

# *DOUGLAS COUNTY*

## *HEALTH DEPARTMENT*

### **Newsletter**

**Volume 24**

**October—December 2025**

**Edition 4**

### **Health Observances**

#### **October**

*National Dental Hygiene Month*

*Breast Cancer Awareness Month*

*Sudden Infant Death Syndrome (SIDS) Awareness Month*

*Red Ribbon Week, 23rd-31st*

#### **November**

*American Diabetes Month*

*National Family Caregivers Month*

*National Alzheimer's Awareness Month*

#### **December**

*National Handwashing Awareness Week, 5th-11th*

*National Influenza Vaccination Week, 6th-12th*

*National Safe Toys & Gifts 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)

# Flu Vaccines Coming Soon!

Dates TBA



Douglas County Health Department 417-683-4174

## *Lentil Chili*

1/2 pound extra lean ground beef

1 1/2 cups chopped onion

1 clove garlic, crushed

2 cups cooked, drained lentils

1 29 oz. can tomatoes, diced or crushed

1 tbsp. chili powder

In a large saucepan, brown beef over medium heat; drain fat.

Add onion and garlic. Cook until softened.

Add lentils, tomatoes and chili powder. Cook on low heat for an hour until flavors are blended.



Have you heard of *Deterra* bags? They are a safe way to dispose of old prescription medications.

*If interested in these, please come by  
the Douglas County Health Department*

## *Handwashing*

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, use soap and available water.

If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

### *When Should You Wash Your Hands*

- Before, during, and after preparing food;
- Before eating food;
- Before and after caring for someone who is sick;
- Before and after treating a cut or wound;
- After using the toilet;
- After changing diapers or cleaning up a child who has used the toilet;
- After blowing your nose, coughing, or sneezing;
- After touching an animal, animal feed, or animal waste;
- After handling pet food or pet treats;
- After touching garbage.



### *How Should You Wash Your Hands*

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

## *November is American Diabetes Awareness Month*

### *Types of Diabetes:*

Type 1 diabetes occurs when the body makes little or no insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose, for energy.

Type 2 diabetes is the most common form of the disease where the body is unable to process internal insulin well enough to keep blood sugar at normal levels.

### *Risks:*

You're at risk for developing prediabetes or type 2 diabetes if you:

- Are overweight
- Are age 45 or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes while pregnant) or given birth to a baby weighing more than 9 pounds.

### *Prediabetes Screening Tool:*

You can access the Prediabetes Risk Test online at [dchd.org](http://dchd.org)

## Women's Preventive Visits



Preventive care is a crucial aspect of women's health throughout all stages of life. Starting in adolescence and continuing across the lifespan, it is recommended that women schedule and attend at least one preventive care visit each year.

## COMMUNITY HEALTH FAIR

\*Free blood sugar, blood pressure, and BMI readings every month

\*Free A1C & cholesterol readings quarterly



2nd Thursday of Every Month 8-10 AM



Douglas County Health Department

Call 417-683-4174 to schedule an appointment

## SIDS AWARENESS MONTH OCTOBER 2025

### 5 Ways to Prevent SIDS

Always place baby on his back to sleep

Keep baby's crib clear of blankets and toys

Keep baby at a comfortable temperature

### SAFE SWADDLE TIPS

Practice safe swaddling

Place baby on a firm sleep surface

- Don't swaddle too tightly
- Make sure baby can move naturally
- "Hands over heart" sleeping position
- Use a swaddle that won't unravel and cover baby's face
- Don't over-swaddle or double swaddle
- Don't dress baby in too many layers
- Transition to arms-free sleep when baby begins to roll

