

HOWELL COUNTY
HEALTH DEPARTMENT

SEPTEMBER CALENDAR

WIC: 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: 7, 20, 28

Immunizations: 12, 14, 19,
26

Food Handlers: 11, 25

Breastfeeding Support
Group: 5

Holiday's (closed): 4th-Labor
Day

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

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Influenza Prevention from www.cdc.gov

What is Influenza (also called Flu)? The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu shot each year.

Signs and Symptoms of Flu: People who have the flu often feel some or all of these signs and symptoms: Fever* or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches, Headaches, Fatigue (very tired), Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

How Flu Spreads: Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the



mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of Contagiousness: You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.
Onset of Symptoms: The time from when a person is exposed to flu virus to when

symptoms begin is about 1 to 4 days, with an average of about 2 days.

People at High Risk from Flu: Anyone can get the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

Preventing Flu: the first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Flu Clinics for Howell County in October

Howell County Health Department will offer 3 flu vaccination clinics with no appointment needed!

West Plains: Friday, October 6th at Howell

County Health Department, 180 Kentucky from 8:30 am-5:30 pm.

Mountain View: Tuesday, October 17th-Good Samari-

tan Clinic, 501 US Hwy 60 from 9 am-12 noon

Willow Springs: Tuesday, October 17th-United Methodist Church, 4th & Harris St., from 1:30-4:30 pm



Keep temperatures at or below 40 degrees

Iron deficiency is the leading cause of anemia in the United States.

Newborn Screenings can detect over 70 serious conditions.



Safe Food During a Power Outage by Justin Frazier, EPHS

During a power outage, do not open the refrigerator or freezer. Tell your little ones not to open the door. An unopened refrigerator will keep foods cold enough for a couple of hours at least. A freezer that is half full will hold for up to 24 hours and a full freezer for 48 hours. In-

stead, eat shelf-stable foods. If it looks like the power outage will be for more than 2-4 hours, pack the important items in your refrigerator, such as milk, dairy products, meats, fish, poultry, eggs, and left-overs into your cooler surrounded by ice. Keep temperature at or below 40 degrees.

Throw away any items that have been exposed to temperatures greater than 40 degrees for more than two hours. If it looks like the power outage will be prolonged beyond a day or so, prepare another cooler with ice for the items in your freezer.

Iron Deficiency From April Bridges, WIC Nutritionist

Iron deficiency is the most common nutritional deficiency, and leading cause of anemia in the United States. The greatest need for iron is during times of rapid growth-like infancy,

childhood growth spurts and pregnancy. These high risk populations: Women (pregnant and breastfeeding), Infants, and Children are those served in the WIC program. Many WIC foods

are rich in, or fortified with iron, which helps to reduce anemia. Nutrition education is also provided as part of the program to help participants learn the importance of a healthy diet.

Newborn Screenings in Missouri from DHSS

Newborn screening encompasses three tests that are completed shortly after birth. Missouri law requires all babies born in the state to have a bloodspot, hearing, and a critical congenital heart disease screening. These screenings can detect over 70 serious conditions that otherwise may not be detect-

ed for several days, weeks, months, or even years. Without early detection and intervention these disorders can result in severe injury to the brain, organ systems, nervous systems, and can potentially result in death. Newborn screening is the only way to find these disorders, since symptoms are gen-

erally not noticeable at birth. Early diagnosis and treatment through newborn screening can save lives and help babies grow up as healthy as possible. For more information on newborn screening, please visit <http://health.mo.gov/newbornscreening>.



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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.

Chicken Salad Stuffed Avocado

www.eatingwell.com

Ingredients:

- 1 pound boneless, skinless chicken breast
- ½ cup low-fat plain Greek yogurt
- ¼ cup mayonnaise
- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 1 cup diced celery
- 1 cup seedless red grapes, halved (optional)
- ¼ cup toasted chopped pecans
- 2 firm ripe avocados, halved and pitted

Preparation:

Place chicken in a large saucepan and add enough water to cover. Bring to a simmer over medium heat. Reduce heat to maintain a simmer, cover and cook until the chicken registers 165°F with an instant-read thermometer, 12 to 15 minutes.



This is a quick, easy lunch to make that is healthy and delicious!

Transfer to a cutting board. Let stand until cool enough to handle, then chop or shred. Refrigerate until cold, about 30 minutes. Combine yogurt, mayonnaise, tar-

ragon, salt and pepper in a large bowl. Add the cold chicken, celery, grapes (if using) and pecans; stir to combine.

To serve, fill each avocado half with about ½ cup chicken salad. (Refrigerate the extra chicken salad for up to 3 days.)

To make ahead: Refrigerate chicken salad (Steps 1-2) for up to 3 days; fill avocados just before serving.

Nutrition information:

Serving size: ½ avocado & ½ cup chicken salad, Per serving: 308 calories; 24 g fat(4 g sat); 7 g fiber; 10 g carbohydrates; 16 g protein; 92 mcg folate; 45 mg cholesterol; 1 g sugars; 0 g added sugars; 234 IU vitamin A; 10 mg vitamin C; 31 mg calcium; 1 mg iron; 308 mg sodium; 730 mg potassium