

DOUGLAS COUNTY

HEALTH DEPARTMENT

Newsletter

Volume 24

April—June 2025

Edition 2

Health Observances

April

Public Health Week, April 7-13

Child Abuse Awareness Month

Parkinson's Awareness Month

May

Women's Health Month

Physical Fitness & Sports Month

Mental Health Month

June

National Safety Month

Men's Health Month

Alzheimer's & Brain Awareness Month

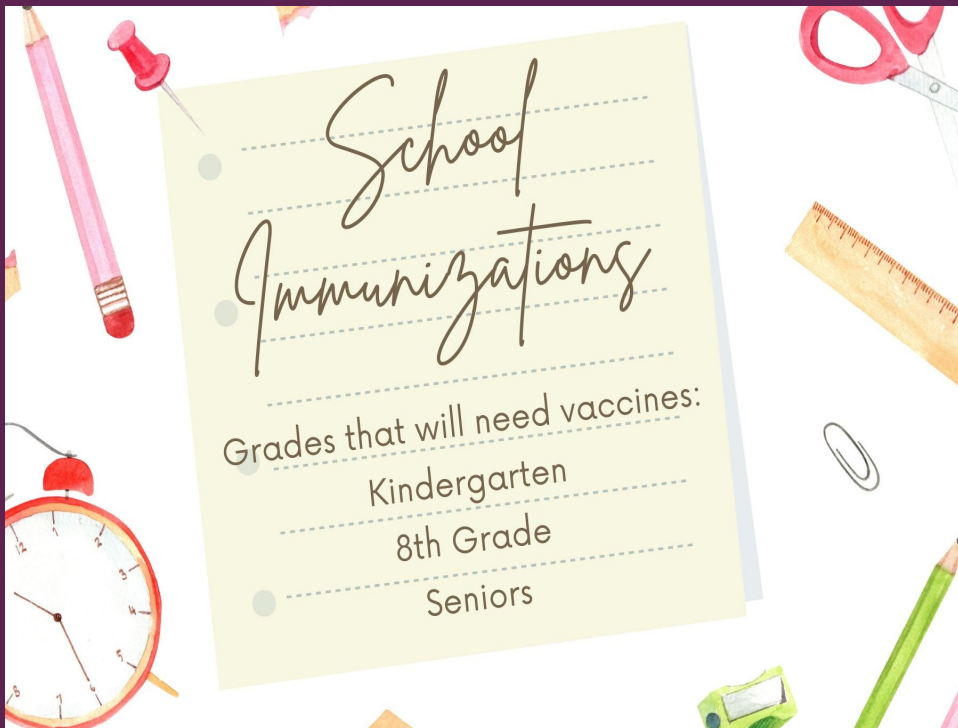
Douglas County Health Department
603 Springfield Road
P O Box 940
Ava, Missouri 65608
417-683-4174
www.dchd.org

HEALTH FAIR

April 10, 2025
9:00-10:30am

Free Services:

A1C
Cholesterol
BMI
Blood Pressure



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 or call 417-683-4174 for more information.

Dressed Up Cucumbers

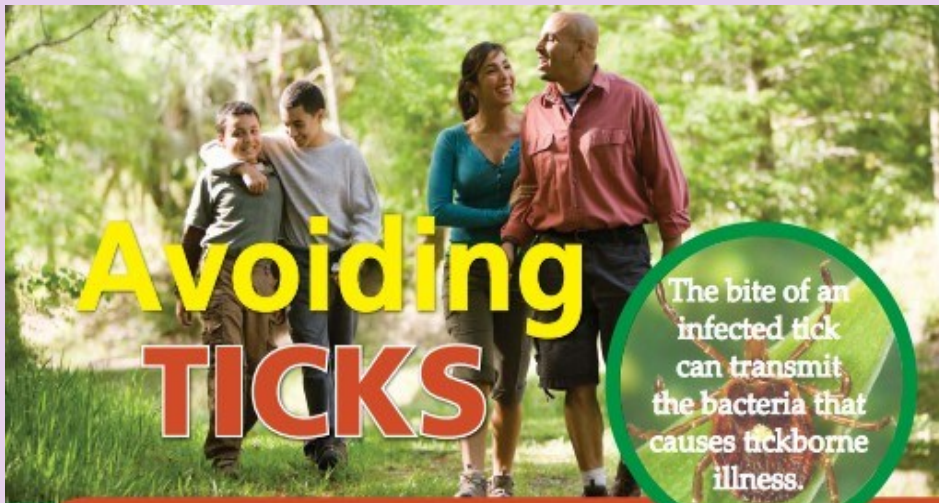
Ingredients:

- 3 large cucumbers
- $\frac{1}{4}$ cup chopped green pepper
- $\frac{1}{4}$ cup chopped onion
- 1 cup Italian salad dressing



Combine all ingredients in a bowl. Cover and refrigerate until ready to serve.

Source: Nutrition Works



Avoiding TICKS



PREVENTING TICK BITES

- 1 Take preventive measures against ticks year-round, but be extra careful in warmer months (April-September) when ticks are most active.
- 2 Avoid wooded areas with high grass and leaf litter. Walk in the center of trails. Keep lawns mowed.
- 3 Use repellents that contain 20-30% DEET on exposed skin and clothing. Follow product instructions. Adults should apply these products to children, avoiding hands, eyes and mouth.
- 4 Wear clothing treated with permethrin.



CHECKING FOR TICKS

- 1 Check for ticks and shower as soon as possible upon returning inside to remove any unattached ticks.
- 2 Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

Missouri Department of Health and Senior Services
www.health.mo.gov/ticks

Go Blue

April is National Child Abuse Prevention Month. This month and throughout the year, Go Blue: Child Abuse Awareness Community, together with the Douglas County Health Department, Douglas County Children’s Division, CHART and community members encourages all individuals and organizations to play a role in making Douglas County a better place for children and families. 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.

Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted. The six protective factors are:

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

GO BLUE SUNDAY

APRIL 27, 2025

Please wear blue on Sunday, April 27th

in recognition of those who are affected by child abuse.

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REASONS TO
CALL, TEXT,
AND CHAT 988

- 1 Thoughts of suicide
- 2 Drinking too much or drug use
- 3 Feeling depressed or anxious
- 4 Trauma



When You
Contact
988

You don't
have to say
**Who you are or
Where you are.**



You will get
support from a
trained **Crisis
Counselor.**

Call or text 988,
or chat
988Lifeline.org

There is Hope.



988 SUICIDE & CRISIS
LIFELINE

CS331859-F



U.S. DEPARTMENT OF AGRICULTURE
WIC BREASTFEEDING SUPPORT
LEARN TOGETHER. GROW TOGETHER.

8 Ways Grandparents Can Support Breastfeeding

Support the parent's choice to breastfeed

Encourage them and tell them you're proud of them – you're here to support them in their breastfeeding journey!



Go the extra mile with house chores

so the new parents can focus on taking care of their newborn.

Learn the breastfeeding basics

so you can help the new parents in each stage of the breastfeeding journey.

Help with day-to- day baby care

Bathe, change, dress, burp, and soothe your grandchild. And don't forget to snuggle!

Watch for hunger signs

Learn your grandchild's hunger signs, and bring baby back to their parents for nursing sessions.

Ask for help

If the parents are struggling to breastfeed, encourage them to contact a WIC breastfeeding staff or peer counselor for help.

More time for rest

Help parents and baby have enough time to rest and limit visitors. Virtual visits can be a great alternative!



Visit wicbreastfeeding.fns.usda.gov for more ways to support breastfeeding.