots-health-news/2025/02/21/nx-sl-5304458/measles-vaccine-booster-health



**Apply a broad spectrum sunscreen**

**There are lots of healthy choices for snacks.**

**Make sure your Holiday food is safe.**



## Skin Cancer from Katey Seiber, RN, DON

As the summer months approach and you are making plans to do things with your family, is protecting them from skin cancer one of them? Skin cancer is caused by an overexposure of your skin to ultraviolet (UV) light from the sun or artificial sources, such as tanning beds. Take a few moments to check out your skin, especially the areas that have the most exposure to the sun.

These include areas such as your face, arms, back of your neck, ears, and even your head. Look for any changes to your skin. Keep an eye on established moles or new moles that look abnormal. Indications for abnormalities include moles that appear raised, changing, being disproportionate, or having rough edges. Watch for new growths or sores that won't heal. If you have a questionable area on your skin, it is important to follow up with your family medical provider

or a dermatologist. You can prevent skin cancer by applying a broad spectrum sunscreen with SPF 15 or greater. Remember to reapply your sunscreen throughout the day, wear a wide brimmed hat, protective clothing, and sunglasses. Seek a shaded area if you are outdoors, especially mid-day. This is a vital step in decreasing UV exposure. As you are enjoying your summer, don't increase you or your family's risk of skin cancer.

## 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.

- ◆ No sugar added fruit cups
- ◆ Individual bags of pretzels
- ◆ Cereal bars made with real fruit
- ◆ Low fat putting cup
- ◆ 100% fruit juice boxes
- ◆ Dried fruit made with 100% fruit
- ◆ Add pretzels and nuts to WIC cereal to make a tasty trail mix

## Spring Holiday Food Safety from USDA.gov

Many families and communities will be celebrating with their Easter, Eid, and Passover traditions. Whether you're celebrating your Easter dinner with ham, Eid lunch with lamb, or Seder meal with brisket, remember to keep food safety at the forefront.

Be sure to allow plenty of time to thaw a frozen ham, lamb, or brisket with the three safe thawing methods: refrigerator, cold water, or microwave thawing. Be sure to follow the mini-

mum internal temperatures when cooking meat and poultry items: Beef, pork, veal and lamb steaks, chops, roasts: 145 F, Fish and shellfish: 145 F, Ham, fresh or smoked (uncooked): 145 F, Eggs: 160 F, Ground meats: 160 F, All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing): 165 F

When reheating already cooked meat and poultry items that have cooled, they should be reheated to at

least 165 F. USDA recommends reheating cooked meat and poultry products on the stove top, in the oven, or in a microwave. Keep in mind the "Danger Zone" between 40 and 140 F — a temperature where foodborne bacteria multiply rapidly and cause foodborne illness. To prevent entering the Danger Zone, perishable foods, such as kebabs, brisket, or ham, should be discarded if left out for longer than two hours.



## 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.

## Howell County Health Department Staff & Email

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