

# *DOUGLAS COUNTY*

## *HEALTH DEPARTMENT*

### **Newsletter**

*Volume 24*

*January—March 2025*

*Edition 1*

## **Health Observances**

### **January**

Glaucoma Awareness Month

Thyroid Awareness Month

Birth Defects Awareness/Prevention Month

National Blood Donor Month

### **February**

American Heart Month

National Children's Dental Health Month

National Cancer Prevention Month

### **March**

National Kidney Month

National Nutrition Month

Brain Injury Awareness Month

Save Your Vision Month

Douglas County Health Department  
603 Springfield Road  
P O Box 940  
Ava, Missouri 65608  
417-683-4174  
[www.dchd.org](http://www.dchd.org)

## DIABETES SUPPORT GROUP

### 2025 SCHEDULE

JANUARY 9: DIABETES AND SKIN CARE

FEBRUARY 13: DIABETES AND HEART DISEASE

MARCH 13: LOW-IMPACT EXERCISES

APRIL 10: EYE HEALTH AND DIABETES

MAY 8: GUT HEALTH WITH REBECCA

JUNE 12: FAD DIETS WITH HAYLEE

JULY 10: DIABETES MEDICATIONS

AUGUST 14: KIDNEY HEALTH AND DIABETES

SEPTEMBER 11: NEUROPATHY

OCTOBER 9: TBD

NOVEMBER 13: RECIPES FOR THE HOLIDAYS

DECEMBER 11: HOLIDAY FUN

CALL SONYA AT 417-683-4174 FOR MORE  
INFORMATION OR TO RECEIVE A VIRTUAL LINK



### What is Whooping Cough?

Whooping cough or pertussis is a very serious respiratory infection caused by pertussis bacteria. It causes violent coughing you can't stop. Whooping cough is most harmful for young babies and can be deadly. The Dtap vaccine protects against whooping cough.

## PREVENT WHOOPING COUGH (PERTUSSIS)

#### Early Symptoms:

- Runny or stuffed up nose
- Sneezing
- Mild Cough

#### Symptoms after 1-2

#### weeks:

- Hard Cough
- "Whoop" sound after cough
- Coughing till vomiting

#### For More Information:

- <http://www.cdc.gov/features/pertussis/>
- <http://www.cdc.gov/vaccines/parents/>
- <http://www.cdc.gov/vaccines/parents/>

Give us a Call  
Douglas County Health Department  
417-683-4174



### Healthy Veggie Dip

- 2 cups plain Greek yogurt
- 2 cups diced cucumber or shredded (optional)
- 1/2 cup fresh dill minced
- 1/4 cup lemon juice
- 2 cloves garlic grated
- 1/2 teaspoon salt
- 1/4 teaspoon pepper



Combine all ingredients and chill. Serve with raw vegetables for dipping.

Source: Rachel's Corner

# Health Fair

## FREE Services

- Blood Pressure
- A1C
- Cholesterol
- BMI

January 27, 2024

8:30-10:00am

Limited number of slots available.

Douglas County Health Department  
417.683.4174  
603 Springfield Rd. Ava, MO 65608

Through the Onsite Wastewater Program, the Bureau of Environmental Health Services will be sponsoring American Sign Language (ASL) interpreters for the March 17-19, 2025 Basic Installers Class.

Currently, this service is only available for one class in 2025. Several spots are being held in the March class for individuals who require an ASL interpreter to be successful in gaining their Basic Installers License.

The deadline for registration is February 28, 2025. Please see our flyer for more information and instructions on how to register.



## Onsite Wastewater Treatment Systems

Basic Installer Course | March 17-19, 2025

### Course Information

Three day training for individuals to become a registered basic onsite wastewater treatment system (OWTS) installer with the state of Missouri. Classes are conducted by Department of Health and Senior Services. American Sign Language interpretation will be provided for the deaf and hard of hearing by a professional agency.

 In-person training in Jefferson City, MO

 On-site ASL interpreters

 For more information visit [health.mo.gov/onsite](https://health.mo.gov/onsite)

### Register Online by February 28, 2025

#### How to Register


- Visit [health.mo.gov/onsite](https://health.mo.gov/onsite)
- Click on "Become Registered/Licensed"
- Pay course fees online
- Complete the Basic Installer Course Registration Form
- Return completed form to [OWTScourses@health.mo.gov](mailto:OWTScourses@health.mo.gov)

#### Accessibility Requests

To request ASL interpretation for this course, please include this flyer with your application form.

Contact Us

 [OWTScourses@health.mo.gov](mailto:OWTScourses@health.mo.gov)

 573-751-6095

# MONTHLY HEALTH FAIRS

## Plainview School - 1st Tuesday

Hwy 76 and County Road 434, Ava, MO **8:00am - 10:00am**

## Skyline School - 2nd Tuesday

C Hwy and 76 Hwy, Norwood, MO **8:00am - 10:00am**

## Ava Senior Center - 3rd Tuesday

109 N Spring St., Ava, MO **9:00am - 11:30am**

## Redbud Village - 4th Tuesday

307 SW 3rd Ave, Ava, MO (Community Room) **8:00am - 10:00am**

**Adults 18 Years of Age and Older  
Staff and Community Members Welcome  
No Appointment Required**

**Douglas County Health Department Nurse will offer blood pressure, BMI and blood glucose checks.  
A1c screenings will also be available in January, April, July and October. (Not offered at school facilities in July.)**



## Breastfeeding Support and WIC

WIC offers many forms of support for breastfeeding families. You can find information about everything from peer counseling to nutritional help and more at:

<https://wicbreastfeeding.fns.usda.gov/>

# Get breastfeeding support and more with WIC



## Newborns In Need

Do you need something for your baby?  
Just Ask a Staff Member

### What NIN Offers



### Clothing

-Sizes newborn to 18 months



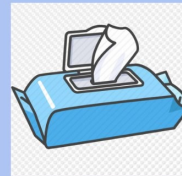
### Quilts and Receiving Blankets



### Nursing Covers and Reusable Breast Pads



### Wipes



### Baby Bath Towel Sets



### Bibs



For More Information call 417-683-4174 or Stop by the  
Douglas County Health Department

This institution is an equal  
opportunity provider.