



April Calendar:

- ▶ WIC: 1, 4, 5, 7, 11, 12, 14, 15, 18, 19, 20, 21, 22, 25, 26, 28, 29
- ▶ WILLOW SPRINGS CLINIC: 6
- ▶ MOUNTAIN VIEW CLINIC: 27
- ▶ FAMILY PLANNING: 8, 20, 29
- ▶ IMMUNIZATIONS: 4, 8, 15
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 11, 25

▶ **HOLIDAY'S (CLOSED):**
NONE

OVOLUME 105 | O YEAR 11

Monthly Monitor

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Annual Rabies Clinic-April 30



Saturday, April 30th will be the annual Howell County Rabies Clinic. This yearly event is coordinated through the Howell County Health Department along with the generous support of local veterinarians who donate their time to come out and offer **rabies and other vaccinations at a reduced cost.**

Howell County had its first confirmed rabies case for 2011 in March and it was found in a skunk with 4 dogs being exposed. Fortunately the dogs were current on their rabies vaccinations and only required a booster shot and a 45 day quarantine period.

In 2010 Howell County had one of its highest number of rabies cases with 16 positive cases. Rabies is a disease caused by a virus that can affect all warm-blooded animals, including people. Once symptoms appear, people infected with the rabies virus almost always die.

We have rabies cases every year involving pets who are unvaccinated and in most cases have to be euthanized. Please protect your pets, self and family by getting a quick, inexpensive rabies vaccination at one of our many locations and times.

Schedule for all Rabies Clinics:

West Plains: April 30th

West Plains Veterinarians 8:00-4:00 pm at Fairgrounds

Mountain View: April 30th

MV Animal Clinic 1:00-3:00 at MV Farmers Market

Willow Springs: April 30th

WS Animal Center 9:00-11:00 at WS Booster Field

Willow Springs: April 16th

Animal Clinic of WS 9-12:00 at clinic

Wear a seatbelt, install child safety seats properly, exercise caution when walking or riding along streets and avoid distracted driving to prevent traffic related injuries.



Safety is NO Accident

It only takes a moment for an injury to happen – a fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up. But it also takes just a moment to protect against injuries and make communities safer. The potential for injury is all around us. Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room.

Injuries are not "accidents", and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

During **National Public Health Week 2011**, the American Public Health Association (APHA) needs your help to educate Americans that "**Safety is No Accident**". Together, we can help Americans live injury-free in all areas of life: at work, at home, at play, in your community and anywhere people are on the move. We all need to do our part to prevent injuries and violence in our communities. Join us as we work together to create a safer and healthier nation.

5K & 10K RACE FOR RONALD MCDONALD HOUSE



There will be a 5K & 10K run/walk with all of the proceeds going to benefit the Ronald McDonald House for our area. This race is open to everyone with a \$20 entry fee on the day of the race. If you are a Fit 4 Life participant there is no entry fee.

The time and the location are being determined and information will be on the Health Dept website and on the Fit 4 Life Facebook page. Medals and door prizes will be awarded. Please call the Health Dept at 417-256-7078 and ask for Dawn Hicks for more information.

Final weigh-ins and measurements will be taken the last week of the Fit 4 Life Challenge Monday-Thursday at Healthy Lifestyles and the Health Department. Saturday, April 30th time TBA. Please watch the newsletters, health dept website and F4L Facebook page.