

HOWELL COUNTY HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 2, 3, 5, 6, 9, 10, 11,
13, 17, 18, 19, 20, 23, 25,
26, 27

Willow Springs WIC: 4

Mountain View WIC: 24

Family Planning: 5, 26

Immunizations: 3, 10, 17

Food Handlers: 2

Holiday's (closed): 12-
Lincoln's Birthday; 16-
President's 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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Staying Healthy During Cold & Flu Season

How to Stay Healthy During Cold and Flu Season

Staying healthy during cold and flu season starts with a few simple habits. Good hygiene, staying up to date on vaccines, and taking care of your body can go a long way in preventing illness and reducing how sick you get if you do catch something.



Prevent the Spread of Germs:

- **Get vaccinated:** Make sure you're up to date on your seasonal flu shot and COVID-19 vaccines.
- **Wash your hands often:** Use soap and water for at least 20 seconds, especially before eating or touching your face.
- **Cover coughs and sneezes:** Use a tissue or your elbow to help stop germs from spreading.
- **Clean frequently touched surfaces:** Disinfect things like door-knobs, phones, and countertops regularly.

- **Avoid close contact with sick people:** If someone around you is ill, keep your distance when possible.

Stay home when you're sick: Rest and avoid spreading germs—wait at least 24 hours after a fever is gone before returning to normal activities.

Support Your Immune System:

- **Get enough sleep:** Aim for 7–9 hours each night.
 - **Stay hydrated:** Drink plenty of water and fluids throughout the day.
 - **Eat well:** Focus on fruits, vegetables, whole grains, and lean proteins.
 - **Stay active:** Regular movement, like brisk walking, helps keep your body strong.
- Manage stress:** Chronic stress can weaken your im-

mune system, so make time to relax and recharge.

Be Prepared:

- **Keep supplies on hand:** Have fever reducers, tissues, and hand sanitizer ready at home.
- Seek care early if symptoms start:** If you develop fever, fatigue, or flu-like symptoms, contact a healthcare provider within 48 hours. Antiviral medications, such as Tamiflu, work best when started early, according to experts at UCSF Health.

In summary, protecting your health during cold and flu season comes down to prevention, self-care, and preparedness. By practicing good hygiene, keeping up with vaccinations, supporting your immune system, and responding early to symptoms, you can reduce your risk of getting sick and limit the impact if you do. Small, consistent habits make a big difference in staying well all season long.



Do you know what your blood pressure is?

Eat foods high in Vitamin D in the Winter.



Healthy Heart & Monitoring Blood Pressure from Bev McDaniel, RN

We've all had our blood pressure checked—it's a simple but important way to monitor our health. High blood pressure, also known as hypertension, can cause serious long-term problems, including damage to the heart and blood vessels. When blood pressure is consistently high, the heart has to work harder to pump blood, the arteries can become narrowed or damaged, and plaque

can build up. Reduced blood flow to vital organs, including the brain, increases the risk of stroke, heart attack, and other forms of organ damage if hypertension is left untreated.

Hypertension can be influenced by many factors, such as a high-sodium or unhealthy diet, lack of physical activity, smoking, certain medications, genetics, and other health conditions. While some risks—

like age, race, and family history—cannot be changed, there are many lifestyle choices that can help lower your risk. Eating a balanced diet, exercising regularly, quitting smoking, limiting alcohol intake, and managing stress can all make a meaningful difference. By regularly monitoring your blood pressure and making heart-healthy choices, you can protect your health and reduce the risk of serious complications.

Vitamin D from April Bridges, WIC Nutritionist

Vitamin D is manufactured in the skin by action of ultraviolet light (the sun) on chemicals naturally present in the skin. The dietary requirement for vitamin D depends on the amount of sunlight exposure and age, but most of us require about 600 IU's

of vitamin D each day. With the shorter days of winter, many of us spend little time outdoors, leaving little time to soak up any sun. Vitamin D is added to dairy products to help absorb calcium and build/maintain bone mass. Adults need 3 cups of dairy each day, but drink-

ing that much milk won't meet the need for vitamin D. During the winter months, be sure to fit in foods that are naturally high in vitamin D, like fish, liver, and egg yolks. Talk to your doctor about your individual needs, and whether a supplement is right for you.

What is a Food Processor from Curtis Beaulieu, EPHS

A food processor regulated by the Missouri Department of Health and Senior Services (DHSS) Manufactured Food Program is any entity that manufactures, processes, packs, or holds food for human consumption, and does not provide the food directly to the consumer.

Is my business a food processing business?

Does the business produce any product (except those listed above that are not regulated by DHSS) that is likely to be consumed by humans, or to be used as an ingredient in an item that is likely to be consumed by humans? **And** Does the business distribute any of those items to a business that will sell the product again, serve it to

customers, or use it in a product that will be sold or served to customers (wholesale sales)? If the answer to both of these is **yes**, your business is a food processor that may be regulated by the DHSS Manufactured Food Program. <https://health.mo.gov/safety/foodsafety/industryfoods/manufacturedfoods/>



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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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