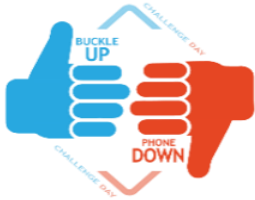


# GASCONADE CO. HEALTH DEPT.

## DECEMBER NEWSLETTER



### Buckle UP Phone DOWN Challenge

Take the challenge at: <http://www2.modot.org/BuckleUpPhoneDown/>

### FLU SHOTS: It's not too late to get your Flu Shot!

Flu Shot Clinics:

- Wednesdays in Owensville from 9:00am-4:00pm
- Thursdays in Hermann from 8:00am-4:00pm

Please bring your Medicare, MO HealthNet (Medicaid), or private insurance card(s).



### NATIONAL INFLUENZA VACCINATION WEEK: December 2 - 8



- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community.
- Vaccination of high-risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination also is important for health care workers and other people who live with or care for high-risk people to keep from spreading flu to them.
- Studies have shown that flu vaccination of a mother during pregnancy can protect the baby after birth from flu infection for several months. People who live with or care for infants should be vaccinated.

<https://www.cdc.gov/flu/prevent/index.html>

## WORLD AIDS DAY: December 1

Every December 1<sup>st</sup> it's World AIDS Day, the day that promotes talking about HIV and attempts to spread information about the disease. By talking about HIV it is hoped that the secrecy surrounding it is eradicated. Greater understanding about HIV and AIDS means less prejudice and better prevention.



HIV is a disease that attacks the body's immune system and affects the ability to fight infection and disease. AIDS develops when the immune system can no longer fight infections that can normally be combated. Wear your **red ribbon** for World AIDS Day!

## WARMING CENTERS

Warming centers provide a heated place for people to go during extremely cold weather. The Department of Health and Senior Services maintains an interactive map of warming centers/shelters to be used by the public. The map can be viewed at <https://ogi.oa.mo.gov/DHSS/warmingcenter/index.html>. If you have any questions, please call the Bureau of Environmental Epidemiology at 573-751-6102.



Our WIC clinic is held every Monday in Owensville and the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month in Hermann. The WIC program serves pregnant women, post-partum women, infants, and children until the age of five. We are here to serve you, so please call 573-486-3129 to see if you are eligible to be a part of this great program that can help to offer nutritious foods for you and your family, especially over the holiday season.

The Gasconade County Health Department will be CLOSING EARLY for Christmas Eve on Monday, December 24 at noon and CLOSED for Christmas on Tuesday, December 25.

We will also be CLOSING EARLY for New Year's Eve on Monday, December 31 at noon and CLOSED New Year's Day on Tuesday, January 1.



Check back next month for more updates!