

HOWELL COUNTY  
HEALTH DEPARTMENT

MAY CALENDAR

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

Willow Springs WIC: 6

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

Family Planning: 14, 20,  
29

Immunizations: 5, 12, 26

Food Handlers: 11

Breastfeeding Support  
Group: 5

Holiday's (closed): 8-  
Truman Day, 25-  
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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## Annual Howell Co. Rabies Vaccination Clinic

Howell County has had 1 confirmed cases of rabies for 2015 involving a skunk.

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 Department will again be sponsoring a countywide rabies vaccination clinic on May 2, where county residents may receive reduced cost vaccinations for their pets. This year's



**Protect your pets by getting them an annual rabies shot!**

clinic will offer county residents several locations and times to have their pets vaccinated across the county by participating veterinarians. No appointments are required and the times and locations are as follows:

West Plains

Kramer Animal Hospital,  
256-2014, 8 am-5 pm

WP Vet Clinic, 256-4515,  
8 am-12 noon

Talbert Animal Health  
Center, 256-2838, 8 am-1  
pm

Animal Clinic of WP, 256-  
6145, 8-11:30 am at clinic  
and 12:30-2:30 pm at the  
Heart of the Ozarks Fair-  
grounds.

Mountain View

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

Barn Hollow Vet Services-  
Dr. Orchard, 937-0234, 8  
am-5 pm

Willow Springs

Willow Springs Booster  
Field-Dr. Lewis, 469-4138,  
9-11 am

Animal Clinic of Willow  
Springs-Dr. Gunter, 469-  
3930, 10:30 am-12:30 pm  
at clinic

The Howell Co. Health Department encourage all residents with dogs and cats as pets to keep them current on their yearly rabies vaccine. The annual vaccination protects both your pets and your loved ones. Additional information about rabies is available by calling the Howell County Health Department at 417-256-7078.



Get Fit in 2015!

*Children will also have the opportunity to be palm printed for identification purposes!*

*Talk to kids about the dangers of tobacco use including e-cigarettes!*



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MONTHLY MONITOR

## WIC-What's New? 1-2-3-4-5 FitTastic

The WIC program has joined up with the National Initiative, 1-2-3-4-5 FitTastic Campaign. The mission of this initiative is to promote healthy lifestyles and a healthy weight for all.

The title, 1-2-3-4-5 identifies

how much of each healthy activity, we should aim for each day. One hour or more of physical activity; two hours maximum of screen time- this includes phone and game time; three servings of low-fat or non-fat milk or yogurt; four servings of

water- not sugary drinks; and five or more servings of fruits and vegetables. By teaching kids healthy habits now, hopefully, their future will be healthy as well. To learn more about the campaign, or how to create a healthier lifestyle, visit

[www.1234FitTastic.org](http://www.1234FitTastic.org)

## Kids Fest, Saturday, May 9th

The annual Howell County Kids Fest will be held Saturday, May 9th at the West Plains Armory from 9 am-1 pm.

Children will be educated in all areas of safety, including roadway safety, fire, gun, water and bicycle safety. Several

interactive activities are planned, along with the viewing of the emergency service vehicles and visiting with emergency services personnel.

The Howell County Health Department along with help from the West Plains Fire Dept., Police Dept. and Ozarks Medical Center

will be there doing child passenger safety checks of child safety seats.

This event is free to the public and includes a free lunch, giveaways of bicycles, safety helmets, skateboards and other safety items. Call the West Plains Police Department at 417-256-2244 for more information.

## E-Cigarette Use Triples Among Middle & High School Students

According to data published by the Centers for Disease Control and Prevention from 2013 to 2014 e-cigarette use among middle and high school students has tripled.

Since initial data collection started in 2011 this is the first time e-cigarette use has surpassed current use of every other tobacco product overall, including conventional cigarettes.

“We want parents to know that nicotine is dangerous for kids at any age, whether it’s an e-cigarette, hookah, cigarette or cigar,” said CDC Director Tom Frieden, M.D., M.P.H.



## 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.

## Loaded Garden Salad [www.eatingwell.com](http://www.eatingwell.com)

**Makes:** 4 servings, 1 1/4 cups each

**Serving Size:** 1 1/4 cups each

**Active Time:** 10 minutes

**Total Time:** 10 minutes

### Ingredients

- 2 cups chopped romaine lettuce
- 1 small red bell pepper, diced
- 1 avocado, diced
- 1 cup sliced button mushrooms
- 1 cup cherry tomatoes, halved
- 1/2 cup alfalfa sprouts
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/3 cup reduced-fat sour cream
- 1/3 cup buttermilk
- 1 tablespoon chopped fresh

chives

1 tablespoon chopped fresh dill

### Preparation

1. Toss lettuce, bell pepper, avocado, mushrooms, tomatoes and sprouts in a large bowl.
2. Mash garlic and salt together with a fork in a



**You can always add fresh greens from your garden!**

small bowl to make a coarse paste. Stir in sour cream, buttermilk, chives and dill until combined.

Drizzle the dressing over the salad; gently toss to coat.

### Nutrition

**Per serving:** 138 calories; 10 g fat (3 g sat, 6 g mono); 9 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 4 g protein; 5 g fiber; 112 mg sodium; 551 mg potassium.

**Nutrition Bonus:** Vitamin A (63% daily value), Vitamin C (62% dv), Folate (24% dv), Potassium (16% dv)

**Carbohydrate Servings:** 0

**Exchanges:** 1 vegetable, 2 fat