

HOWELL COUNTY  
HEALTH DEPARTMENT

MAY CALENDAR

WIC: 1, 3, 7, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 24, 25, 29, 30, 31

Willow Springs WIC: full day-2

Mountain View WIC: 1/2 day -4, full day-23

Family Planning: 9, 16, 24

Immunizations: 15, 22, 31

Food Handlers: 14

Breastfeeding Support Group: 1

Holiday's (closed): 8th-Truman Day, 28th-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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## HCHD Annual Rabies Clinic-May 5



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. with local veterinarians will again be sponsoring countywide rabies vaccination clinics in May, where county residents may receive reduced cost

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

### West Plains

**May :** Kramer Animal Hospital, Monday-Friday April 30-May 4, 8 am –5 pm at clinic location. Saturday, May 5th 8 am-3 pm at clinic location, 256-2014

**May 5 at Fairgrounds:** West Plains Vet Clinic, at Fairgrounds, 8-11 am, 417-256-4515

**May : 4th** Animal Clinic of WP, at clinic location- appointment only, and **May 5** from 8:30 am-2 pm at clinic, no appointment needed, 417-256-6145

### Mountain View

MV Farmers Market, Dr. Lewis, 934-2323, 1-3 pm-**May 5**

### Willow Springs

Willow Springs Booster Field- Dr. Lewis, 469-4138, 9-11:00 am-**May 5**

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

## Rabies Cases in Howell County and Missouri

As of the February statistics with Missouri DHSS there were no rabies cases in Missouri. In 2017 Missouri had 20 total rabies

cases and Howell County had 2 cases, one skunk and one dog tested positive. In 2016 Missouri had 25 total rabies cases and Howell

County had 3 cases, two skunks and one dog tested positive. Please continue to vaccinate and protect your pets from wild animals and rabies.



Summer clinics fill up quickly, call today!

You can download the CDC's free Milestone Tracker App!

Challenge yourself to get 30 minutes of physical activity every day!



## Now is the Season for Immunizations by Cheri Carda, RN

This is a great time of year for getting children caught up or ready for the next school year. Whether your getting ready for kindergarten, or have a teenager starting 8th grade, or are preparing your Senior for their final year, HCHD can help you prepare your child for the upcoming school year. Kindergarten students are required to have booster of DTaP, Polio, MMR, and Varicella

(Chickenpox) before they can attend school. All incoming 8th graders are required to have a dose of Tdap and Meningococcal vaccine before they can come back. Finally, all Seniors are required to have their Meningococcal booster before 12th grade. These and other recommended shots are available for your child at our facility. Feel free to call or come by, and we will help you decide what immunizations your child may need.

Children in preschool and child care need immunizations for attendance as well. You can contact us to discuss what shots your child might need to attend. We have lots of immunization clinics scheduled in West Plains and at our satellite clinics in Willow Springs and Mountain View. Clinics can book up fast, especially this time of year, so you need to call and schedule as soon as possible. Don't delay!

## New "Milestones" WIC Program by April Bridges, WIC Nutritionist

There is a new program now available for WIC participants. Using materials developed by experts at CDC, the Missouri WIC Developmental Milestones Program was co-designed by WIC staff for use by WIC staff. The

program uses a set of age appropriate checklist and wall and floor graphics to help parents identify potential developmental delay. Promoting early identification and referrals to doctors and other professionals, helps parents get to services their

children need. Of course, there is an app. You can download the CDC's free Milestone Tracker App at <https://www.cdc.gov/ncbddd/actearly>. Learn the Signs. Act Early.

## National Physical Fitness & Sports Month from www.hhs.gov

Howell County Health Department is supporting the President's Council on Sports, Fitness & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a

longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. The Physical Activity Guidelines for Americans recommend that adults: Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing,

swimming, and raking leaves. Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week. Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!



## 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.

# Adobo Chicken & Kale Enchiladas

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

## Ingredients:

- 1 tablespoon extra-virgin olive oil
- 8 cups chopped kale
- ¼ cup water
- 2 cups shredded or diced cooked chicken
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 (10 ounce) can red enchilada sauce (1¼ cups)
- ¼ cup sour cream
- 2-3 tablespoons minced chipotles in adobo
- 12 corn tortillas
- ¾ cup diced white onion, divided
- 1½ cups shredded Mexican blend cheese, divided

## Preparation:

1. Preheat oven to 450°F.



**Happy Cinco DE Mayo !**

2. Heat oil in a large cast-iron skillet (12-inch) over medium-high heat. Add kale and water; cook, stirring, until bright green and wilted, about 2 minutes. Stir in chicken, cumin, salt and pepper; cook for 1 minute more. Transfer to a large bowl.
3. Combine enchilada sauce, sour cream and chipotles to taste in a small bowl. Spread ½ cup of the mixture in the pan. Place 4 tortillas over the sauce, overlapping them

to cover the bottom. Top with half the chicken mixture, ¼ cup onion and ½ cup cheese. Layer on half the remaining sauce, 4 tortillas, the remaining chicken, ¼ cup onion and ½ cup cheese. Top with the remaining tortillas, sauce and cheese. Bake the enchiladas until bubbling, 12 to 15 minutes. Sprinkle with the remaining ¼ cup onion before serving.

Nutrition information: Per serving: 415 calories; 18 g fat(8 g sat); 6 g fiber; 35 g carbohydrates; 32 g protein; 51 mcg folate; 71 mg cholesterol; 4 g sugars; 0 g added sugars; 3,232 IU vitamin A; 33 mg vitamin C; 344 mg calcium; 2 mg iron; 653 mg sodium; 367 mg potassium, Nutrition Bonus: Vitamin A (65% daily value), Vitamin C (55% dv), Calcium (34% dv),