

HOWELL COUNTY
HEALTH DEPARTMENT

APRIL CALENDAR

WIC: 3, 4, 6, 10, 11, 12, 13,
14, 17, 18, 19, 20, 21, 24, 25,
27, 28

Willow Springs WIC: full
day-5

Mountain View WIC: 1/2
day-7, full day-26

Family Planning: 12, 19, 25

Immunizations: 11, 13, 20

Food Handlers: 10, 24

Breastfeeding Support
Group: 4

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

Monthly Monitor

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Nat'l Public Health Week April 3-9

Howell County Health Department recognizes National Public Health Week, April 3-9, 2017, by promoting this year's theme for Missouri, **"Healthy Missouri 2030: Be an Advocate for Public Health."**

As we celebrate the accomplishments public health has made over the years, we focus on these public health facts:

Build a nation of safe, healthy communities: Health must be a priority in designing our communities, from healthy housing to parks and playgrounds. Walking and biking must coexist with cars and public transportation. We need lower levels of violence and crime so everyone can safely live, work,



and play. Support farmers markets and local businesses that value health, such as retailers that don't sell tobacco.

Increase economic mobility: The science is clear: Poverty and poor health go hand-in-hand. It's time to fix our country's growing income inequality and the unhealthy stresses it puts on adults and children. Support policies that ensure a living wage and remove barriers that make it harder to advance to higher incomes.

Prepare for the health effects of our environment: Our health is con-

nected to our environments. What happens upstream in our environments affects our health downstream. Support policies that protect the air we breathe, both indoors and outdoors, and the clean water we drink. Policies that protect our health from natural and manmade weather events and disasters are just as important. Support efforts that help communities prepare for and adapt to the health impacts of climate change.

Encourage healthy behaviors and choices: Avoid using tobacco, alcohol and other drugs. Eat healthy foods and exercise. We need to make these and other healthy choices for ourselves. But it doesn't stop there – we need to work together to create communities that make the healthy choice the easy choice for everyone.

Spaces Still Available at West Plains Community Garden

If you would like to grow your own fresh, organic produce then contact Dawn Hicks at the Howell County Health Department to sign up for a space.

Ground spaces are 4'X22' and rent for \$10 for the season and Veggie Trugs (beds on legs) rent for \$7.50 for the season.

The community garden is an organic garden and

asks gardeners to follow organic gardening practices. The space is yours to grow in and to keep up.

Gardening takes time and effort but the results are well worth it.



It's time to start tick prevention.

There have been no reported cases of Zika infection due to a bite in Missouri.

Give your little Easter bunnies some healthy treats and less candy this year!



MONTHLY MONITOR

Tick Borne Illness Prevention from Katy Doss, RN

As the warmer months begin to approach, prevention and control of tick-borne illnesses become important. The most common tick-borne illnesses occurring in Missouri are Rocky Mountain Spotted Fever, Tularemia, Ehrlichiosis and Borelliosis (Lyme Disease).

Prevention consists of keeping lawns closely cut, wearing clothing that prevent ticks from getting on

your skin and wearing tick repellants. Avoiding areas where grass and vegetation are overgrown and wooded areas can also limit exposure to ticks. Tick repellants with DEET are most effective but should be used with caution on children.

If you do have a tick attachment, disinfect the area and remove the tick with tweezers between the head and mouth parts. Pull upward to avoid leaving mouthparts in

the skin which could lead to infection. Disinfect the area again after removal. If you develop a rash, fever or become ill following a tick bite, see your healthcare provider right away to be evaluated for tick-borne illness. For more information on tick borne illness go to <http://health.mo.gov/living/healthcondiseases/communicable/tickscarrydisease/index.php>

Zika Virus From Justin Frazier, Environmental Specialist

The Zika virus (Zika) is spread to people primarily through the bite of an infected *Aedes aegypti* or *Aedes albopictus* species of mosquito. Mosquito transmission of the Zika virus is found in over 50 countries and territories worldwide, including North, Central and South America, the Caribbean, Pacific Islands and Africa. There have been travel-related cases of Zika virus infection in

Missouri, but there have been no reported cases of Zika infection due to a local mosquito bite. Surveys are being conducted to determine if the types of mosquitoes found in Missouri can carry and spread Zika virus. We know that mosquitoes that transmit West Nile virus are present in our state, so people should take precautions to protect themselves and their families even if Zika virus mosquitoes are not found.

What We Know- Most people with Zika will not have symptoms with the virus. **Symptoms-** The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). **Prevention Begins with you-** The two most effective methods of Zika prevention include reducing mosquito populations and using personal protection measures to prevent mosquito bites and sexual transmission.

Healthy (Happy) Easter Treats by April Bridges, WIC Nutritionist

We all love treats, especially kids! Many parents feel obligated to fill up those Easter baskets with all sorts of sugar. And stores make it easy, with every type of candy imaginable coated with pretty Easter colors. There are other options! Websites like Pinterest

give us all kinds of ideas to fill those baskets without all the sugar. Try wrapping a 100% juice box with yellow paper, then gluing a beak and chick feet to it; this could also work with a fruit cup. Draw a bunny face on a cheese stick and attach paper bunny ears. Make a fruit pizza, or fruit

kabobs or Jell-O eggs. Mix granola with peanut butter to form an egg shape. Even things like puzzles or small toys would give joy, and last longer than the sugar high that comes with the candy. With a little thought and planning, even the most sugary holidays can be healthy.



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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.

Spring Pea Salad with Strawberries www.eatingwell.com

Ingredients:

- 8 cups mixed salad greens
- 1 cup snow peas and/or snap peas, trimmed
- $\frac{3}{4}$ cup sliced strawberries
- $\frac{1}{2}$ cup shelled fresh peas
- $\frac{1}{4}$ cup crumbled feta cheese
- $\frac{1}{4}$ cup chopped fresh mint
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons champagne vinegar
- 1 teaspoon honey
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper

Arrange greens, snow (or snap) peas, strawberries, peas and feta on a serving platter. Whisk

mint, oil, vinegar, honey, salt and pepper in a small bowl and drizzle over the salad.



**Spring Pea and Strawberry Salad is
loaded with vitamins and
is delicious!**

Nutrition information:

Serving size: 2 cups

Per serving: 179 calories; 13 g fat(3 g sat); 5 g fiber; 12 g carbohydrates; 5 g protein; 161 mcg folate; 8 mg cholesterol; 6 g sugars; 1 g added sugars; 3,426 IU vitamin A; 52 mg vitamin C; 135 mg calcium; 3 mg iron; 263 mg sodium; 510 mg potassium

Nutrition Bonus: Vitamin C (87% daily value), Vitamin A (69% dv), Folate (40% dv)

Carbohydrate Servings: 1