



May Calendar:

- ▶ WIC: 2, 3, 5, 10, 11, 12, 13, 16, 18, 19, 20, 23, 26, 31
- ▶ WILLOW SPRINGS CLINIC: 4
- ▶ MOUNTAIN VIEW CLINIC: 25
- ▶ FAMILY PLANNING: 6, 18, 27
- ▶ IMMUNIZATIONS: 11, 17, 24
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 23

▶ **HOLIDAY'S (CLOSED):**
CLOSED 9TH-TRUMAN'S DAY &
30-MEMORIAL DAY

OVOLUME 106 | O YEAR 11

Monthly Monitor

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 Website: <http://www.howellcountyhealthdept.com>



Flood Clean Up

BEFORE DOING ANYTHING! Does the outside inspection show the structure is safe?

Check for structural damage to see if it is safe to enter the building. Watch for electrical shorts and live wires. Electrical safety is most important in floods. Make sure that electrical service is **DISCONNECTED** and **CANNOT** be turned on before entering any structure. Turn off any outside gas lines at the tank or meter, and let the building air out for several minutes to remove gas fumes.

Steps Towards Clean Up

- See that everyone is out of danger of new flood crests, falling buildings, fire or other hazards.
- Contact your insurance agent immediately. Give your name, address and a phone number where you can be reached.
- Take pictures of the damage before beginning clean up.
- Keep accurate records. List all clean-up and repair bills, flood-related living expenses and actual losses, such as furniture, appliances, clothing, etc
- Adjuster will assess damage to house. Owner should sign proof-of-loss statement. Additional damages can be added when found.

If you have a question or problem with your insurance carrier, contact the Missouri Department of Insurance: 1-800-726-7390.

Information & Referrals

- Contact local, state and federal offices for help and answers to specific clean-up questions.
- Your University Outreach and Extension center can help with food and water safety, cleanup and restoration questions or referrals.
- [ParentLink](#) offers parents and others with resources to help children cope: 1-800-552-8522

Food & Water Sanitation

Until your local water utility or county health department declares your water source safe, purify all water, not only for drinking and cooking, but also for washing any part of the body.

To sterilize water, use one of these methods:

- Boil vigorously for 3 minutes.
- Add unscented chlorine laundry bleach (1/2 teaspoon per 2 1/2 gallons of water).
- Add tincture of iodine (12 drops per gallon of water).

Food:

- Discard all foods, including garden produce, that have come in contact with flood waters.
- Only foods sealed in airtight metal cans that are not bulging or damaged and have been properly sanitized can be saved.
- Contact your local University Outreach and Extension center for proper disposal and decontamination guidelines.

Mildew Prevention

- If an air conditioner is available, use it to remove moisture.
- In homes that are not air-conditioned, open as many windows as possible. Use fans to circulate air.
- Turn on electric lights in closets, and leave doors open to dry.
- Let lights stay on as long as dampness or high humidity is present to help dry and prevent mildew growth.

For more information go to www.dhss.mo.gov



This article is about ways Missourians can prevent chronic diseases and live longer, healthier lives. This article is part of Live Like Your Life Depends On It, a new public education campaign from the Live Well Message Alliance and the Missouri Department of Health and Senior Services.

Move it! Move it! Move it! Maybe those words echo in your mind from a coach or PE teacher long ago. Maybe it was a drill sergeant urging you to be all that you could be. While for some people those words might seem like only a distant, bad memory, the message is still actually on target for your health.

Regular physical activity can reduce chronic diseases, such as heart disease, stroke, diabetes and some types of cancer. Being physically active can help you keep up with your busy family, as well as helping you do the things you want to do during your working years and into retirement. In fact, when you reach those golden years, you'll be able to live independently for a longer period of time. And since physical activity can add quality years to your life, you'll have more years to live that healthier, independent life.

In choosing what type of exercise you should get, remember there are three main types of physical activity. First, aerobic activities that work your cardio-vascular system strengthen your heart and lungs and burn calories helping you maintain a healthy weight. Second, resistance, strength and weight training help build the large muscles in your arms, legs, chest and stomach, making it easier to lift and carry things. Finally, balance and stretching activities improve your balance, posture, stability and gait. They increase your flexibility, reducing the risk of falls because your body has a full range of motion in the joints.

But you might be thinking: "I don't have the time or money to go to the gym and take all the classes to get all three types of exercise!" Don't worry. There are plenty of activities you can participate in that are actually part of your regular routine. Taking a brisk walk, bicycling around the neighborhood, going for a swim with the kids or grandkids and even playing games, such as tennis, can help you get an aerobic workout. Carrying your groceries to your car (instead of using a cart) or lifting your grandkids help get in your resistance and strength activity. Practicing yoga, tai chi, martial arts and even dancing will help stretch your muscles and joints.

And don't worry about the amount of time it takes, because you only need to get a minimum of 30 minutes of moderate physical activity most days of the week. Moderate means you're able to carry on a conversation with a friend during that activity. So, instead of sitting around watching the same old sitcom, take that same 30 minutes and have a conversation with your spouse or neighbor while you walk around the neighborhood. Your body will feel better, and the conversation might even stretch your mind. If your busy schedule doesn't allow 30 minutes in a row, you can even cut it up into three, 10-minute sessions a day.

Physical activity can benefit everyone, and it's never too late to start. Choosing the right type of activity and the level at which you'll participate is important, because an activity that injures or bores you will be of no good when you abandon that regiment. If it's been a while, start out slowly build up your level as the days go on. Get someone to join you. Many people find that being active with a friend or family member helps them stick with it for the long run.

EAT THIS SWEET CHEWY TREAT TO LIVE LONGER!

You just might live longer if you satisfy your sweet tooth with this chewy, gooey treat: figs.

Why? Because figs are loaded with potassium. And in a recent study of people over age 55, those who reported a potassium-rich diet had a lower risk of dying over the next 5 years.

Potassium Protection

Potassium is an essential mineral your body needs to regulate your blood pressure. And studies suggest that getting ample amounts of it can help keep blood pressure under control as well as fend off stroke and heart disease. That's probably why the potassium lovers in the recent study, which analyzed the diets of over 5,000 people, had a reduced risk of dying from *any* cause during the 5-year follow-up period.