

HOWELL COUNTY  
HEALTH DEPARTMENT

### AUGUST CALENDAR

WIC: 1, 3, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 24, 25, 28, 29, 30, 31

Willow Springs WIC: full day -2

Mountain View WIC: 1/2 day-4, full day-23

Family Planning: 16, 17, 24

Immunizations: 3, 7, 8, 15, 22

Food Handlers: 14, 28

Breastfeeding Support Group: 1

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

VOLUME 181

AUGUST 2017

## Tick-Borne Illnesses higher in 2017 from DHSS

The Missouri Department of Health and Senior Services (DHSS) alerts health care providers that reports of many tick-borne illnesses are higher than normal in 2017. Each year, Missouri experiences a substantial disease burden due to a variety of tick-borne illnesses including tularemia, ehrlichiosis, and Rocky Mountain spotted fever (RMSF) and other spotted fevers. Other tick-borne illnesses have also been reported in Missouri, including Lyme disease and Heartland virus disease, but the number of cases identified for these diseases remains low.

### Tick Bite Prevention

The best way to avoid getting a tick-borne disease is to prevent tick bites from occurring. Please take the following



steps to protect yourselves and your families:

Use an insect repellent on exposed skin that contains at least 20% DEET, picaridin, or IR3535. Protection time will depend upon the repellent ingredient and concentration. Repellent should always be applied according to package instructions. The American Academy of Pediatrics and CDC recommends use of insect repellent containing up to 30% DEET for infants over 2 months of age.

Clothing and gear can be sprayed with a repellent product called permethrin. Items should be sprayed and allowed to dry completely before use. Permethrin-treated items will remain

effective for multiple washings. Permethrin should only be applied to clothing or gear, not to skin.

Wear light colored clothing to make it easier to spot ticks that are crawling up. When possible, tuck clothing in to prevent ticks from crawling under clothing and attaching to the skin.

After spending time in tick infested areas, do a thorough check for ticks. Showering soon after coming indoors is also recommended to more easily locate crawling or attached ticks. Remove ticks as soon as possible.

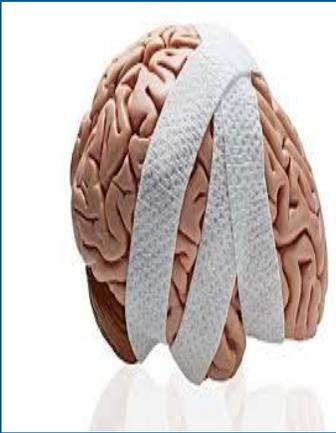
Clothing worn outdoors can be placed in a dryer on high heat for at least 10 minutes to kill any ticks on the clothing. If the clothing is damp, additional time may be needed. If clothing needs to be washed immediately, wash in hot water and then dry on high heat until no longer damp.

## Water Test Handling Fee of \$10 Reinstated

The Missouri State Public Health Laboratory (MSPHL) has worked together with local public health agencies and Missouri citizens to provide prompt bacteriological water testing in response to statewide flood-

ing that occurred in April/May. During this effort, the Department of Health & Senior Services waived the \$10 handling fee associated with private drinking water analysis in order to ensure potentially contaminated water

sources could be evaluated. Beginning July 17, 2017, all private water samples received at the MSPHL for bacteriological testing will require the normal \$10 handling fee in order to be approved for testing.



It's important to be aware of TBI

Come take part in the 6th annual Breastfeeding Event on August 3rd at 1pm.

Contact a licensed pest control professional to exterminate bed bugs.



# Traumatic Brain Injury by Cheri Carda, RN

Traumatic Brain Injury (TBI) is an injury or blow to the head that can cause brain damage through tearing, shearing, or twisting of the tissue of the brain. This can lead to problems of learning and development in children throughout the rest of their life. Even though

an injury to the head might seem harmless, it is important to be aware of TBI and discuss with your child's provider the risks and consequences related to TBI. Possible signs and symptoms of TBI could include: headache, being very tired or having trouble sleeping, nausea and/or vomiting, confusion, and

attention or learning problems. Providing safe areas where children play to reduce falls or blows to the head and safety gear can reduce injuries to the head resulting in TBI.

Information adapted from learning materials through the Missouri Traumatic Brain Injury Implementation Partnership Project.

## World Breastfeeding Week Event From April Bridges, WIC Nutritionist

The first week of August is Worldwide Breastfeeding Week and the entire month of August is recognized in Missouri as Breastfeeding Month. To celebrate, Howell County WIC is planning our 6<sup>th</sup> annual Breastfeeding Event at 1:00 on August

3, 2017. We have several donated items that will be given away as door prizes. We would like to invite anyone who is pregnant or breastfeeding, or simply interested in showing support for someone they know who is breastfeeding. The event will be held at the Howell County

Health Department at 1:00 p.m. Anyone interested in the event can contact the Howell County Health Department at 256-7078, and ask for April or Jessica. For a reminder text about this event and the Breastfeeding Support Group Meetings, text "@wbfp" to 81010.

## Tips to Know About Bed Bugs from Justin Frazier, Environmental Specialist

There is no evidence of disease transmission (i.e. HIV, hepatitis) following the bite of a bed bug. Overexposure to do-it-yourself pesticides or other remedies used to control bed bugs is possibly the most serious health risk related to bed bugs. The EPA has a bed bug product search tool you can use to identify pesticides regis-

tered for use against bed bugs in various locations. Bed bugs are easily confused with other small household insects, including fleas, carpet beetles, spider beetles, and newly hatched cockroaches (nymphs). If you find an insect that might be a bed bug, contact the University of Missouri Extension Service insect identification

program. The MO Department of Health and Senior Services recommend that homeowners hire a pest control professional licensed by the MO Department of Agriculture (MDA) to evaluate what type of pest is present, and to exterminate them. The Missouri Department of Agriculture maintains an on-line list of Missouri licensed pesticide applicators.



## 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.

# Baked Parmesan Tomatoes [www.eatingwell.com](http://www.eatingwell.com)

## Ingredients:

- 4 tomatoes, halved horizontally
- ¼ cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- ¼ teaspoon salt
- 4 teaspoons extra-virgin olive oil
- Freshly ground pepper, to taste
- Preheat oven to 450°F.

## Preparation:

Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.

Cut Down on Dishes: A

rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless



**Tomatoes are fresh and plentiful this time of year. If you don't have a garden check out your local farmers market!**

cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

Nutrition information: Per serving: 86 calories; 6 g fat (1 g sat); 2 g fiber; 6 g carbohydrates; 3 g protein; 19 mcg folate; 4 mg cholesterol; 3 g sugars; 0 g added sugars; 1,076 IU vitamin A; 17 mg vitamin C; 58 mg calcium; 0 mg iron; 387 mg sodium; 304 mg potassium, Nutrition Bonus: Vitamin C (28% daily value), Vitamin A (22% dv), Carbohydrate Servings: ½, Exchanges: 1 vegetable, 1 fat