

HOWELL COUNTY
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 1, 2, 4, 8, 9, 10, 11, 12, 15, 16, 17, 18, 22, 23, 25, 26, 29, 30

Willow Springs WIC: 3

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

Family Planning: 11, 17, 26

Immunizations: 2, 9, 23

Food Handlers: 8, 22

Breastfeeding Support Group: 2

Holiday's (closed): None

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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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Stay Safe in Missouri Waters from <http://health.mo.gov>

Missouri has pools, spas and water parks just like any other state in the union, but when it comes to natural recreational water sites, Missouri has a unique set of sites that attract thousands of visitors from around the country and the world on any given day.

Natural water areas are dynamic and ever-changing. Streams and rivers continue to deliver downstream whatever they have picked up upstream. Lakes, ponds and reservoirs are affected by currents and winds pushing water and whatever contaminants it contains from one area to another. A perfectly safe and healthy recreation spot on a river or lake can change



Play and Stay Safe in Missouri Streams & Lakes!

in a matter of minutes into one that presents real risks to its users.

The rustic beauty of Missouri has brought on an influx of tourists and new permanent residents. The increased population density means more pollutants from fertilizers, household cleaners, and sewage, to name a few. Often times, runoff after rains or inadequately functioning waste treatment plants (private home or city) contribute to the pollutant load that ends

up in a stream or lake. These pollutants, can cause real and significant illness such as rashes, eye, ear, nose and throat infections and gastrointestinal illnesses.

Some recommendations for a safe and healthy trip to one of Missouri's many natural recreational water sites include: Avoid whole body contact if you have an illness that decreases your natural immune system. Be aware that rainfall events have a tendency to wash the surrounding watershed clean of pollutants, depositing them into streams and lakes. It takes at least a day or two for these water ways to recover from rain events.

Thank You Howell Co Veterinarians

This was another successful year for the annual rabies vaccination clinics held in Howell County.

Approximately 2617 pets were given a rabies vaccination at a reduced rate at this year's clinics.

Howell County Health Department would like to thank all of the veterinarians in Howell County who participated and took time out of their busy schedules to help make Howell county a safer, healthier place.

Be sure to have your pets vaccinated for rabies yearly.

For more information on rabies check out the Howell County Health Department website at www.howellcountyhealthdepartment.com



Check for ticks after being outside.

Protect your skin from the sun while your outside this summer!

E-Cigarettes are not a proven method for quitting smoking



Tick-Borne Diseases from health.mo.gov

As summer time weather has you headed for the outdoors, beware the ticks are waiting.

At least six different human tick-borne diseases have been reported in Missouri: Rocky Mountain spotted fever, ehrlichiosis, tularemia, Q-fever, Lyme or a Lyme-like disease and the southern tick-associated

rash illness.

The signs and symptoms of tick-borne disease vary among individuals and differ according to the infecting agent. In general, a person should consider consulting a health care provider whenever he or she experiences a sudden high fever, severe headache, muscle or joint aches,

nausea, vomiting or diarrhea. If these symptoms occur following a tick bite, or even after exposure to a tick habitat, a health care provider should be informed of this fact. Another possible sign of tick-borne disease is a rash or pus-filled wound that appears at the site of a tick bite, or a spreading rash that follows a tick bite or exposure to tick habitat.

Sun Safety from www.cancer.org

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. It would be unwise to stay inside if it keeps you from being active, because physical activity is important for good health. But getting too much sun can be harm-

ful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you

are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.

Do E-Cigarettes Help Smokers Quit?

If you think e-cigarettes are going to help you quit smoking for good, not so fast. Researchers at an American Thoracic Society con-

ference said Sunday there is still too little evidence to show that using e-cigs leads to kicking the habit long-term. The Thoracic Society urges smokers

who wish to quit to consider other alternatives, due to the potential health consequences of the devices.



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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.

Sesame Chicken Cucumber Noodle Salad www.eatingwell.com

Makes: 12 servings, about 1 1/3 cups each

Total Time: 45 minutes

Ingredients

- 8 ounces Chinese egg noodles or other thin noodles or pasta, fresh or dried
- 1 cup creamy peanut butter
- 3/4 cup rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons Shaoxing wine or dry sherry (see Notes)
- 1 cup thinly sliced scallions
- 1/4 cup chopped fresh cilantro (optional)
- 2 tablespoons naturally brewed reduced-sodium soy sauce
- 1 tablespoon Asian chile sauce, such as sambal oelek or Sriracha (see Notes)
- 2 heads baby romaine or 1 head regular romaine lettuce
- 1 1/2 pounds cooked boneless, skinless chicken breasts (see Tip), sliced crosswise into 1/4-inch slices and chilled
- 2 medium red bell peppers, cut into 1/4-inch dice

- 1 large English cucumber, peeled, seeded, halved lengthwise and cut into 1/4-inch slices
- Salt to taste
- Freshly ground pepper to taste

Toasted sesame seeds for garnish

Preparation

1. Fill a large bowl with water and add ice cubes. Cook noodles in boiling water until just tender, 2 to 4 minutes if fresh, about 6 minutes for dry (or according to package directions). Drain and transfer the noodles to the ice



Fresh Cucumbers are available at the Farmer's Market

water. When the noodles are cold, drain well and transfer to a very large bowl. Set aside.

2. Meanwhile, whisk peanut butter, vinegar, sesame oil and Shaoxing (or sherry) in a bowl until smooth. Add scallions, cilantro, if using, soy sauce and hot sauce, and stir to blend.

3. If using baby romaine, half lengthwise, notch out the core, and cut crosswise into 1/2-inch pieces. If using regular romaine, remove the tougher outer leaves. Halve lengthwise, notch out the core, halve again, and cut crosswise into 1/2-inch pieces. You should have about 8 cups.

4. Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired.

Transfer the salad to a serving bowl. Serve garnished with sesame seeds.

Nutrition

Per serving: 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrates; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.