

HOWELL COUNTY HEALTH DEPARTMENT

MAY CALENDAR

WIC: 1, 4, 5, 7, 11, 12, 13, 14, 15, 18, 19, 20, 21, 22, 27, 28, 29

Willow Springs WIC: 6

Mountain View WIC: 26

Family Planning: 7, 28

Immunizations: 5, 12, 19,

Food Handlers: 4

Holiday's (closed): 8th-
Truman' Day; 25th-
Memorial 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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Physical Fitness and Sports Month from Dawn Hicks, Health Educator

May is National Physical Fitness and Sports Month, a perfect time to highlight the importance of regular physical activity and the positive impact it has on overall health and well-being. Staying active is one of the most effective ways to reduce the risk of chronic conditions such as heart disease, diabetes, and obesity. It also supports mental health by reducing stress, improving mood, and helping with better sleep. Regular movement can boost energy levels, strengthen muscles and bones, and improve balance and coordination, benefits that are important at every stage of life.

Physical activity doesn't have to mean intense workouts or spending hours at the gym. Everyday activities like walking, gardening, biking, or playing with your kids can make a meaningful difference. Even household chores or yard work can count to-



ward your daily activity. The key is finding something you enjoy so it becomes a regular and sustainable part of your routine.

Health experts recommend that adults aim for at least 150 minutes of moderate-intensity aerobic activity each week, along with muscle-strengthening activities on two or more days. Children and teens should get at least 60 minutes of physical activity each day to support healthy growth and development. Remember, activity can be broken up into smaller segments throughout the day—even 10-minute bursts of movement add up over time.

This month is also a great opportunity to take advantage of local resources. Explore parks and walking trails, join a recreational sports team, or participate in community fitness events. Many communities offer free or low-cost opportunities to stay active. Being active as a family or with friends can make it more enjoyable and help build healthy habits that last a lifetime.

If you're just getting started, begin slowly and set realistic goals. Choose activities that match your current fitness level and gradually increase your time and intensity. Be sure to stay hydrated, wear appropriate footwear, and listen to your body to prevent injury.

Let National Physical Fitness and Sports Month be your reminder to move more, sit less, and take small but meaningful steps toward a healthier future. Every bit of activity counts, and it's never too late to start!





Don't forget the tick checks.

Come and join us for learning and fun activities.



Smart Steps for a Tick Free Summer from Bev McDaniel, RN

As warmer weather brings more time outdoors, it also marks peak tick season.

Avoiding tick bites is key to preventing illnesses such as Lyme disease, Rocky Mountain spotted fever, and ehrlichiosis. Symptoms of tick-borne diseases can include fever, chills, headaches, fatigue, muscle aches, and rash, often appear-

ing within a few days to a month after a bite.

Another growing concern is alpha-gal syndrome, linked to Lone Star tick bites, which can cause allergic reactions after eating red meat, including stomach issues or, in severe cases, anaphylaxis.

Prevention is the best protection. Use insect repellent, wear long sleeves and pants, avoid tall grass and brush, and treat pets

and yards for ticks. After spending time outdoors, check yourself, children, and pets carefully, and shower soon after coming inside.

Make tick checks part of your summer routine to stay healthy. For more information, visit the CDC website or stop by the health department for a tick removal kit to keep in your first aid supplies.

Annual WIC Mommy & Me Event from April Bridges, WIC Nutritionist

WIC is planning our 5th annual Mommy and Me event. Each year, we host a “resource fair” type gathering focused on moms and

their kiddo. This year, our speaker will focus on age appropriate “play to learn” activities. As always, we have lots of door prizes to give away,

and a craft for the kids. Mark your calendars and join us for lots of fun at the Ozark Action Building 2, May 7 at 10 a.m.

Mold from Curtis Beaulieu, EPHS

Mold has become a major source of concern related to health in the indoor environment. There are approximately 150,000 types of molds and they are present everywhere in the indoor and outdoor environment. Molds reproduce by means of tiny spores, which will grow where there is sufficient moisture and food (organic materials such as paper, wood, cellulose, etc.). In the indoor environment, mold growth is a symptom of a water prob-

lem. It can cause structural damage by decomposing wood, drywall, carpeting and other porous building materials.

Health Effects: The presence of mold does not present a health risk in most cases. Airborne mold spores are a common allergen. Individuals with allergies to certain types of mold may exhibit allergic symptoms such as sneezing, runny nose, upper respiratory irritation, cough

and eye irritation. Exposure to excessive amounts of mold can also cause an increase in the frequency or severity of asthma symptoms. If you suspect you or someone in your family may be experiencing health symptoms because of exposure to mold, you should contact your health care provider to receive diagnosis and treatment. <https://health.mo.gov/living/environment/indoorair/mold.php>



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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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