

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 2, 4, 8, 9, 10, 11, 12,
16, 17, 18, 19, 22, 23, 25, 26,
29, 30, 31

Willow Springs WIC: full
day-3

Mountain View WIC: 1/2 day
-5, full day-24

Family Planning: 11, 17, 25

Immunizations: 9, 18, 23

Food Handlers: 8, 22

Breastfeeding Support
Group: 2

Holiday's (closed): 1st-New
Years Day, 15th-Martin Lu-
ther King 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

VOLUME 186

JANUARY 2018

Flu Season Hitting Missouri Hard from DHSS

JEFFERSON CITY, MO – The 2017-2018 flu season is off to an early start in Missouri. As of November 25, 2017, there were [1,545 cases of the flu](#) reported to the Missouri Department of Health and Senior Services, compared to 379 cases reported at the same time last year. “We know that historically, the intensity or prevalence of flu can vary from year to year. But this year, all indications are that we are seeing more flu earlier in the year and we anticipate more cases,” said Dr. Randall Williams, director of the Missouri Department of Health and Senior Services. “Now is the time to get your flu shot if you haven’t already. The flu shot combined with proper hand-washing are the two most effective things you can do to protect yourself and your loved ones this holiday season.”

What does flu illness look like? The most common symptoms of flu include



fever, cough, sore throat, runny or stuffy nose, and muscle or body aches. Flu viruses spread by tiny droplets when a person with flu coughs, sneezes, or talks. It’s important to remember that certain people are at high risk of developing serious flu-related complications, like pneumonia or bronchitis, if they get sick. Some of these complications are very serious and can lead to death. Those at high risk for flu-related complications include people age 65 years and older, people with certain chronic medical conditions (such as asthma, diabetes or heart disease), pregnant women and young children.

What can you do to protect family and friends? A flu vaccine is the best form of defense to protect yourself and your loved ones this winter. It takes about two weeks for the vaccine to reach its full

protective abilities. Now is the time to get vaccinated so you can protect yourself and loved ones ahead of the upcoming holidays. In addition to getting your flu shot, take these steps to prevent the spread of flu: Avoid close contact with sick people. Wash your hands often with soap and water, especially after touching shared objects or surfaces such as door knobs, light switches, remote controls, shopping counters, debit card readers, etc. If soap and water are not available, use an alcohol-based hand rub. Cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue in the trash after you use it. Avoid touching your eyes, nose and mouth. Clean and disinfect commonly touched surfaces. Stay home while you’re sick and limit contact with others to keep from infecting them.

Missouri Department of Health & Senior Services: seeks to be the leader in promoting, protecting and partnering for health. More information about DHSS can be found at health.mo.gov.

Flu Vaccine Still Available

The Howell County Health Department has seen an increase in the number of flu cases in Howell County in the last few weeks.

Flu vaccine is still available at the health department and “it is not too late to get your flu shot” stated Carma Wheeler, Director of Nurs-

es at the health dept. Please call 417-256-7078 to schedule an appointment for your flu shot!



Adult bed bugs are about the size of an apple seed.

Hypothermia is an abnormally low body temperature.

WIC encourages families to set healthy goals for 2018.



Bed Bugs from DHSS

What are bed bugs? They are small insects, about the size of an apple seed as an adult, that survive by feeding on blood from people and sometimes animals. They tend to be active at night when there is little activity and the person is resting for long periods of time. In some situations such as public-use settings, bed bugs may become active during the daytime as well. While bed bugs are unpleasant to encounter and can be a challenge to get rid of, they do not spread disease. **How common are bed bugs?** According to a

2011 survey, 1 in 5 Americans has either encountered bed bugs personally or knows someone who has. Unfortunately, bed bugs are now a common problem across Missouri and the rest of the United States. **What are the signs of a bed bug infestation?** If present in large numbers, live bed bugs may be seen directly either as adults or as smaller, immature stages, called nymphs. In small numbers, bed bugs can be more difficult to find and will require looking for less obvious signs. On mattresses or other furniture around the bed, look for pin-head sized dark spots of

dried blood. Spotting often occurs where bed bugs defecate after feeding. **What should I do when I return home after traveling?** Prepare a space to unpack before bringing your luggage inside. Lay out a clean sheet or piece of plastic so that you can easily spot any bed bugs that may be in or on your items as you unpack. Remove clothing from luggage and place all items that can be heated straight into the dryer on high heat for 20-30 minutes. This will kill any stage of bed bug, even eggs, which may be in or on clothing. For more information, visit <http://health.mo.gov/living/>

Hypothermia from DHSS

Winter weather can be hazardous. Be prepared. Use checklists for heating, water, car and emergency, food and safety, cooking and lighting, and communications.

