

HOWELL COUNTY
HEALTH DEPARTMENT

NOVEMBER CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 27, 28,
29, 30

Willow Springs WIC: full
day-1

Mountain View WIC: 1/2
day-3, full day-22

Family Planning: 15, 30

Immunizations: 2, 16, 21

Food Handlers: 13,27

Breastfeeding Support
Group: 7

Holiday's (closed): Thanks-
giving-23rd

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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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Keeping Back Yard Poultry from www.cdc.gov



Owning backyard chickens and other poultry can be a great experience. However, children and other groups of people have a greater chance of illness from handling live poultry or anything in the area where they live and roam. Even handling baby birds displayed at stores can cause a Salmonella infection. Keep reading to learn about the steps you can take to stay healthy around live poultry.

How do people get Salmonella infections from live poultry? Live poultry might have *Salmonella* germs in their droppings and on their bodies (feathers, feet, and beaks), even when they appear healthy and clean. The germs can get on cages, coops, feed and water dishes, hay, plants, and soil in the area where the birds live and roam. Germs also can get on the hands, shoes, and clothes of people who handle or care for the birds. **Animals and Health:** Check out two CDC websites with

helpful resources: Zoonotic Diseases (Diseases from Animals)(<https://www.cdc.gov/zoonotic/gi/index.html>): Information about outbreaks from animals, prevention messages, and helpful resources. Healthy Pets Healthy People(<https://www.cdc.gov/healthypets/>): Information on the health benefits of pets and disease risks. People become infected with *Salmonella* germs when they put their hands or equipment that has been in contact with live poultry in or around their mouth. Young children are more likely to get sick because their immune systems are still developing and they are more likely to put their fingers or pacifiers and other items into their mouths. Some people who have contact with items, like coops or water dishes, in the area where poultry live

can get sick without actually touching one of the birds. Germs on your hands can spread easily to other people or surfaces, which is why it's important to wash hands immediately with soap and water after touching poultry or anything in the area where they live and roam. **How do I reduce the chance of Salmonella infection?** Always wash your hands with soap and water right after touching live poultry or anything in the area where they live and roam. Adults should supervise handwashing by young children. Use hand sanitizer if soap and water are not readily available. Don't let live poultry inside the house, especially in areas where food or drink is prepared, served, or stored. Set aside a pair of shoes to wear while taking care of poultry and keep those shoes outside of the house. Avoid kissing your birds or snuggling them, then touching your mouth. Stay outdoors when cleaning any equipment or materials used to raise or care for live poultry, such as cages or feed or water containers.

Additional Flu Clinic for Howell County-Nov 9th

Howell County Health Department will offer an additional flu vaccination clinic with no appointment needed on **November 9**

from 8:30am-12 pm and 1pm-4:30 pm. If you have not already received your flu shot please come to the health department at 180

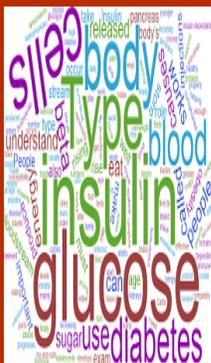
Kentucky during the times listed to get vaccinated. If you have any questions please call the health department ant 417 -256-7078 for more info.



Install a Carbon Monoxide Detector today!

Howell County Health Dept. offers both types of pneumococcal vaccines.

Diabetes is the 7th leading cause of death in the U.S.



Carbon Monoxide Detectors by Justin Frazier, EHS

Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure. Understand How Carbon

Monoxide Can Be Harmful: Don't use a grill, generator or camping stove inside your home, garage or near a window, If you need to warm a vehicle, remove it from the garage immediately after starting it. Don't leave a car, SUV or motorcycle engine running inside a garage, even if the doors are open, Never use your oven or stovetop to heat your home, On the outside of your home, make

sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris. Make sure your home has a carbon monoxide alarm. If you don't have one, please go out and get one. As with smoke alarms, make sure you have a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances.

