

HOWELL COUNTY
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 5, 7, 8, 11, 12, 13, 14,
15, 18, 19, 20, 21, 22, 25, 26,
28, 29

Willow Springs WIC: 6

Mountain View WIC: 1/2
day-1, full day-27

Family Planning: 20, 26

Immunizations: 7, 12, 14,
19

Food Handlers: 11, 25

Breastfeeding Support
Group: none

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

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Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

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Take Advantage of Summer Vegetables & Fruits

BENEFITS OF FRUITS & VEGETABLES:

- Helps prevent certain types of diseases such as cancer.
- Contains water and fiber.
- They are full of vitamins and minerals.
- Helps make blood and keep bones and muscles strong.
- Helps give you a healthy complexion.

TIPS TO INCREASE INTAKE:

- Plan dinner around two veggies.
- Carry dried fruit for a quick snack.
- Eat fresh fruit or veggies for a snack.
- Add fruit to a light yogurt smoothie.
- Add chopped apricots, apples or pears to a green salad.
- Add frozen or fresh veggies to canned soup.
- Ask for tomatoes or other veggies on sandwiches.



Summer is full of fresh fruits and vegetables-Eat a Rainbow

- Use chopped fruit in breads or muffins.
- Add fruit to cereal or pancakes.
- Try veggie pizza or top cheese pizza with onions, peppers, tomatoes or broccoli.

KEEPING FOOD FROM SPOILING:

- Serve fresh fruits and veggies first; save the frozen and canned ones for later.
- Buy both ripe and not as ripe fruits and veggies.
- Eat ripe ones first and allow the others to last a few days longer.
- Keep fruits and veggies in sight in the refrigerator or on the kitchen table.
- Plan your meals ahead of

time to include fruits and veggies.

QUICK & EASY PREPARATION:

- Wash and cut fruits and veggies ahead of time.
- Keep canned, frozen and dried fruit on hand.
- Stock up on frozen veggies for easy microwave cooking.
- Buy ready to eat fruits and veggies from the grocery store salad bar.
- Buy pre-sliced, prewashed bagged salad from the store.
- Pick fruits or veggies that don't need any prep like bananas and apples!

CONCERNED ABOUT COST?

- Watch ads for sales.
- Cut coupons from newspapers.
- Buy fresh fruits and veggies in season and freeze for later.
- Compare prices of canned, frozen and fresh fruits and veggies, and buy the cheapest.
- **Try growing your own fruits and veggies.**
- **Consider going to a local Farmer's Market.**

Fireworks Safety Tips from www.fireworksafety.org

Know your fireworks; read the cautionary labels and performance descriptions before igniting. A responsible adult SHOULD supervise all firework activities. Never

give fireworks to children. Light one firework at a time and then quickly move away. Always have a bucket of water and charged water hose nearby. Use fireworks OUTDOORS in a clear ar-

ea; away from buildings and vehicles. Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.



Turtles carry Salmonella.

Prevent Turtle Salmonella

Do not have a turtle in any household that includes children under 5, the elderly, or people who have lowered natural resistance to disease due to pregnancy, cancer, chemotherapy, organ transplants, diabetes, liver problems or other diseases. A family expecting a child should remove any pet reptile or amphibian from the home before the infant arrives.

Remember, turtles are cute, but contaminated. Handle all turtles and

surfaces that have come in contact with turtles as if they are contaminated with *Salmonella*, because there is a good possibility that they are.

Wash hands thoroughly with soap and water immediately after handling turtles or their cages, or after contact with pet feces. Do not touch your face, other people or any surface until hands are washed.

Wash surfaces that the turtle or its cage has come in contact with.

Separate the turtle from possible contact with food:

Do not allow turtles to roam freely about a home or living area, and especially do not allow them in food preparation areas.

Kitchen sinks should not be used to bathe turtles or to wash their dishes, cages, or aquariums.

If bathtubs are used for these purposes, they should be cleaned thoroughly and disinfected with bleach.

In the United States, most women who have been raped were younger than 25 when the rape happened and almost half of female rape victims were under the age of 18.

Sexual Assault Awareness from The Office of Women's Health

The Office on Women's Health (OWH) believes that violence against women is never acceptable. Violence and abuse affect girls and women from all kinds of backgrounds and of all ages every day. OWH wants you to know the importance of healthy, safe, and respectful relationships. We invite you and your friends to promote sexual assault prevention and healthy relationships. Here's what

you should know: Sexual assault is any type of forced or pressured sexual contact or behavior that happens without consent. Sexual assault includes rape and attempted rape, child molestation, and sexual harassment or threats. Sexual assault is never the victim's fault and always the abuser's fault.

Consent is a clear "yes" to sexual activity. It means you know and understand what's going on, you know and are able to say what you want to do, and you are not

under the influence of alcohol or drugs.

In healthy relationships, there is respect and honesty between both people. This includes respecting a person's decisions about their body or their decision about sex. You should always feel safe in a relationship, which includes protecting yourself from contracting STDs.

If you are feeling unsafe in a relationship, visit loveisrespect.org, call 1-866-331-9474.

Talk to a nurse today about our Pre-Natal Case Management Program!



Pre-Natal Case Management at HCHD

The nurses at Howell County Health Department provide a program for pregnant women called Prenatal Case Management. This program is designed to help women

decrease their chances of having a high risk pregnancy by identifying certain risks. Some of these risk factors include smoking, teen moms, lack of support system, and preterm labor, just

to name a few. If you would like to be screened for this program please call our office (417)256-7078. Our goal is to help every mom have a healthy pregnancy and every baby to have a healthy start to life.



Howell County Health Department

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West Plains, MO 65775

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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.

Red, White & Blue Popsicles www.eatingwell.com

Makes: About 10 (3-ounce) freezer pops

Serving Size: 1 (3-ounce) pop

Active Time: 10 minutes

Total Time: 6 hours 10 minutes

Ingredients

- 1 1/2 cups blueberries
- 1 cup raspberries

2 cups limeade

Preparation

Divide blueberries and raspberries among freezer-pop molds. Pour limeade over the berries. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Nutrition Per pop: 45 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 12 g carbohydrates;

6 g added sugars; 9 g total sugars; 0 g protein; 1 g fiber; 2 mg sodium; 41 mg potassium.
Carbohydrate Servings: 1



Check out your Local Farmers Market for fresh fruit to add to your popsicles!

