

HOWELL COUNTY  
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 2, 3, 9, 10, 11, 12, 13,  
16, 17, 18, 19, 20, 23, 24, 26,  
27, 30, 31

Willow Springs WIC: full day  
-5

Mountain View WIC: 1/2 day-  
6, full day-25

Family Planning: 3, 11, 18

Immunizations: 10, 17, 19,  
24, 31

Food Handlers: 9, 23

Breastfeeding Support  
Group: 3

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

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## Tick Season is Upon Us from [www.dhss.mo.gov](http://www.dhss.mo.gov)

JEFFERSON CITY, Mo — With warmer weather on the way, the Missouri Department of Health & Senior Services (DHSS) wants to remind people living in and visiting the state to take precautions against tick bites. Ticks can transmit serious, potentially deadly, illnesses and they can be active anytime the ground isn't frozen.

Missouri is home to a variety of tick species, meaning we experience a variety of tick-borne illnesses. In 2017, Missouri reported 634 cases of Rocky Mountain spotted fever and 334 cases of ehrlichiosis. 60 percent of cases in the U.S. of Rocky Mountain spotted fever are in five states and Missouri is one of them. At least six different types of human tick-borne diseases have been reported in Missouri, including Rocky Mountain spotted fever, ehrlichiosis, tularemia, Lyme or lyme-like disease, Heartland Virus and Bourbon Virus. Many of these illnesses can be effectively



treated if they are caught early, however, on occasion they can be deadly.

Ticks can be found throughout Missouri, primarily in wooded and brushy areas, tall grasses and close to the ground. Despite the presence of ticks, everyone can safely enjoy the outdoors by taking a few safety precautions. DHSS recommends the following precautions to prevent tick bites: Use an insect repellent with a minimum of 20% DEET, picaridin or IR3535 on exposed skin for protection that lasts several hours whenever you spend time outdoors. DEET products should not be used on infants under two months of age. When possible, wear protective clothing (light colored, long sleeved shirts and pants) when outdoors to keep ticks off skin. Avoid tick

infested areas including brushy areas, tall grasses, wood piles and leaf litter. You should regularly check your pet for ticks. Check for ticks while outdoors and again after returning from the outdoors. If possible you should change clothes and shower soon after spending time outdoors. Preventing tick bites is the best way to avoid getting sick from any number of disease that ticks can carry. Just one bite from a tick can lead to serious illness. If you find an attached tick, don't panic. The tick should be removed promptly. The longer it is attached the greater the risk of infection. In general, a sudden high fever, severe headache, muscle or joint aches, nausea, vomiting or diarrhea can be signs of tick-borne disease. You should consult your health care provider if experiencing these symptoms. If these symptoms occur following a tick bite, or even after exposure to a tick habitat, be sure to tell your health care provider. More information about DHSS can be found at [health.mo.gov](http://health.mo.gov).

## Information/Location for Cooling Centers

If you or someone you know is in need of a cooling center, there are two resources available to locate cooling centers near

you: Department of Health and Senior Services (DHSS) interactive map: [Cooling Center Sites in Missouri](#); United Way 2-1-1: Dial 2-1-1 or 1-800

-427-4626 | TTY: 866-385-6525. [Cooling Site List](#)



Be sure to can your summer produce the correct way!

One in three families struggle to provide enough diapers each day to keep their babies clean and dry.

Call 417-256-7078 to talk about family planning services!



## Botulism

by Justin Frazier, EPHS

It's summertime and time to harvest the delicious produce you've been growing. You may be thinking about home canning as a way to preserve your garden goodies. But beware! If home canning is not done the proper way, your canned vegetables and fruits could cause botulism(<https://www.cdc.gov/botulism/>). Botulism is a rare but potentially deadly illness caused by a poison most

commonly produced by a germ called *Clostridium botulinum*. The germ is found in soil and can survive, grow, and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyze you, and even cause death. You cannot see smell, or taste botulinum toxin— but taking even a small taste of food containing this toxin can be deadly. You can take steps to protect yourself, your

family, and others when it comes to home-canned foods by following these tips: Use proper canning techniques. Use the right equipment for the kind of foods that you are canning. Pressure canning is the only recommended method for canning low-acid foods. When in doubt, throw it out—the container is leaking, bulging, or swollen; the container spurts liquid or foam when opened; the food is discolored, moldy, or smells bad.

