

HOWELL COUNTY
HEALTH DEPARTMENT

MAY CALENDAR

WIC: 2, 3, 5, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 24, 26, 27, 31

Willow Springs WIC: 4

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

Family Planning: 12, 18, 24

Immunizations: 3, 19, 26

Food Handlers: 23

Breastfeeding Support Group: 3

Holiday's (closed): 9th-Truman's day, 30th-Memorial 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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MAY 2016

Annual Rabies Clinics-Saturday, May 7

Although rabies is transmitted to humans almost entirely through bites from rabid animals, contamination of open wounds or mucous membranes with saliva or nervous tissue from a rabid animal could potentially constitute an exposure. It is important to remember that personal pets should not be handled without protection directly after they have been exposed to wildlife due to the potential for carrying residual saliva from an infected animal.

The Howell County Health Dept. will again be sponsoring a countywide rabies vaccination clinic on April 30 & May 7, where county



Protect Your Pets and Your Loved Ones!

residents may receive reduced cost vaccinations for their pets. This year's clinic will offer county residents several locations and times. No appointments are required, the times and locations are as follows:

West Plains

Talbur Animal Health Center, 256-2838, 8-12 noon at clinic-**April 30**

Kramer Animal Hospital, 256-2014, 8-5 at clinic-**May 7**

WP Vet Clinic, 256-4515, 8-12 noon at clinic-**May 7**

Animal Clinic of WP, 256-6145, 8-11:30 am at clinic and 12:30-2:30 pm at the Heart of the Ozarks Fairgrounds.-**May 7**

Mountain View

MV Farmers Market, Dr. Lewis, 934-2323, 1:00-3:00-**May 7**

Willow Springs

Animal Clinic of Willow Springs -Dr. Gunter, 469-3930, 10:30-12:30 pm-**April 30**

Willow Springs Booster Field-Dr. Lewis, 469-4138, 9-11:00 am-**May 7**

The Howell County Health Department encourage all residents with dogs and cats as pets to keep them current on yearly rabies. Call 417-256-7078 for more info.

Indoor Public Places Smoke-free May 1

The citizens of West Plains voted to pass the Clean Indoor Air Act on April 5th, making most indoor public places smoke free.

West Plains City Council signed the new ordinance into law at the April city council meeting. The council set the effective date for the smoke-free ordinance as

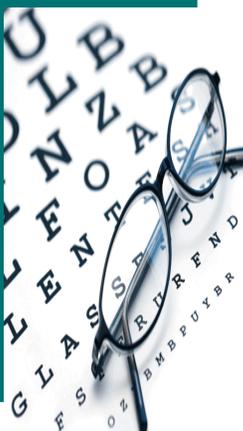
May 1st, 2016. Now employees, patrons and visitors can Breathe Easy with clean indoor air! Thank you to all who worked hard for clean indoor air!



Starting Mother's Day May 8th
-May 14th

Be sure to schedule your child ASAP to get their school immunizations before school starts in August!

Open to Everyone at No Cost! Thursday, May 12th



MONTHLY MONITOR

National Women's Health Week from <http://womenshealth.gov>

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health. The 17th annual National Women's Health Week

kicks off on Mother's Day, May 8, and is celebrated through May 14, 2016.

What steps can I take for better health? To improve your physical and mental health, you can:

*Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.

*Get active.

*Eat healthy.

*Pay attention to mental health, including getting enough sleep and managing stress.

*Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Go to <http://womenshealth.gov> for more information and to take the pledge.

Meningococcal Disease & New School Requirements

Meningococcal Disease is spread from person to person through coughing, sneezing, kissing or sharing drinking glasses with an infected person. Meningitis is a very dangerous bacterial infection that can affect healthy people and cause life-threatening complications within hours. At

first, meningococcal disease may feel like the flu. However, the following symptoms should be addressed immediately to avoid potentially fatal complications: Severe headache, high fever, stiff neck rash, nausea and vomiting, sensitivity of eyes to light, confusion, seizures, cold hands and feet.

Missouri will be making the Meningococcal vaccine a requirement for the 2016-2017 school year. This vaccine will be required for all 8th and 12th graders. Contact your public health nurse at Howell Co. Health Dept. for more information or to make an appointment at 417-256-7078.

Prevention of Blindness, Free Eye Screening

Thursday, May 12th

the Howell County Health Department, along with Dept. of Social Services and Mason Eye Institute, will help sponsor a FREE eye screening clinic at Howell Co. Health Dept., 180 Kentucky, West Plains.

The clinic is open to everyone. You need to call for an appointment to the Howell Co. Health Dept. at 417-256-7078. The clinic will run from 8:30 am-3 pm, closed 11 am-12 noon for lunch.

The purpose of the full scale eye clinic is to screen indi-

viduals for vision problem and eye diseases. Some individuals may have a dilated exam if needed. Persons who meet eligibility guidelines may receive assistance for recommended services. Note: the doctor at the clinic will not be able to write prescriptions for glasses.



Howell County Health Department

180 S. Kentucky Ave
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: 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.

Spring Vegetables with Arugula Pesto www.eatingwell.com

Ingredients

Roasted Vegetables

- 4 cups baby or new potatoes, 1 to 2 inches in diameter, halved or quartered depending on size
 - 5 teaspoons extra-virgin olive oil, divided
 - 4 cups peeled baby carrots
 - 1 bunch asparagus, trimmed and cut into thirds
 - 1/2 teaspoon salt
- 1/2 cup baby arugula for garnish

Arugula Pesto

- 1 clove garlic, peeled
 - 5 cups baby arugula
 - 1/2 cup finely shredded Asiago cheese
 - 1/4 cup toasted pine nuts
 - 1/4 cup extra-virgin olive oil
- 1/4 teaspoon salt

Preparation

1. To prepare vegetables: Position rack in upper and lower thirds of oven; preheat to 425°F.
2. Toss potatoes with 2 teaspoons oil in a large bowl and spread on a large baking

sheet. Roast in the lower third of the oven for 5 minutes.

3. Meanwhile, toss carrots with 2 teaspoons oil in the bowl and spread on another large baking sheet. After the potatoes have roasted for 5 minutes, place the carrots in the upper third of the oven and roast potatoes and carrots for 15 minutes.

4. Toss asparagus with the remaining 1 teaspoon oil in the bowl. Add to the pan with the potatoes, toss to combine



If you didn't grow these Spring vegetables, check your local Farmers Market!

and return to the oven. Continue roasting until all the vegetables are tender and starting to brown, 8 to 10 minutes more.

5. To prepare pesto: Meanwhile, drop garlic through the feed tube of food processor with the motor running; process until minced. Stop the machine and add arugula, cheese, pine nuts, 1/4 cup oil and 1/4 teaspoon salt. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.

Toss the roasted vegetables with 1/3 cup pesto and 1/2 teaspoon salt in the large bowl (reserve the remaining pesto for another use: refrigerate for up to 1 week or freeze). Transfer to a serving dish and garnish with arugula, if desired. low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition Per serving: 157 calories; 7 g fat (1 g sat, 4 g mono); 2 mg cholesterol; 21 g carbohydrates; 0 g added sugars; 4 g protein; 4 g fiber; 243 mg sodium; 654 mg potassium.