

Douglas County Health Department

Newsletter

April-June 2026

Our Vision

Our vision is to nurture a supportive, safe, and inclusive environment that encourages all individuals to achieve their optimal physical and mental well-being.

Our Mission

The Douglas County Health Department will serve, monitor, and seek to improve the health of its residents through health promotion, education, and proactive communication to ensure overall community well-being.

★Hot Topic★

Prompt removal of ticks can help prevent disease. Your goal is to remove the tick as quickly as possible-not waiting for it to detach.

Douglas County Health Department
603 Springfield Road
P O Box 940
Ava, Missouri 65608
417-683-4174
www.dchd.org

Meet Our New Breastfeeding Peer Counselor

Meet our new breastfeeding peer counselor, Lydia Jahrling! Lydia grew up in rural Douglas County on her family's farm, and she still lives there today. She likes to spend time with her husband and 2 daughters.

She enjoys watching tv, listening to podcasts, and audiobooks. Her favorite genre is true crime. She is also a trained birth doula and is working towards continuing her education in the field of pregnancy, birth, and breastfeeding.

Lydia hopes in her new position as breastfeeding peer counselor she is able to encourage more mothers to breastfeed and to help educate on the amazing benefits breastfeeding can provide.



Key Observances

April

- Stress Awareness Month
- Alcohol Awareness Month
- Child Abuse Awareness Month
- Sexual Assault and Awareness Prevention Month

May

- ALS Awareness Month
- Mental Health Awareness Month
- National Stroke Awareness Month


June

- PTSD Awareness Month
- Men's Health Month
- Alzheimer's and Brain Awareness Month

Public Health



For More Information Call:

 **Douglas County Health Department**
417-683-4174

Upcoming Health Fairs

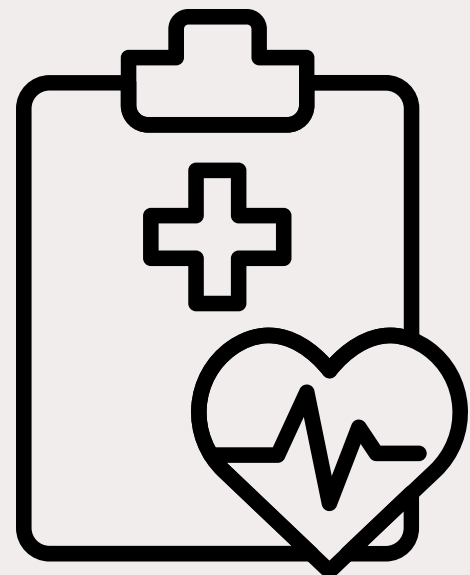
- Where: Douglas County Health Department
- April 9th, 2026 @ 8-10AM (Blood sugar, blood pressure, BMI/Weight, A1C and Cholesterol)
- May 14th, 2026 @ 8-10AM (Blood sugar, blood pressure, BMI/Weight)
- June 11th, 2026 @ 8-10AM (Blood sugar, blood pressure, BMI/Weight)

Call to make an appointment 417-683-4174

- Where: Ava Senior Center/Community Center
- April 21st, 2026 @ 9-11AM (Blood sugar, blood pressure, BMI/Weight, A1C)
- May 19th, 2026 @ 9-11AM (Blood sugar, blood pressure, BMI/Weight)
- June 16th, 2026 @ 9-11AM (Blood sugar, blood pressure, BMI/Weight)

Walk-ins welcome

Call the Douglas County Health Department at 417-683-4174 for more information



Tick Removal



Prompt removal of ticks can help prevent disease. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.

TAKE THESE STEPS TO REMOVE A TICK:

1. Using tweezers, grasp tick near the mouthparts, as close to skin as possible.
2. Pull tick firmly, straight out, away from skin. Do not jerk or twist the tick.
3. Do NOT use alcohol, matches, or petroleum jelly to remove tick.
4. Wash your hands and the bite site with soap and water after the tick is removed. Apply an antiseptic to the bite site.
5. Tell your doctor you had a tick bite if you develop symptoms such as fever, headache, or body aches.

For more information visit the Department of Health and Senior Services at www.health.mo.gov/ticks or contact your local health department.



Check for Ticks

Don't spoil your outdoor fun - take these simple precautions to keep ticks off your body.

1. **AVOID TICK INFESTED AREAS!**
Walk in the center of trails to avoid overhanging grass and brush.
2. **DRESS PROPERLY!**
Wearing light-colored clothing makes ticks easier to spot.
3. **APPLY INSECT REPELLENT!**
Apply insect repellents containing 20 percent DEET as directed on the label. Pre-treat clothing, boots, and gear with permethrin.
4. **DO TICK CHECKS!**
Examine clothing and skin frequently for ticks. Do a thorough body check for ticks after spending time outdoors. Examine pets for ticks.
5. **CAREFULLY REMOVE ATTACHED TICKS IMMEDIATELY!**

National Child Abuse Prevention Month
April is National Child Abuse Prevention Month.

Promoting Child Well-Being and Preventing Abuse
By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

Six Protective Factors for Preventing Abuse
Research shows that when parents possess six protective factors, the risk for neglect and abuse diminishes and optimal outcomes for children, youth, and families are promoted. The six factors are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete support for parents
- Social and emotional developmental well-being