Pneumococcal Vaccines by Carma Wheeler, DON

Pneumococcal disease is caused by bacteria that can spread from person to person through close contact. It can cause ear infections and can lead to more serious infections of the lungs, blood and covering of the brain and spinal cord (meningitis). Meningitis can cause deaf-

ness and brain damage and can be fatal. Pneumococcal disease is common in young children, but older adults are at greatest risk of serious pneumococcal infections. CDC recommends vaccination with pneumococcal vaccine for children younger than 2 years of age, adults 65 or older, and people 2 years

through 64 years old who are at increased risk for pneumococcal disease due to certain medical conditions. There are 2 types of pneumococcal vaccines, and Howell Co Health Department offers both vaccines. Please contact us for more info or to schedule an appointment.

Diabetes from April Bridges, WIC Nutritionist

According to EatRight.Org, diabetes is the seventh leading cause of death in the United States. Diabetes is a condition that affects how your body uses energy (glucose) from food. There are different types of diabetes. Type 1, previously known as "juvenile diabetes", usually begins in childhood. Type 2 diabetes usually is not diagnosed until a later age. And Gestational Diabetes, which occurs during pregnancy, often disappears after the baby is born. Type 2

- the most common form and Gestational Diabetes can often be controlled with diet and exercise. Research shows that weight loss can prevent or delay diabetes and its complications. Sweets and drinks high in sugar are the easiest to identify when watching intake. However, some foods may seem healthy, but have a high impact on glucose level due to complex carbohydrates. Breads, pasta, cereal, and even vegetables like pota-

toes have high amounts of carbohydrates- which break down and act the same as sugar, but over a longer period of time. If you have been diagnosed with any type of diabetes, it is important to learn to read food labels. Identifying carbohydrates and portion control is important for controlling blood glucose levels. A Registered Dietitian can help work out a food plan for your lifestyle, and teach you how to make these daily decisions on your own. Talk to your doctor for a referral for diabetes education.



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.

Moroccan Chickpea Stuffed Acorn Squash www.eatingwell.com

Ingredients (8 servings)

4 acorn squash (about 5 pounds total), halved lengthwise, seeds removed
3 tablespoons canola oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
1 (3 inch) cinnamon stick, broken into pieces
2 tablespoons coriander seeds
1 teaspoon cumin seeds
1 teaspoon paprika
1 teaspoon smoked paprika
 $\frac{1}{2}$ teaspoon to 1 teaspoon cayenne pepper
 $\frac{1}{4}$ teaspoon ground turmeric
1 cup finely chopped onion
4 medium cloves garlic, finely chopped
3 cups cubed winter squash ($\frac{1}{2}$ -inch), such as kabocha or butternut
2 (15 ounce) cans chickpeas, rinsed
1 (14.5 ounce) can diced tomatoes
 $1\frac{1}{4}$ cups water
 $\frac{1}{4}$ cup finely chopped fresh cilantro

Preparation:

Preheat oven to 375°F. Coat a large



Try this fall treat instead of candy!

rimmed baking sheet with cooking spray. Cut a small slice off the bottom of each squash half so it will sit nicely when stuffed. Brush the insides with 1 tablespoon oil and sprinkle with $\frac{1}{4}$ teaspoon salt. Place the squash cut-side down on the prepared pan. Bake until tender but still firm, 40 to 45 minutes. Meanwhile, finely grind cinnamon stick, coriander and cumin seeds in a spice grinder or mortar and pestle. Tap the mixture into a small bowl and stir in paprika, smoked

paprika, cayenne to taste, turmeric and the remaining $\frac{1}{2}$ teaspoon salt.

Heat the remaining 2 tablespoons oil in a large pot over medium-high heat. Add onion and garlic and cook, stirring often, until starting to brown, 3 to 5 minutes. Stir the spice blend into the onion and add cubed squash; cook, stirring, for 30 seconds. Add chickpeas, tomatoes and their juice and water. Bring to a boil. Reduce heat to maintain a gentle simmer, cover and cook, stirring occasionally, until the squash is tender but still firm, about 10 minutes. Stir in cilantro.

Fill each baked squash half with about 1 cup of the chickpea stew. To make ahead: Refrigerate stew (Steps 3-5) for up to 2 days. Reheat before filling the baked squash.