

HOWELL COUNTY  
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 4, 5, 7, 8, 11, 12, 13,  
14, 15, 18, 19, 20, 21, 22, 25,  
26, 28, 29

Willow Springs WIC: full  
day-6

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

Family Planning: 13, 20, 26

Immunizations: 7, 12, 19

Food Handlers: 11, 25

Breastfeeding Support  
Group: 5

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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## Recreational Water Illness by Justin Frazier, EPHS



With spring and summer approaching, many people will find themselves at the pool, river or lake to cool off and relax or get some exercise.

However, there are illnesses to be aware of when around water. Recreational water illnesses (RWIs) are caused by germs and chemicals found in the water we swim in. They are spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused

by chemicals in the water or chemicals that turn into gas in the air and cause air quality problems at indoor aquatic facilities. RWIs can be a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses can be caused by germs such as *Cryptosporidium*, *Giardia*, *Shigella*, norovirus and *E. coli* 0157:H7.

Contrary to popular belief, chlorine does not kill all germs instantly. There are germs today that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get in the pool, it can take anywhere from minutes to days for chlorine to kill them. Swallowing just a little water that contains these germs can make you sick.

Knowing the basic facts about RWIs can make the difference between an enjoyable time at the pool, beach, or waterpark, and getting a rash, having diarrhea, or developing other, potentially serious illnesses.

## Thank you to Howell County Veterinarians

Once again we want to thank all the Howell County Veterinarians who participated in the annual rabies clinics in May. This

clinic has been going on for over 15 years, with our local vets offering rabies and other vaccinations at a reduced cost to pet owners.

We always truly appreciate their dedication to preventing illness and keeping our county safe and healthy.



Protect your teens from Meningitis by getting them vaccinated.

An event will be hosted by the health department in August, check our Facebook page for more information!

Indoor Tanning is not healthier for you!



## Meningitis

by Kathy Dos, RN, DON

Meningitis is an inflammation of the protective membrane covering the brain and spinal cord. Infection, injury, certain drugs or cancers can cause meningitis. Meningitis from bacterial or viral infections can be spread from person to person. Bacterial meningitis requires immediate medical attention. This illness can be life threatening or cause long term disabilities.

The most common signs and symptoms include fever, headache and stiff neck. Some people may have nausea and vomiting, light sensitivity and confusion.

Vaccines help protect against Neisseria Meningitis bacteria that is more commonly seen in the United States. CDC recommends vaccination with meningococcal conjugate vaccine for all preteens and teens. In certain situations, other

children and adults may need this vaccine.

Missouri school immunization requirements now include a meningococcal vaccination for all students entering eighth grade and those entering twelfth grade.

Howell County Health Department offers the meningococcal vaccine. For more information, contact our clinic staff.

## Breastfeeding Awareness Month

by April Bridges, WIC Nutritionist

August is recognized as National Breastfeeding Awareness Month. Here at the Howell County Health Department, WIC celebrates each year by hosting an event to support our breast

feeding moms. The date has been set, and plans are underway for this year's event. There will be a speaker, snacks, and as always, door prizes. It will be held on August 8<sup>th</sup> from 1:00 to 3:00 pm, in the training room at

the Health Department. More details will be available soon, and will be posted on our Facebook page: West Plains Breastfeeding Support Group.

## Indoor Tanning

from www.cdc.gov

Using a tanning bed, booth, or sunlamp to get tan is called *indoor tanning*. Exposure to ultraviolet (UV) rays while indoor tanning can cause skin cancers including melanoma (the deadliest type of skin cancer), basal cell carcinoma, and squamous cell carcinoma. UV exposure also can cause cataracts and cancers

of the eye (ocular melanoma).

Indoor tanning exposes users to two types of UV rays, UVA and UVB, which damage the skin and can lead to cancer. Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of getting melanoma.

This may be due to greater use of indoor tanning among those who begin tanning at earlier ages.

Every time you tan you increase your risk of getting skin cancer, including melanoma. Indoor tanning also—Causes visible signs of skin damage, wrinkles and age spots, changes your skin texture, increases the risk of potentially blinding eye diseases, if eye protection is not used.



## Howell County Health Department

180 S. Kentucky Ave  
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

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.

## Quinoa Lasagna [www.eatingwell.com](http://www.eatingwell.com)

### Ingredients:

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added low-fat cottage cheese
- 1 large egg, beaten
- ¼ cup grated Parmesan cheese
- 2 tablespoons minced fresh basil or ½ teaspoon dried
- 1 tablespoon dried oregano
- 2 cups sliced zucchini
- 2 cups packed fresh spinach, tough stems removed
- 1½ cups shredded part-skim mozzarella cheese

### Preparation:

1. Coat a 9-by-13-inch baking dish with cooking spray. Combine water



**Quinoa is high in protein and fresh spinach and zucchini should be in season !**

and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork. Evenly spread the quinoa in the prepared dish.

2. Preheat oven to 350°F.

3. Wipe out the saucepan, then add oil and heat over medium heat. Add onion; cook, stirring frequently, until transparent and starting to brown, 5 to 6 minutes. Add mushrooms; cook, stirring, until the mushrooms are softened and very little moisture is left in

the pan, 3 to 4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.

4. Combine cottage cheese and egg in a medium bowl; mix well. Stir in Parmesan, basil and oregano.

5. Spread one-third of the sauce over the quinoa. Make a layer of all the zucchini, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce and spread mozzarella on top.

Bake the lasagna until it is hot and the cheese is melted, bubbling and slightly browned around the edges, 35 to 40 minutes. Let stand for about 10 minutes before serving. Nutrition information: Per serving: 266 calories; 11 g fat(4 g sat); 3 g fiber; 24 g carbohydrates; 19 g protein; 83 mcg folate; 41 mg cholesterol; 7 g sugars; 0 g added sugars; 1,237 IU vitamin A; 12 mg vitamin C; 257 mg calcium; 2 mg iron; 507 mg sodium; 566 mg potassium