

HOWELL COUNTY
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 3, 6, 10, 11, 12, 13,
14, 17, 18, 19, 20, 21, 24, 25,
27, 28, 31

Willow Springs WIC: full
day-5

Mountain View WIC: 1/2
day-7, full day-26

Family Planning: 6, 19,

Immunizations: 11, 20, 25

Food Handlers: 10, 24

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

Monthly Monitor

VOLUME 180

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Preventing Heat Related Illness from DHSS

Each year many Missourians suffer from heat-related illnesses, with some cases resulting in death. During prolonged periods of high temperatures, using air conditioning – either at home or by seeking shelter in a **local cooling center** -- is the best preventive measure. Missourians should become familiar with the terms used to identify heat hazards:

Heat Wave is a prolonged period of excessive heat, often combined with excessive humidity. **Heat Index** is a number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees. **Heat Cramps** are muscle pains and spasms due to heavy exertion. Although heat cramps are



the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke. **Heat Stroke** is a life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise

so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke is another term for heat stroke.

To prepare for extreme heat, you should consider: Installing a window air conditioner snugly; insulate spaces around the air conditioner for a tighter fit, if necessary. Check air-conditioning ducts for proper insulation. If you have central air conditioning, set the thermostat no lower than 78 degrees. Change or clean your air-conditioning filter once a month. Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside. Weather-strip doors and sills to keep cool air in. Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)

Thank you Howell County Veterinarians!

Thank you to all of the Howell County Veterinarians who participated with the Howell County Health

Department in the annual rabies vaccination clinics this year. Many pets were vaccinated and we truly appre-

ciate our dedicated veterinarians making these clinics possible.



Get your appointment now!

Insect Repellents can help with ticks and mosquitos.

Watch your children at all times, kids can drown in seconds!



Back to School Immunizations by Alexandra Malisheki, RN

Summer is a busy time for us all; the kids are out of school and everyone has vacation on their mind. It can be easy for us to push the upcoming school year to the back of our mind, but don't let the summer months get away from you without lending thought to your child's school vaccinations! Kindergarten, eighth grade, and twelfth grade are all milestones

for immunizations and require vaccinations. There are also some additional vaccines, such as the Gardasil and Hepatitis A vaccines, which are recommended for your school-aged child. As always, any of these vaccines can be received at the Howell County Health Department and we are always happy to answer any questions you may have about any shots. If you are not sure whether your child is

up-to-date or not, feel free to give us a call and we'd be happy to check for you! So give us a call today to make an appointment for your child's immunizations and miss the back-to-school rush!

Insect Repellent From DHISS

Spring and summer are times of the year when mosquitoes can make outdoor activities less pleasant. However, excessive rain and flooding make mosquito problems even worse by leaving behind water-filled puddles, ditches, and artificial containers that serve as excellent breeding grounds for these

pests. Some types of post-flood mosquitoes do not transmit diseases but they still bite people and can be a significant nuisance.

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, ear-

ly spring, and late autumn. Even when you don't notice them, there is a chance ticks and mosquitoes will notice you. Mosquitoes can detect a prospective host from as far away as 100 feet. The lone star tick, which is Missouri's most common tick, can actually detect the footsteps of a potential host and start running towards it within a matter of seconds.

Water Safety this Summer from DHISS

PLEASE keep an eye on your child at all times. Remember, kids can drown in seconds and in silence. **PLEASE** use appropriately fitted life jackets* instead of air-filled or foam toys (such as "water-wings" or "noodles"). These toys

are not designed to keep children safe.

*www.uscgboating.org/waypoints/archived/may07/art1_care.htm

PLEASE use sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to reapply it after swim-

ming. Just a few serious sunburns can increase the risk of getting skin cancer. For more information www.cdc.gov/healthyswimming U.S. Department of Health and Human Services.



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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 and Blue Potato Salad www.eatingwell.com

Ingredients:

2 pounds baby potatoes, a mix of white and blue (or purple)
¼ cup lemon juice
3 tablespoons extra-virgin olive oil
½ teaspoon salt
Freshly ground pepper to taste
¾ cup chopped roasted red peppers, rinsed
4 scallions, thinly sliced
¼ cup chopped fresh mint

Preparation:

Place potatoes in a large saucepan or Dutch oven and cover with lightly salted water. Bring to a boil and cook until tender, about 15 minutes. Drain and rinse with cold water. Transfer to a cutting board. Let cool for 20 minutes.

Whisk lemon juice, oil, salt and pepper in a large bowl. Cut the potatoes in half, add to the bowl and toss to coat.



Add this to your 4th of July Picnic!

Just before serving, add peppers, scallions and mint to the salad and toss gently.
Make Ahead Tip: Prepare

through Step 2; cover and refrigerate for up to 2 days. Finish Step 3 just before serving. Add more lemon juice and/or salt to taste.

Nutrition information:

Serving size: about ¾ cup,
Per serving: 206 calories; 7 g fat(1 g sat); 3 g fiber; 30 g carbohydrates; 4 g protein; 40 mcg folate; 0 mg cholesterol; 2 g sugars; 0 g added sugars; 697 IU vitamin A; 21 mg vitamin C; 39 mg calcium; 2 mg iron; 441 mg sodium; 744 mg potassium
Nutrition Bonus: Vitamin C (35% daily value), Carbohydrate Servings: 2