

## HOWELL COUNTY HEALTH DEPARTMENT

### JULY CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13, 15, 16, 17, 20, 21, 22, 23, 24, 27, 28, 29, 30, 31

Willow Springs WIC: 1

Mountain View WIC: 14

Family Planning: 4, 25

Immunizations: 7, 10, 17, 21, 24, 28, 31

Food Handlers: 6

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

# Monthly Monitor

VOLUME 287

JULY 2026

## Don't Get Burned: Sun Safety Starts with You from Dawn Hieks, Health Educator

July is recognized as **Sun Safety Month**, a reminder that protecting your skin from the sun's harmful ultraviolet (UV) rays is important for people of all ages. While spending time outdoors is a great way to stay active, enjoy nature, and participate in summer activities, too much exposure to UV radiation can increase the risk of sunburn, skin cancer, premature skin aging, and eye damage.

Skin cancer is the most common cancer in the United States, but it is also one of the most preventable. According to the Centers for Disease Control and Prevention (CDC), just a few serious sunburns can significantly increase a person's risk of developing skin cancer later in life. UV damage can occur year-round and affects people of all skin tones, making sun protection an important part of a healthy lifestyle.

When spending time outdoors, remember to:

- Apply a broad-



spectrum sunscreen with SPF 30 or higher at least 15 minutes before going outside.

- Reapply sunscreen every two hours and after swimming or sweating.
- Wear protective clothing, such as long-sleeved shirts, wide-brimmed hats, and UV-blocking sunglasses.
- Seek shade whenever possible, especially between 10 a.m. and 4 p.m. when UV rays are strongest.
- Stay hydrated by drinking plenty of water throughout the day.
- Check the daily UV index to better understand your risk of UV exposure.

It's also important to remem-

ber that UV rays can penetrate clouds, meaning sun protection is necessary even on cloudy or cooler days. Sand, water, concrete, and other surfaces can reflect sunlight and increase UV exposure. Children are especially vulnerable to sun damage, so parents and caregivers should make sun safety a regular part of outdoor activities. Teaching children healthy sun habits early can help reduce their risk of skin cancer in the future.

In addition to protecting your skin, don't forget to protect your eyes. Long-term UV exposure can contribute to cataracts and other eye conditions. Sunglasses that block 99% to 100% of UVA and UVB rays provide the best protection.

This summer, take a few extra minutes to protect your skin and eyes before heading outdoors. Practicing sun-safe habits today can help prevent serious health problems in the future and ensure you and your family enjoy a safe, healthy summer season.



**Juvenile Arthritis can strike even those a few months old.**

**This is the 3rd annual Pool Party!**



## Juvenile Arthritis Awareness Month from Cheri Carda, RN

When we say someone has arthritis, what image comes to mind? Usually someone who is older or later in life. But arthritis can strike anyone at any age. July is the month to raise awareness for those who are younger in their struggle against arthritis. According to the Arthritis Foundation, JA (Juvenile Arthritis) can strike even those a few months old.

So, what is JA? This term is used as an umbrella to cover all pediatric arthritis ailments affect-

ing those 16 years of age and younger. The most common of these ailments is known as JIA (Juvenile idiopathic arthritis) with various subtypes. And while each of these has their own distinct treatments, concerns, and symptoms, all of the JA conditions have the common symptoms of inflammation, fatigue, and pain. And children afflicted with these ailments can also suffer from other ailments in addition to these that affect eyes, skin, and organs.

These conditions can cause

a lot of challenges for children, both physically and mentally, with up to **65%** having moderate to severe depression according to reporting by the Arthritis Foundation. What can we do? Raise awareness and advocate for access to critical medical intervention. There is a shortage of pediatric rheumatologists in the US, with a small handful of states having one, and some states having none in the whole state.

Go to <https://www.arthritis.org> to find out more information.

## WIC Breastfeeding Celebration from April Bridges, WIC Nutritionist

Our 3<sup>rd</sup> annual breastfeeding celebration pool party will be held on July 29<sup>th</sup>. August is recognized as breastfeeding

month, but we're celebrating early! We will kick off with food and vendors at 5 pm with door prizes to follow. The pool will be open

6-8, but participants must attend at 5 to receive the pool pass. Come join us for lots of fun at the Peoples Park Pavilion, West Plains MO.

## Food Safety During an Emergency from Curtis Beaulieu, EPHS & DHISS.mo.gov

Safe handling of food and water every day is important to prevent the spread of illnesses. In an emergency the safe handling of food and water becomes even more important to keep people healthy in a situation that is more stressful than a person's daily life. Situations such as flooding, tornado damage, power outages, and other emergency situations increase the potential for contamination.

The time to prepare for emergencies is before they happen. There are many

things to consider when preparing your family for the possible emergency situations that you could encounter. You can start by making a list the different types of emergencies you might have to deal with in the area where you live. Next make a list of the essential items you need every day such as food, water, personal or family medication. How will you make sure that you have the essentials if the power goes out? What about if your house be-

comes flooded? What do you need to take with you if you have to evacuate? To get more information on planning for an emergency check out the **Ready in 3 website**. Food safety during these events should be a very important part of your planning. There are fact sheets such as: **Food Safety during Power Outages** that have good information for helping you plan. Another source of food safety information in emergencies is the **FDA's Consumer Information website**.



## Howell County Health Department

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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.

## Howell County Health Department Staff & Email

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