

HOWELL COUNTY  
HEALTH DEPARTMENT

**FEBRUARY CALENDAR**

**WIC:** 2, 3, 5, 9, 10, 11, 17,  
18, 19, 20, 23, 24, 26, 27

**Willow Springs WIC:** 4

**Mountain View WIC:** 6-  
half day, 25-all day

**Family Planning:** 5, 18, 20

**Immunizations:** 10, 19, 24

**Food Handlers:** 9, 23

**Breastfeeding Support  
Group:** 3

**Holiday's (closed):** 12th-  
Lincoln's Birthday, and  
16th-President's Day

**INSIDE  
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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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## Information on Influenza from www.cdc.gov

**How do I know if I have the flu?** You may have the flu if you have some or all of these symptoms: fever\*, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. \*It's important to note that not everyone with flu will have a fever.

**What should I do if I get sick?** Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your

illness, contact your health care provider.

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions) and this is true both for seasonal flu and novel flu virus infections.

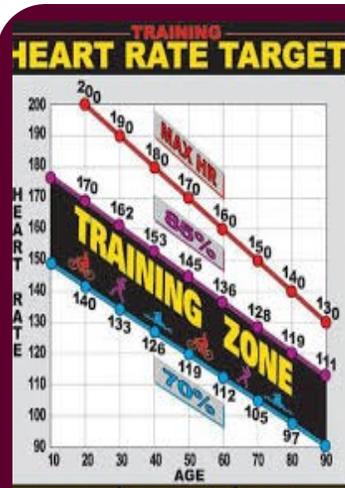
**Do I need to go the emergency room if I am only a little sick?** No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

**Are there medicines to treat the flu?** Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complica-

tions.

**How long should I stay home if I'm sick?** CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings.

**What should I do while I'm sick?** Stay away from others as much as possible to keep from infecting them. Cover coughs & sneezes with a tissue. Wash your hands often to keep from spreading flu to others.



**Find Your Target Training Heart Rate.**

**Wear Red in awareness of Women and Heart Disease .**

**Make 2015 Your Year to Quit!**



**MONTHLY MONITOR**

## Target Heart Rate www.heart.org

Before you learn how to calculate and monitor your target training heart rate, you have to know your resting heart rate. Your resting heart rate is the number of times your heart beats per minute while it's at rest. You can check it in the morning after you've had a good night's sleep and before you get out of bed. According to the National Institute of Health, the aver-

age resting heart rate for children 10 years and older, and adults (including seniors) is 60 - 100 beats per minute. Well-trained athletes is 40 - 60 beats per minute.

Now you're ready to determine your target training heart rate. **As you exercise, periodically:** Take your pulse on the inside of your wrist, on the thumb side. Use the tips of your

first two fingers (not your thumb) to press lightly over the blood vessels on your wrist. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent to 85 percent of your maximum heart rate. This range is your target heart rate. Your maximum heart rate is about 220 minus your age.

## Friday, February 7th-Go Red from www.goredforwomen.org

It's not just a man's disease. Each year, one in three women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

When it comes to beating heart disease

and stroke, change can be the cure. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red For Women. And the red dress has become the iconic symbol of our battle against heart disease and stroke in women.

**National Wear Red Day®** — the first Friday each February — is our special day to bring attention to this staggering fact. We encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives.

## Affordable Care Act to Help Smokers Quit by www.actiontoquit.org

January 6, 2015-Did you know that the Affordable Care Act may be the single most important anti-smoking initiative in the country? The New England Journal of Medicine in its latest issue sets the record straight.

The authors, from the Centers for Disease Control and Prevention and the University of Wisconsin, point out that the poor uptake of smoking cessation programs has much to do with their expense and the only spotty

coverage by health insurance plans. The ACA makes this coverage mandatory, without co-pays, cost-sharing or the requirement that doctors get prior authorization from insurers before prescribing.



## 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.

## Sausage, Cabbage & Root Vegetable Soup [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 8 servings

**Serving Size:** about 1 3/4 cups

**Total Time:** 2 hours

### Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 1 pound Italian turkey sausage, mild or spicy, casings removed
- 1 cup chopped onion
- 3 cloves garlic, thinly sliced
- 1/8 teaspoon salt
- Freshly ground pepper to taste
- 2 medium carrots, diced (1/2 inch)
- 2 small turnips, peeled and diced (1/2 inch)
- 1 medium celery root, peeled and diced (1/2 inch)
- 1 large Yukon Gold potato, peeled and diced (1/2 inch)
- 10 cups very thinly sliced green cabbage (about 1/2 medium head)
- 8 cups low-sodium chicken or vegetable broth
- 3/4 cup dry white wine
- 1 cup chopped fresh tomato

- 1 tablespoon chopped fresh rosemary

- 1 tablespoon chopped fresh thyme

1/2 cup grated Parmesan cheese  
**Preparation**

1. Heat 1 tablespoon oil in a large soup pot over medium-high heat. Add sausage and cook, stirring frequently, until well browned, about 10 minutes. Remove with a slotted spoon to a paper towel to drain.



**Hot, Health Soup on a Cold Winters Day-Yummy!**

2. Reduce heat to medium and add the remaining 1 tablespoon

oil, onion, garlic, salt and pepper; cook, stirring, until starting to soften, 2 to 3 minutes. Add carrots, turnips, celery root and potato and cook, stirring once or twice, until starting to get tender, 4 to 5 minutes. Add cabbage; cook until starting to wilt, about 2 minutes. Return the sausage to the pot and stir in broth, wine, tomato, rosemary and thyme. Increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook for 1 hour.

Uncover and simmer for 15 minutes to reduce the broth and intensify the flavor of the soup. Taste and add more pepper if desired. Serve topped with Parmesan.

### Nutrition

**Per serving:** 315 calories; 11 g fat (3 g sat, 5 g mono); 47 mg cholesterol; 31 g carbohydrates; 0 g added sugars; 8 g total sugars; 21 g protein; 6 g fiber; 650 mg sodium; 1086 mg potassium.

**Nutrition Bonus:** Vitamin C (90% daily value), Vitamin A (59% dv), Potassium (31% dv), Zinc (19% dv), Vitamin B12 (18% dv), Calcium (17% dv), Folate & Magnesium (16% dv), Iron (15% dv)