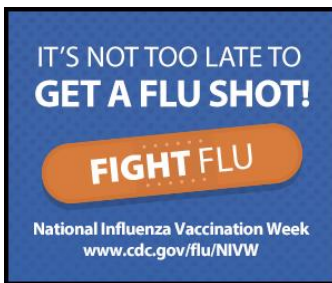


GASCONADE CO. HEALTH DEPT.

FEBRUARY NEWSLETTER



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>

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, the Gasconade County Health Department is proudly participating in American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

National Wear Red Day is Friday, February 1, 2019! – Join us wearing red to raise awareness about cardiovascular disease and save lives.





Walk. Run. Dance. Play. **What's your move?**

Everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine. The *Move Your Way* tools, videos, and fact sheets have tips that make it easier to get a little more active. And small changes can add up to big health benefits!

No matter who you are, you can find safe, fun ways to get active — to move **your way.**

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

<https://health.gov/MoveYourWay/>

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 1st and 3rd 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.



WIC & Partial Federal Government Shutdown Update: Missouri WIC is closely monitoring available funding and estimated obligations. Missouri WIC has determined that there continues to be sufficient funding to meet program expenses through February 2019.

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



We will be CLOSED for President's Day on February 18.

Upcoming community events:

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

February 14 is the Annual Hermann Red Heart Walk. The walk will start at the Hermannhof Winery at 11:30am and only take about 15-20 minutes. Walkers will stroll around downtown Hermann and learn about heart health, be encouraged to improve their own health, while also benefitting Hermann's Food Pantry.



Call 486-2154 for more information.

Check back next month for more updates!