

GASCONADE CO. HEALTH DEPT.

MARCH NEWSLETTER



FREE Hepatitis C Testing

In 2016, there were an estimated 2.4 million people living with Hepatitis C in the United States.

FREE Hepatitis C testing is now available at the Gasconade County Health Department for qualifying individuals. Call 573-486-3129 to find out if you are eligible for this service!

National Poison Prevention Week: March 17-23

Every day of the year, 24 hours a day, the nation's 55 poison centers help with poisoning emergencies and provide information to help prevent poisonings. Specially trained poison experts at these centers – nurses, pharmacists, and doctors – can be reached by calling the toll-free Poison Help line (1-800-222-1222), which connects you to your local poison center.

<https://www.poisonhelp.hrsa.gov/index.html>

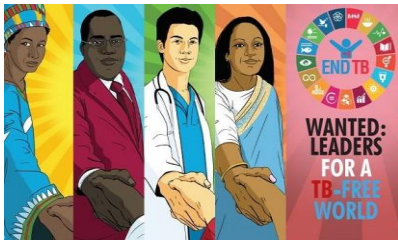


WORLD TB DAY: March 24

Each year we commemorate World TB Day on March 24 to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB) and to step up efforts to end the global TB epidemic. The date marks the day in 1882 when Dr. Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards diagnosing and curing this disease.

Despite significant progress over the last decades, TB continues to be the top infectious killer worldwide, claiming over 4,500 lives a day. The emergence of multidrug-resistant TB (MDR-TB) poses a major health security threat and could risk gains made in the fight against TB.

The Gasconade County Health Department can administer and read a TB skin test. For more information, please call 573-486-3129 or refer to our website: <http://gasconadecountyhealth.com/public-health/tuberculosis-testing/>



NATIONAL NUTRITION MONTH

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



The Gasconade County Health Department's WIC program provides nutrition education for families and helps YOU promote a lifetime of health!



**Eat Healthy. Stay Well.
WIC is OPEN!!**

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.

Missouri WIC is OPEN! Thank you for your patience during the partial federal government shutdown. The Missouri WIC program is continuing normal program operations.

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

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.

Upcoming Community Events:



FREE First Impact Parent Education Program at the Hermann High School Library on March 6 from 6:00pm-7:30pm. Parents, you are invited and are welcome to bring your teen driver with you.

The program is delivered by Law Enforcement Officers and Facilitators who coach parents by presenting key facts and proven strategies to help parents lower their teens' crash risk by utilizing the Missouri GDL law.

The statewide program is available free of charge. For details, go to: <https://www.medicine.missouri.edu/offices-programs/first-impact>

Check back in June for more updates!

Future Newsletters will be published quarterly.

This institution is an equal opportunity provider.