## Diapers for WIC Participants

by April Bridges, WIC Nutritionist

The Howell County Health Department is now a distribution agency for the Focus on Babies - Diaper Resource Center. A group of West Plain's residents formed the diaper resource center in

2015 to improve the well being of area at risk infants and youth. Although, there are other pick up locations in West Plains, this is a service provided to our WIC participants. Pick up can be scheduled to coincide with WIC

visits. Qualifying factors are the same as WIC, so no additional proof is needed for those already participating in the WIC program. For questions about the diaper program, call Jessica Hatcher at 417-256-7078.

## Family Planning Services

by Kathy Doss, DON, RN

Howell County Health Department offers Family Planning and reproductive health services to women that include PAP smear screenings and referrals, physical examinations by a doctor or nurse practitioner, birth control supplies, pregnancy testing and HIV and sexually transmitted disease testing and treatment. Limited services are also available to

men.

Services are provided free of charge to clients whose incomes do not exceed 100% of the federal poverty level and are offered on a sliding scale for clients with incomes up to 250% of the federal poverty level.

**Our agency does not encourage, counsel, refer either indirectly or di-**

**rectly patients to have abortions. Our Family Planning services are preconception services that limit or enhance fertility, including contraception methods, the management of infertility, preconception counseling, education, and general reproductive health care.**

For more information or to schedule an appointment, please call us at 417-256-7078.



## Howell County Health Department

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West Plains, MO 65775

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website: [www.howellcountyhealthdepartment.com](http://www.howellcountyhealthdepartment.com)

**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.

## Farmers Market Sliders

[www.eatingwell.com](http://www.eatingwell.com)

### Ingredients:

#### *Cajun Mayo*

- 1/3 cup mayonnaise
- 2 tablespoons finely chopped dill pickle
- 1 small garlic, finely grated
- 1 teaspoon lemon juice
- 1/2 teaspoon Cajun seasoning, such as Old Bay

#### *Sliders*

- 1 pound 0%-lean ground beef
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 medium zucchini, cut into 6 lengthwise slices
- 1/2 medium yellow squash, cut into 6 lengthwise slices
- 1 small yellow onion, cut into 1/2-inch-thick slices
- toasted slider buns, preferably whole-wheat



**Summer is full of garden  
fresh vegetables.**

- 1 medium ripe tomato, cut into 6 slices
  - 6 large basil leaves
1. Preheat grill to medium-high.
  2. To prepare mayo: Whisk mayonnaise, pickle, garlic, lemon juice and Cajun seasoning in a small bowl.
  3. To prepare sliders: Combine beef, Worcestershire, salt and pepper in a medium bowl. Form into 6 patties, about 3 inches in diameter.
  4. Oil the grill rack (see Tip). Grill

the burgers until an instant-read thermometer inserted in the center registers 160°F, 3 to 5 minutes per side. Grill zucchini, squash and onion until lightly browned and tender, 2 to 3 minutes per side.

Assemble each burger on a bun with a scant 1 tablespoon of the Cajun Mayo, the grilled vegetables, tomato and basil.

**Make Ahead Tip:** Refrigerate Cajun Mayo (Step 2) for up to 5 days. To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

### **Nutrition information:**

Serving size: 1 slider, Per serving: 334 calories; 19 g fat(4 g sat); 2 g fiber; 22 g carbohydrates; 20 g protein; 20 mcg folate; 54 mg cholesterol; 5 g sugars; 3 g added sugars; 288 IU vitamin A; 10 mg vitamin C; 67 mg calcium; 3 mg iron; 455 mg sodium; 428 mg potassium, Carbohydrate Servings: 1 1/2, Exchanges: 1 starch, 1/2 vegetable, 2 lean meat, 2 fat