

# GASCONADE CO. HEALTH DEPT.

## JANUARY NEWSLETTER



Welcome to a New Year!

### 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).

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



### NATIONAL BLOOD DONOR MONTH

January is National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors. Please donate today.

<https://www.redcross.org/give-blood.html>

### 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.

## CARBON MONOXIDE

More than 400 Americans die from unintentional carbon monoxide poisoning every year, according to the Centers for Disease Control and Prevention. More than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.

Carbon monoxide is an odorless, colorless gas that often goes undetected, striking victims caught off guard or in their sleep.

This "silent killer" is produced by burning fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, portable generators or furnaces. When the gas builds up in enclosed spaces, people or animals who breathe it can be poisoned. Ventilation does not guarantee safety.

The Consumer Product Safety Commission says about 170 people in the United States die every year from carbon monoxide produced by non-automotive consumer products, such as room heaters. So as the weather turns colder, it's important to take extra precautions.

<https://www.nsc.org/home-safety/safety-topics/other-poisons/carbon-monoxide>

## WIC

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.

<http://gasconadecountyhealth.com/programs/wic/>



## Missouri Improves in America's Health Rankings for 2018

The United Health Foundation released their annual America's Health Rankings yesterday, and Missouri improved from 40<sup>th</sup> to 38<sup>th</sup>. The 2018 ranking is a part of the 29<sup>th</sup> annual report, and this annual assessment factors in 4 determinants of health categories, as well as health outcomes. The four determinants are: Behaviors, Community and Environment, Policy, and Clinical Care.

"The increase in Missouri's health ranking is a testament to the work of many partners throughout Missouri," said Dr. Randall Williams, Department of Health and Senior Services Director. "While this is a good step forward, there is still work to be done. We are excited to work with Governor Parson and many of our other partners throughout the state to build upon the work and conversations started during healthcare week earlier this month."



We will be CLOSED New Year's Day on Tuesday, January 1 and Martin Luther King's Day on Monday, January 21.

### **Upcoming community events:**

#### Hermann Area Blood Drives:

January 30 12:30pm-6:00pm

Hermann High School, 176 Bearcat Crossing, Hermann

February 7 1:00pm-6:00pm

People's Savings Bank-Rhineland, 101 Bluff Street, Rhineland

#### Owensville Area Blood Drives:

January 3 12:00pm-6:00pm

Immaculate Conception Church, 404 South 1<sup>st</sup> Street, Owensville

January 11 12:00pm-5:00pm

LSC Communications, 1005 Commercial Drive, Owensville

Daycare Providers Clock Hour Training on February 2 from 8:00am-2:00pm at the Health Department. For more information, please contact Claire at 573-486-3129.

Check back next month for more updates!