

**HOWELL
COUNTY
HEALTH
DEPARTMENT**

Monthly Monitor

VOLUME 275

JULY 2025

JULY CALENDAR

WIC: 1, 3, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 28, 30, 31

Willow Springs WIC: 2

Mountain View WIC: 29

Family Planning: 10, 24

Immunizations: 3, 8, 15, 17, 22

Food Handlers: 7

Holiday's (closed): 4th Independence Day

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Clinic Hours:

Monday-Friday 8-12 & 1-5, closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Firework Safety from www.nsc.org

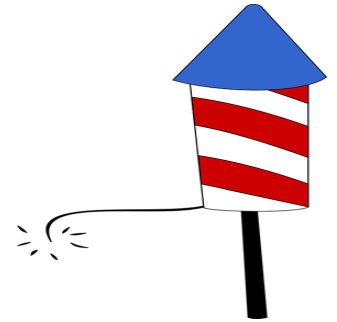
Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal but they are not safe.

Every year, thousands of people are injured badly enough to require medical treatment after fireworks-related incidents, with many of the injuries to children and young adults. While the majority of these incidents are due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, less powerful devices like small firecrackers and sparklers can also cause significant injuries.

Additionally, [fireworks start an average of 19,000 fires each year.](#)

Fireworks Safety Tips: If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips: Never allow young children to handle fireworks. Older children should use them only under close adult supervision. Never use fireworks while impaired by drugs or alcohol. Anyone using fireworks or standing nearby should wear protective eyewear. Never hold lighted fireworks in your hands. Never light them indoors. Only use them away from people, houses and flammable material. Never point or throw fireworks at another person. Only light one device at a time and maintain a safe distance after lighting. Never ignite devices in a container. Do not try to re-light or handle malfunctioning fireworks. Soak both spent and unused fireworks in water for a few hours before discarding. Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire. Never use illegal fireworks. Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.



Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think. Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the [National Fire Protection Association](#), sparklers alone account for more than 25% of emergency room visits for fireworks injuries. [For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.](#)

Consider using [safer alternatives](#), such as glow sticks, confetti poppers or colored streamers.



Protect yourself in the summer sun and heat.

Walk-In Vaccination Clinics this Summer, Don't Wait-Vaccinate.



Sun Safety from Beverly McDaniel, RN

As we move into summer months a lot of us like to enjoy outdoor activities and more time in the sun. One of the most important things to remember when outdoors this summer is to take care of your skin. Wearing long sleeve, light breathable fabric, applying sunscreen with SPF of at least 30 or higher, reapplying often, and staying out of direct sun in the hottest part of day between 10am -3pm helps protect us against harmful UV exposure. Check your sunscreen and get rid of expired products. We all have that bottle we left in beach bag from last summer.

Staying hydrated in summer is essential. It's easy to become dehydrated while working outside or exercising in the heat. It's important to get the most strenuous work done in the early mornings or late evenings. A lot of people work outside so taking frequent water breaks and time too cool off in the shade during those peak hours is essential to prevent overheating. Be sure to monitor younger children, older adults and people with health conditions as the sun and heat take a quicker toll and dehydration can be more severe.

Know the signs of heat stroke and heat stress and take quick measures if you

do become symptomatic or notice symptoms in others. Symptoms of heat stroke need immediate attention and emergency services, they include: confusion, slurred speech, seizures, high body temperature and loss of consciousness. Excessive sweating, muscle cramps, nausea, vomiting and fatigue are symptoms of heat stress and can progress quickly to more moderate symptoms and should be taken very seriously.

Enjoy the summertime by being thoughtful about protecting yourself from sun exposure and excess heat.

Walk-In Back to School Immunizations

Back to school immunizations will be offered 2 ways. Regular vaccination clinics that require an appointment and walk-in clinics every Friday in July and August from 8-11am & 1-4pm, no appointment needed. Please bring immunization records and a parent or legal guardian must accompany the child.

Get a jump start on back to school immunizations. Call our office for more information at 417-256-7078.

Summer Cooking with Kids from April Bridges, WIC Nutritionist

With the kids home during the summer months, this is a great time to get them involved in the kitchen. Cooking/preparing can also be a learning moment about nutrition and food safety. It can boost kids' confidence

when others are enjoying what they have helped prepare. It may also increase their acceptability of different foods when they have prepared it themselves. Growing and harvesting food is another

way to involve kids and increase their interest in new foods. Be sure to talk about food groups and find teaching moments on how to prepare healthy meals. Find more ways to get the kids involved at MyPlate.gov.



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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.

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