

HOWELL COUNTY
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 1, 5, 6, 8, 9, 12, 13,
14, 15, 16, 19, 20, 21, 22, 23,
26, 27, 29, 30

Willow Springs WIC: full
day-7

Mountain View WIC: 1/2
day-2, full day-28

Family Planning: 15, 21, 29

Immunizations: 6, 14, 22

Food Handlers: 12, 26

**Breastfeeding Support
Group:** 6

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

Monthly Monitor

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Water Testing Available After Historic Flooding

By Justin Frazier, Environmental Specialist

Heavy rains causing flash flooding have put many Howell County homeowners' private wells under water and threatened many others. The Howell County Health Department and Missouri Department of Health and Senior Services is advising well owners that private water wells contaminated with flood water can pose a health risk. So it's important to take precautions to protect your health and take corrective actions if your well is flooded.

If flood water came near your private drinking water well, your water supply may have been contaminated with pollutants carried in the flood water. In addition, wells can be contaminated by surface water runoff even if the surrounding area is not flooded. Wells at greatest risk of contamination from flood water or surface water runoff include: Wells located in well pits, Dug wells or any wells that do not

have a watertight casing, Wells that do not have watertight caps, Wells that lack a grout seal in the annular space, Wells that



were submerged with flood water or surface water runoff.

What can I do if my well has been impacted by flooding? If you think your private drinking water well has been impacted by heavy rain or flood water: Discontinue use of the water for cooking and drinking. Use water from a safe public water supply or bottled water until your well has been disinfected and the water is safe to consume. Have a sample of your well water tested by

obtaining a well-water test kit, and if the water sample returns to be unsafe, Contact a licensed well contractor to inspect and disinfect the well.

Testing Available through Health Department: The Howell County Health Department can help county residents perform water tests to ensure the quality of their water supply. Due to flooding, the Missouri State Public Health Laboratory is waving the fee for an unofficial bacterial analysis of the water supply and may be performed by homeowners who wish to test their own water without charge. An official bacterial test can be performed by a member of the Howell County Health Department. Contact the Howell County Health Department Environmental Services Section at (417) 256-7078 to schedule a water test or for more information regarding water quality and testing services and proper well disinfection practices.



Wash and shower after swimming in the lake or river.

New program coming soon to WIC!

Some food items can be kept but other need to be discarded!



Summer Splashing Safety from Vanessa Doss, RN

As the weather warms up the thought of cooling off in the pool, lake or river becomes appealing. Did you know having fun in the water can lead to Recreational Water Illnesses (RWIs)? RWIs are caused by germs that can contaminate pools, lakes, rivers and oceans. The most common of these illnesses are called cryptosporidium and *E. coli*

O157:H7. Some ways you can avoid these illnesses are to prevent water from splashing into your mouth and abstain from drinking the water. Do not swim if you or your child is experiencing diarrhea. Minute amounts of these germs easily contaminate water and can lead to others becoming ill. Practice good hygiene such as showering and handwashing before

and after swimming. Take your child to the bathroom before they ask. Change your child's diaper in the bathroom or at a changing station not near the water. Follow up with your healthcare provider if you or your child experiences diarrhea after swimming or playing in the water. By following these simple tips, you can keep your family safe and healthy this summer while staying cool.

New Program Coming to WIC From April Bridges, WIC Nutritionist

We are excited about a new opportunity coming to WIC. A new program will be offered soon to help parents identify whether their child is meeting their developmental milestones on time.

The screening is voluntary- parents are not required to participate. A short survey can be filled out while participants are at the clinic for the WIC visit, then follow up with the doctor if there is need for concern. This

is part of a program that the University of Missouri is doing with the WIC program and the Centers for Disease Control and Prevention. More information coming soon!

Food Safety After a Flood from DHS

Throw away any food if there is any chance that it has come into contact with flood water. Discard wooden cutting boards, plastic utensils, baby bottle nipples and pacifiers. Thoroughly wash all metal pans, dishes and utensils that came in contact with flood wa-

ter with hot soapy water. Disinfect with a solution of 1 tablespoon of regular, household bleach per gallon of clean water. Undamaged, commercially prepared foods in all-metal cans can be saved if they do not have a flip-top lid. The cans should be

cleaned and disinfected with a solution of 1 tablespoon of regular, household bleach per gallon of clean water. Use bottled water that has not been in flood waters. If bottled water is not available, tap water can be boiled for safety.



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.

Cauliflower Chicken Fried Rice www.eatingwell.com

Servings: 4

Ingredients:

- 1¼ pounds zucchini (2-3 medium)
- 1¼ pounds yellow summer squash (2-3 medium)
- 3 tablespoons rice vinegar
- 2 tablespoons fish sauce
- 1 tablespoon honey
- 2 teaspoons Chile-garlic sauce
- 1 teaspoon peanut oil plus ¼ cup, divided
- 4 large eggs, beaten
- Eggs Large White
- 1 medium red bell pepper, thinly sliced
- 6 scallions, sliced in 1-inch pieces
- 3 large cloves garlic, minced
- 3 cups bean sprouts
- ¼ cup roasted peanuts, chopped (optional)
- ¼ cup coarsely chopped fresh cilantro (optional)
- 4 lime wedges (optional)

Preparation:

Active: 35 minutes

Ready In: 35 minutes



This dish is loaded with summer squash that is in season now!

Using a spiral vegetable slicer or a julienne or regular vegetable peeler, slice zucchini and summer squash lengthwise into long, thin strands. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). You should have about 12 cups of squash "noodles."

Combine vinegar, fish sauce, honey and Chile-garlic sauce in a small

bowl. Place near the stove.

Set a 14-inch flat-bottom carbon-steel wok or large skillet over high heat until hot. Swirl in 1 teaspoon oil. Add eggs and cook, without stirring, until set, 30 to 40 seconds. Flip over and cook until set on the other side, about 30 seconds more. Transfer to a plate.

Swirl the remaining ¼ cup oil into the wok (or pan). Add the squash noodles, bell pepper, scallions and garlic; cook, stirring occasionally, until the vegetables are soft, about 5 minutes. Add bean sprouts and the reserved sauce and toss until heated through, 1 to 2 minutes.

Slice or chop the egg. Serve the noodles topped with the egg and garnished with peanuts, cilantro and lime wedges, if desired.