

# HOWELL COUNTY HEALTH DEPARTMENT

## MARCH CALENDAR

WIC: 3, 4, 6, 10, 11, 12, 13,  
14, 17, 18, 19, 20, 21, 24,  
26, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 6, 19, 20

Immunizations: 4, 11, 18

Food Handlers: 3

Holiday's (closed): None

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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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## Poison Prevention Week March 16-22 from [www.poisoncenters.org](http://www.poisoncenters.org)

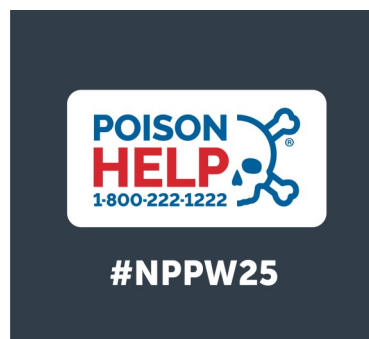
Each year, more than 90% of exposures reported to local poison centers occur in the home. Here are some ways you can keep your family, friends, and yourself poison-safe at home:

### Be Prepared for a Poison Emergency:

Put the Poison Help number, **1-800-222-1222**, in your mobile phone and display it in your home and at work in case of emergency, or if you have questions. You can also text **POISON** to **301-597-7137** to save the number in your mobile phone. Calls are free, confidential, and answered by experts, 24/7/365.

### Practice Safe Storage

**Habits:** The following items should be stored up, away, and out of sight of children, and in their original containers. Alternatively, keep these substances in cabinets secured with child-resistant locks. Keep in mind that there is no such thing as a 100-percent child-



proof lock or container.

-All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements

-Tobacco and e-cigarette products, especially liquid nicotine

-Alcohol

-Laundry and cleaning supplies

-Pesticides and insect repellents

-Button batteries, such as those found in musical greeting cards, key fobs, etc.

-Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.

-Personal care products, especially contact lens disinfectants and hand sanitizers

-Other chemicals

### Read and Follow Labels and Directions:

Make a

habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medicines. Take care to follow usage directions, as well as instructions for safe storage and disposal. Call your local poison center by calling **1-800-222-1222** if you have any questions about the directions.

### Detect Invisible Threats:

To protect your family, install carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

**Prepare Food Safely:** Practice safe food preparation and handling to avoid food poisoning.

Howell County Health Department offers FREE Home Safety Kits to lock medication and/ or guns in. These kits are provided from Community Partnership of the Ozarks through a grant. A survey needs to be filled out at our office before receiving the home safety kit. Call 417-256-7078 for more information.



*Hep A is preventable.*

*Focus on life-long health eating habits.*

*Pick up a kit or call to schedule a water test.*



## Hepatitis A from Beverly McDaniel, RN

Hepatitis A is a virus spread from person to person or consuming contaminated food or water. People that have the virus in their body are not always symptomatic but can still pass it on to others. Some of the symptoms of Hepatitis A include dark urine, clay color stools, diarrhea, feeling tired, nausea, vomiting or possible yellowing of skin or eyes. Symptoms can last from few weeks to 2-3 months. Groups at higher risk for getting Hepatitis A include international travelers, using injectable drugs, certain health conditions like liver disease or HIV and people with increased risk due to work exposure. But we are all at risk with possible exposure in food that we consume.

Best ways to protect yourself from Hepatitis A is to decrease exposure, good hand washing and vaccination. Vaccination for Hep A is a two shot series at 6 months apart. Vaccine is available for 12 months through adults. You can call to make an appointment or check the status of your vaccine record by calling Howell County Health Department at 417-256-7078.

**A** from April Bridges, WIC Nutritionist

Did you know that March is National Nutrition Month? The focus of this month, much the same as WIC, is awareness of life-long healthy eating habits. A healthy and balanced

diet supports a normal pregnancy. A child's diet fuels his/her brain for learning and creativity. Healthy foods can boost energy and prevent weight gain. And, choosing a balanced diet improves the

immune system and lowers risks of diseases like diabetes. To learn more about National Nutrition Month and tips to work healthy foods into your daily routine, search [www.eatright.org](http://www.eatright.org).

## Water Testing Services from Justin Frazier, EPHS

Are you curious if your well water is safe to drink? The Howell County Health Department provides kits for private well water testing. County residents may call or stop in the health department for a kit and directions on properly collecting a water sample. Only samples collected in a testing kit from the health department will be

analyzed. Water samples may be dropped off to the health department Monday – Friday by 12 PM. Water testing fees are \$10.00 for standard e-coli and coliform bacteria tests, if the samples are “self-drawn,” and \$20 for an official test, which will be drawn by the health department. Water test for metals, nutrients

and minerals such as Iron, Lead, Uranium, Sulfate, Nitrates, pH and more can also be performed by a member of the Howell County Health Department for an additional charge. Protect yourself and your family's health and contact us at 417-256-7078 to schedule your water test today.



## Howell County Health Department

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Fax: 417-256-1179

website: [www.howellcountyhealth.com](http://www.howellcountyhealth.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.

## Howell County Health Department Staff & Email

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