



November Calendar:

- ▶ WIC: 3, 4, 7, 8, 10, 14, 15, 16, 18, 21, 22, 28, 29, 30
- ▶ WILLOW SPRINGS CLINIC: 2
- ▶ MOUNTAIN VIEW CLINIC: 23
- ▶ FAMILY PLANNING: 4, 16, 18
- ▶ IMMUNIZATIONS: 1, 8, 22
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 14, 28
- ▶ BREASTFEEDING SUPPORT GROUP: 1

▶ HOLIDAY'S (CLOSED):
24TH-THANKSGIVING

OVOLUME 112 | O YEAR 11



Monthly Monitor

180 S. KENTUCKY ST, WEST PLAINS, MO 65775
TELEPHONE: 417-256-7078, FAX: 417-256-1179
Website: <http://www.howellcountyhealthdept.com>

Another Confirmed Rabies Case in Howell County

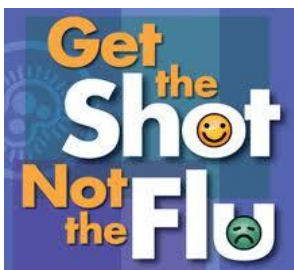


A confirmed case of rabies has been reported to the Howell County Health Department by the Missouri State Public Health Lab in Jefferson City. The case involved a rabid skunk around 2 miles Southeast of West Plains. The skunk exposed the virus to 4 puppies, 2 adult dogs and a cat that were all unvaccinated against rabies. All of the animals were required to be euthanized due to their exposure to a rabid animal.

Six area residents, two adults and four children, must now complete the series of rabies post-exposure shots due to their handling of the puppies immediately after they were exposed. The skunk had dug into a pen where the puppies were being contained. Justin Frazier, Environmental Public Health Supervisor with the Howell County Health Department said, "This is a very unfortunate situation in which six people must now begin the rabies shots and seven pets had to be euthanized due to their rabies exposure. It is very important for people to protect themselves against rabies by not handling any pet that has been exposed to a wild animal until that

animal can be tested to see if it is carrying the rabies virus." Frazier stated, "It is never enjoyable to have to recommend that someone receive a series of rabies shots or to have to euthanize their family pets. Unfortunately, rabies is a fatal disease and many people think that they can take a "wait and see" approach and if symptoms develop, then they can seek treatment. It is extremely important for anyone that has been bitten by a domestic animal or had an exposure such as a bite or scratch from a wild animal or contact with a pet that has been exposed to a wild animal to report the incident to the health department as well as their physician for a rabies risk assessment. The proper actions must be taken quickly following a possible exposure to protect someone from the rabies virus."

For more information call the Howell County Health Department at 417-256-7078.



2 More Chances to get a Flu Shot

There will be a flu clinic on Thursday, November 3rd from 8 am-12 noon at the Howell County Health Department. There will also be flu shots available at the Heart of the Ozarks Health Fair on Thursday, November 10th from 8 am-1 pm at the West Plains Civic Center.

Safe Holiday Food

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill. Typical symptoms of foodborne illness are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed. The symptoms usually are not long-lasting in healthy people— a few hours or a few days— and usually go away without medical treatment. But foodborne illness can be severe and even life-threatening to anyone, especially those most at risk:

- older adults
- infants and young children
- pregnant women
- people with HIV/AIDS, cancer, or any condition that weakens their immune systems
- people who take medicines that suppress the immune system; for example, some medicines for rheumatoid arthritis

Combating bacteria, viruses, parasites, and other contaminants in our food supply is a high priority for the Food and Drug Administration. But consumers have a role to play, too, especially when it comes to safe food handling practices in the home.

"The good news is that practicing four basic food safety measures can help prevent foodborne illness," says Marjorie Davidson, a consumer educator at FDA.

1. Clean: The first rule of safe food preparation in the home is to keep everything clean.

- Wash hands with warm water and soap for 20 seconds before and after handling any food. "For children, this means the time it takes to sing 'Happy Birthday' twice," says Davidson.
- Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item and before going on to the next item.
- Do not rinse raw meat and poultry before cooking. "Washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops," says Davidson.

2. Separate: Don't give bacteria the opportunity to spread from one food to another (cross-contamination).

- Keep egg products, raw meat, poultry, seafood, and their juices away from foods that won't be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.
- Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood— and from kitchen utensils used for those products.
- Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any egg products, or any raw meat, poultry, seafood, or their juices.

3. Cook: Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

- "Color is not a reliable indicator of doneness," says Davidson. Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F. (Please read on for more pointers on stuffing.)
- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
- Don't eat uncooked cookie dough, which may contain raw eggs.



Fall is one of the most beautiful seasons and you can have beautiful skin to match with this fall treat: pumpkin. This festive orange squash is rich in key nutrients that help keep skin healthy and fend off wrinkle-causing damage, according to Allison Tannis, author of [Feed Your Skin, Starve Your Wrinkles](#).

Pumpkin Face

If you don't get enough vitamin A in your diet, your skin might get dry, writes Tannis. But pumpkin is loaded with beta carotene -- an antioxidant your body converts into vitamin A. Just a quarter cup of canned pumpkin provides over 4,000 micrograms of beta carotene. Canned pumpkin also provides you with a little iron, another skin-supporting nutrient. It's necessary for the formation of collagen, a protein that helps skin stay firm and smooth. And as a bonus, pumpkin also serves up wrinkle-fighting vitamin C. From [RealAge.com](#)