Hypothermia is an abnormally low body temperature and is considered more dangerous than **frostbite**. It is caused by the general cooling of the body and can quickly become life threat-

ening. If the body temperature drops below 86°F, death can occur. Those most at risk for hypothermia are people who work outside, people in poor physical condition, the elderly, infants and people with health problems such as diabetes, heart disease and hypertension. **Warning Signs of Hypothermia May Include:** Uncontrollable shivering. In severe cases of hypothermia, shivering stops, Numbness, Glassy stare, Apa-

thy, Weakness, Impaired judgment, Drowsiness, Slow or slurred speech, Exhaustion, Loss of consciousness. In infants, the skin turns bright red and cold. Infants with a very low energy level. To find a warming center near you or to report a senior or disabled adult who is in need of assistance due to cold weather go to this link <http://health.mo.gov/living/healthcondiseases/hypothermia/index.php>

2018 WIC Goals by April Bridges, WIC Nutritionist

With the New Year quickly approaching, we will all be making resolutions for 2018. The WIC program encourages young families to set goals to improve eating or physical activity habits year round- not just at the New Year. When setting a new goal, remember to make it clear, measurable and include a timeframe. Also, keep it realistic. Setting a

goal too high may be discouraging and less likely to achieve. Below are a few common goals that WIC participants set, but could be used to improve health no matter what your age.

- Choose whole grain bread, tortillas, or pasta instead of white, daily.
- Try one new fruit or vegetable, or "sneak" vegetables

into casseroles 3-4 times each week.

- Make it a point to have physical activity as a family (go to the park, take a walk, participate in sports, etc.) at least one time each week.

- Limit sweet treats or beverages and replace them with fruit as a snack or water for drinks, daily.
- Reduce TV or screen time by playing a family game at least 3-4 times per week.



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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.

Spaghetti Squash Lasagna

www.eatingwell.com

Ingredients:

- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- ¼ cup water
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 10 ounces mushrooms, sliced
- 2 cups crushed tomatoes
- 1 teaspoon Italian seasoning
- ½ teaspoon ground pepper, divided
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt, divided
- ¼ cup grated Parmesan cheese
- 1 cup shredded part-skim mozzarella cheese, divided
- ½ cup part-skim ricotta cheese

Preparation:

Position rack in upper third of oven; preheat to 450°F.

Place squash cut-side down in a microwave-safe dish and add water. Microwave, uncovered, on High until the flesh is tender, 10 to 12 minutes.

(Alternatively, place squash cut-side down on a large rimmed baking sheet. Bake at 400°F until tender, 40 to 50



Start the New Year off with Clean, Healthy Eating!

minutes.)

Meanwhile, heat oil in a large skillet over medium heat. Add onion and garlic; cook, stirring, until starting to soften, 3 to 4 minutes. Add mushrooms and cook, stirring, until the vegetables are tender and starting to brown, about 5 minutes more. Add tomatoes, Italian seasoning, ¼ teaspoon pepper, crushed red pepper and ⅛ teaspoon salt. Cook until heated through and the flavors have blended, 1 to 2 minutes. Remove from heat and cover.

Use a fork to scrape the squash from the shells into a large bowl. Stir in Parmesan, the remaining ¼ teaspoon

pepper and the remaining ⅛ teaspoon salt. Place the shells cut-side up on a large rimmed baking sheet. Spoon one-fourth of the squash-Parmesan mixture into each shell. Layer one-fourth of the tomato mixture on top, then sprinkle ¼ cup mozzarella into each shell. Dollop ¼ cup ricotta over the mozzarella. Repeat with the remaining squash mixture, tomato sauce and mozzarella. Bake the squash lasagnas for 15 minutes. Turn the broiler to high and broil, watching carefully, until the cheese starts to brown, 1 to 2 minutes. Cut each lasagna in half to serve.

Nutrition information: Serving size: ½ squash, Per serving: 350 calories; 18 g fat(7 g sat); 7 g fiber; 34 g carbohydrates; 18 g protein; 72 mcg folate; 32 mg cholesterol; 15 g sugars; 0 g added sugars; 977 IU vitamin A; 20 mg vitamin C; 432 mg calcium; 3 mg iron; 723 mg sodium; 988 mg potassium.