

HOWELL
COUNTY
HEALTH
DEPARTMENT

NOVEMBER CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 24, 26,

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 6, 13

Immunizations: 4, 11, 18

Food Handlers: 3

Holiday's (closed): 27 & 28
-Thanksgiving

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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

VOLUME 279

NOVEMBER 2025

Support Your Immune System this Cold Season from Eatingwell.com

As we enter the cold and flu season, you may be wondering what steps you can take to avoid the next round of the common cold. Basic hygiene practices like washing your hands are the frontline defense against illness, but your daily routine can also help protect you from germs and sickness. What you eat, how you sleep and your efforts to remain physically active are just a few lifestyle habits at play when it comes to keeping your immune system strong.

"In addition to diet and exercise, stress management and adequate sleep hygiene are imperative to support your immune system during the fall and winter months," says Courtney Colbert, RDN. The immune system functions best when it's supported by health-promoting



practices and, fortunately, many are accessible and simple to incorporate into daily practice.

Our Expert Take

Staying healthy throughout the upcoming cold and flu season may feel like an impossible goal, but many practical lifestyle habits can support optimal immune function. Eating a variety of colorful fruits and vegetables, along with other plant foods like whole grains, nuts and seeds, as part of a well-balanced diet that meets your calorie needs can provide antioxidants and other plant com-

pounds known to support the immune system.

If you choose to add supplements to your diet, be sure to work with a registered dietitian or another health care provider to determine which approach is best for you.

Practicing good sleep hygiene while also taking steps to reduce stress allows the body to rest and recover from daily stressors. And even though the weather is getting cooler, it's still important to exercise when possible, which may mean putting on a few extra layers if you plan to be active outside.

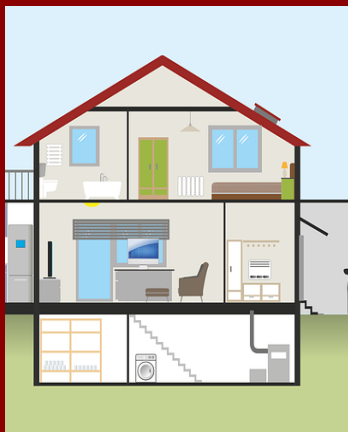
Finally, limit or skip the alcoholic beverages and opt for nonalcoholic options to further support a healthy immune system.

For more info go to <https://www.eatingwell.com/support-your-immune-system-this-cold-season-11835605>



RSV can be serious for babies or older adults.

Go to the WIC website or the shopper APP for more detailed changes.



Respiratory Syncytial Virus from Beverly McDaniel, RN

New seasons bring cooler weather and more time spent indoors, it also brings the beginning of many of our respiratory virus seasons. A lot of us have already gotten boosters on our flu shots, but another vaccine helps against a type of respiratory virus: RSV. Respiratory Syncytial Virus, or RSV symptoms can include runny nose, congestion, and decrease in appetite, sneezing, fever or wheezing. Most of the time it's mild cold-like symptoms but for babies or older adults with other health risks these symptoms can

become more concerning. It is estimated 80,000 children under age of 5 are hospitalized yearly with RSV. This virus can lead to pneumonia and bronchitis in small children. Some ways to protect against RSV are by practicing good handwashing, staying home when sick, and not touching your face. It is spread to babies by touching or kissing them or droplets in the air. RSV can stay on surfaces for several hours so good cleaning practices and handwashing is essential to prevent spread. Vaccines are available to give us protection against RSV. Pregnant women between 32-

36 weeks of pregnancy are able to receive the vaccine and pass the protection to the baby. It's given to these mothers during September through January. Babies whose mothers didn't receive the vaccine are able to get the vaccine October through March. Adults over 60 with risk factors or anyone over the age of 75 can get the vaccine anytime but the best time would be late summer and early fall. You can talk with your health provider see if this vaccine is recommended for you or www.cdc.gov/rsv for more information.

Changes to WIC Approved Foods from April Bridges, WIC Nutritionist

There have been some recent changes in the WIC approved food list. Participants will receive the same amount of food with the same nutritional value, and it is our goal to keep serving all eligible individuals who apply for WIC services. Fruit and vegetable amounts have NOT been

affected. Please refer WIC.Mo.Gov/foodlist or go to the WIC Shopper APP to see more details about changes. Below are a few of the most notable changes: Yogurt will no longer be available to issue. Those with it on their card already, may continue to redeem quart sized option only through December. Most

name brands have been removed. Cereals, peanut butter, and juice will be store brand only. Blended flavors of juices are no longer available. Block and sliced cheese is no longer allowed. If you choose to keep cheese on the package, it is shredded only.

Radon Testing from Curtis Beaulieu, EPHS

Winter is an ideal time to test for radon gas in your home. Closed windows and doors help to create ideal conditions for testing indoor air for radon. Testing should be done on the lowest floor of your home where you or your family spends time or

sleeps. Every family is different, and so are our homes. You cannot determine if radon is a problem by looking at your home. Any home, new or old, can have radon elevations. Radon testing is easy and

the only way to know your home's radon level. Request a Radon kit today, test kits are free of charge to Missouri residents.

Link: https://ephtn.dhss.mo.gov/EPHTN_Data_Portal/healthywinter/



Howell County Health Department

180 S. Kentucky Ave
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: www.howellcountyhealth.com

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

Administrator-Justin Frazier, email: justin.frazier@lpha.mo.gov

Admin Assistant, Vital Records Clerk-Sheila Roberts, email: sheila.roberts@lpha.mo.gov

Financial Officer-Shelly Uphaus, email: shelly.uphaus@lpha.mo.gov

Health Educator-Dawn Hicks, email: dawn.hicks@lpha.mo.gov

Environmental Specialist-Curtis Beaulieu, email: curtis.beaulieu@lpha.mo.gov

Administration Receptionist-Kara McGinnis, email: kara.mcginis@lpha.mo.gov

WIC Supervisor-Phyllis Crider, email: phyllis.crider@lpha.mo.gov

WIC Clerk-Sharon Owen, email: sharon.owen@lpha.mo.gov

WIC Certifier, HPA & Clerk-Linda Lewis, email: linda.lewis@lpha.mo.gov

WIC HPA-Candace Stockton, email: candace.Stockton@lpha.mo.gov

WIC Nutritionist-April Bridges, email: april.bridges@lpha.mo.gov

WIC Nurse Educator, Cailynne Henry, email: cailynne.henry@lpha.mo.gov

WIC Breast Feeding Peer Counselor-Alicia Tetrick: alicia.tetrick@lpha.mo.gov

Director of Nurses, Katey Seiber, email: katey.seiber@lpha.mo.gov

Nurse-Cheri Carda, email: cheri.carda@lpha.mo.gov

Nurse-Bev McDaniel, email: beverly.mcdaniel@lpha.mo.gov

Nurse-Christina Parrish, email: christina.parrish@lpha.mo.gov

Front Desk Receptionist-Abby Stankovich, email:

abby.stankovich@lpha.mo.gov

Front Desk Receptionist-Luz Cope, email: luz.cope@lpha.mo.gov

