

HOWELL COUNTY  
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 2, 6, 7, 8, 9, 13, 14,  
15, 16, 20, 21, 23, 24, 27,  
28, 29, 30, 31

Willow Springs WIC: 1

Mountain View WIC: 1/2  
day-10, full day-22

Family Planning: 9, 15,  
31

Immunizations: 2, 16,  
21, 28

Food Handlers: 13, 27

Breastfeeding Support  
Group: 7

Holiday's (closed): 4th-  
Independence Day

**INSIDE THIS  
ISSUE:**

Avoid Insects this 2  
Summer

Safety Around 2  
Water

E-Cigarettes 2  
Aerosol Toxic

Mission 3

Recipe: Grilled 3  
Ckn Ratatouille

Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

# Monthly Monitor

VOLUME 156

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## Get an Annual Well Water Test

An estimated 13 million American households get their water from private ground water wells. Private water wells can provide safe, clean water; however, well water may be or may become contaminated, leading to illness. It is the responsibility of the well owner to maintain their well and have the water tested on the recommended annual basis in order to ensure their water is safe from harmful contaminants. **Why is it a good idea to have my water well checked annually?** Preventative maintenance usually is less costly than emergency maintenance, and good well maintenance, like good car maintenance, can prolong the life of your well and related equipment. The National Ground Water Association



**Make Sure Your Well Water is  
Safe to Drink!**

Further recommends you test your water whenever there is a change in taste, odor, or appearance, or when the system is serviced. Well owners should check their water more often than annually if: There is a change in the taste, odor, or appearance of the water, a problem occurs such as a broken well cap or a new contamination source, family members or houseguests have recurrent incidents of gastrointestinal illness, an infant is living in the home, there is a need to monitor the efficiency and performance

of home water treatment equipment.

The Howell Co Health Dept. can help county residents perform water tests to ensure the quality of their water supply. An unofficial bacterial analysis of the water supply may be performed by homeowners who wish to test their own water with a \$10.00 fee assessed upon completion of the test. An official bacterial test can be performed by a member of the Howell Co Health Dept. at a charge of \$20.00. Water chemistry tests will check levels of pH, nitrates, sulfides, iron, lead and other possible contaminants and must be performed by officials with the Howell Co Health Dept. for a charge of \$20.00.

## Cooling Centers Available in Howell County

Each year many Missouri-ans suffer from heat-related illnesses, with some cases resulting in death. During prolonged periods of high temperatures, using air condition-

ing – either at home or by seeking shelter in a **local cooling center** (click the link in red)-- is the best preventive measure. Missouri-ans should call the **state's toll-free abuse and ne-**

**glect hotline at 1-800-392-0210** to report senior citizens or adults with disabilities suffering from the heat and needing assistance. The hotline operates 7 a.m. to 12 a.m. seven days a week.



Stay and Play  
Safe Outdoor!

*Drowning is the  
leading cause of  
unintentional death  
to children ages 1-4!*

E-Cigarettes  
Secondhand  
Aerosol contain  
toxins  
known to  
cause cancer



MONTHLY MONITOR

## Avoid Insects this Summer from health.mo.gov

### Why should I use an insect repellent?

Avoiding mosquito and tick bites can prevent West Nile virus, ehrlichiosis and Rocky Mountain spotted fever disease, all of which can cause serious illness and even death. **When should I use a repel-**

**lent?** Apply repellent when you are going to be outdoors and will be at risk for getting bitten by ticks or mosquitoes. Depending on yearly climate variation, in Missouri, biting insects can be active in the winter, early spring, and late autumn. **How much repellent**

**should I apply and exactly where?** Insect repellent should be applied as a thin layer, covering the entire exposed skin surface evenly. Heavy application is not necessary to achieve protection. Remember to apply only to exposed skin and/or clothing. Do not use repellents under clothing.

## Safety Around Water from www.poolsafety.gov

Water safety awareness is something everyone should be concerned about all year long. It takes only inches of water for a small child to drown so taking extra safety steps at home and around pools, spas and all bodies of water can prevent drowning

incidents.

### **Rule # 1: Never leave a child unattended around a pool, spa, bath tub or any body of water**

At pools, spas and other recreational waters: Teach children basic water safety skills, learn how to swim and ensure your children know how to swim as well, avoid entrapment by keeping

children away from pool drains, pipes and other openings.

At home: Always keep a young child within arm's reach in a bathtub. If you must leave, take the child with you. Don't leave a baby or young child in a bathtub under the care of another young child.

## E-Cigarettes Secondhand Aerosols Toxic

ESD's also known as Electronic Smoking Devices emit more than "harmless water vapor". Vapor is actually secondhand aerosol and contains nicotine, ultrafine particles and low levels of toxins that are known to cause cancer.

At least 10 chemicals identified in ESD aerosol are on California's Proposition 65 list of carcinogens and reproductive toxins, also known as the Safe Drinking Water and Toxic Enforcement Act of 1986. The compounds that have already been identified in

mainstream (MS) or secondhand (SS) ESD aerosol include: **Acetaldehyde (MS), Benzene (SS), Cadmium (MS), Formaldehyde (MS,SS), Isoprene (SS), Lead (MS), Nickel (MS), Nicotine (MS, SS), N-Nitrosornicotine (MS, SS), Toluene (MS, SS).**4,5



## 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.

## Grilled Chicken Ratatouille [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 4 servings

**Active Time:** 45 minutes

**Total Time:** 45 minutes

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh marjoram
- 1 teaspoon salt
- Canola or olive oil cooking spray
- 1 red bell pepper, halved lengthwise, stemmed and seeded
- 1 small eggplant, cut into 1/2-inch-thick rounds
- 1 medium zucchini, halved lengthwise
- 4 plum tomatoes, halved lengthwise
- 1 medium red onion, cut into 1/2-inch-thick rounds
- 4 boneless, skinless chicken breasts, (about 1 1/4 pounds), trimmed and tenders removed (see Note)
- 1/4 teaspoon freshly ground pepper

1 tablespoon red-wine vinegar  
**Preparation**

1. Preheat grill to medium-high.
2. Combine oil, basil, marjoram and salt in a small bowl and reserve 1 tablespoon of the mixture in another small bowl; set aside.
3. Coat both sides of bell pepper, eggplant, zucchini, tomato and onion pieces with cooking spray. Grill the vegetables, turning once, until soft and

charred in spots, about 5 minutes per side for the pepper, 4 minutes per side for the eggplant and zucchini and 3 minutes per side for the tomatoes and onion.

4. Rub the tablespoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the center, 4 to 5 minutes per side. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille.

**Nutrition: Per serving:** 324 calories; 13 g fat (2 g sat, 9 g mono); 82 mg cholesterol; 16 g carbohydrates; 36 g protein; 7 g fiber; 687 mg sodium; 1063 mg potassium.

**Nutrition Bonus:** Vitamin C (100% daily value), Vitamin A (35% dv), Potassium (30% dv), Folate & Magnesium (20% dv)



**Grilled Chicken with Summer  
Vegetables**