



# CARTER COUNTY

## HEALTH CENTER

### IMPORTANT DATES

5/08 TRUMAN'S DAY-CCHC CLOSED

05/27 MEMORIAL DAY-CCHC CLOSED



**DON'T LET A TICK MAKE YOU SICK!**



**PREVENT**

**CHECK**

**REMOVE**

### OUR SERVICES

Pregnancy testing/counseling  
STD/STI testing and treatment  
WIC services  
Health education  
Covid testing  
Immunizations (including covid+flu)  
Food Service Inspections  
Vital Records  
Health Education/Promotion

## CALLING ALL WOMEN OF CHILDBEARING AGE!

IN CARTER COUNTY! YOUR VOICE MATTERS! MISSOURI HIGHLANDS HEALTH CARE IS PARTNERING WITH THE CARTER COUNTY HEALTH CENTER TO IMPROVE WOMEN'S HEALTH SERVICES IN OUR COMMUNITY. HELP US UNDERSTAND THE BARRIERS YOU FACE BY FILLING OUT THIS QUICK SURVEY. YOUR INPUT WILL SHAPE THE FUTURE OF WOMEN'S HEALTH IN CARTER COUNTY. CLICK THE LINK BELOW TO START THE SURVEY. THANK YOU FOR YOUR PARTICIPATION



**WE WANT TO HEAR FROM  
YOU!**

**PLEASE FILL OUT THE  
SURVEY HERE**



# CARTER COUNTY

## HEALTH CENTER

# SALMONELLA FACTS

THE FOLLOWING IS INFORMATION ABOUT SALMONELLA. ONE OF THE SERVICES WE PROVIDE IS COMMUNICABLE ILLNESS SURVEILLANCE. WE RECEIVED NOTIFICATION OF A SALMONELLA OUTBREAK IN A NEIGHBORING COUNTY AND WANTED TO NOTIFY THE PUBLIC ABOUT THIS INFECTIOUS DISEASE.

FOR MORE INFORMATION ABOUT SALMONELLA: [CLICK HERE](#)

## Salmonella

### Who gets infected with Salmonella?

Anyone can become infected with *Salmonella*. Groups at **highest risk** for severe illness include:

- Children younger than 5 years
- Adults older than 65
- People with weakened immune systems, such as people with HIV, diabetes, or undergoing cancer treatment



### What are the complications of Salmonella infection?

The illness usually lasts 4 to 7 days, and most people recover without antibiotic treatment. In some cases, diarrhea may be so severe that the person needs to be hospitalized. In rare cases, infection may spread from the intestines to the bloodstream, and then to other parts of the body. In these people, *Salmonella* can cause death unless the person is treated promptly with antibiotics. Some types of *Salmonella* are becoming **increasingly resistant to antibiotics**. Antibiotic resistance may be associated with increased risk of hospitalization, development of a bloodstream infection, or treatment failure.



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

CS267331-8 September 2016

### What are Salmonella?

*Salmonella* are bacteria that can make people sick with an infection called salmonellosis. *Salmonella* bacteria live in the intestines of people and many animals. They are usually transmitted to people when they eat foods contaminated with the bacteria, but can also be transmitted through contact with animals or their environment.

Medical illustration of *Salmonella* bacteria

[CLICK HERE TO REVIEW CCHC  
COMMUNICABLE DISEASE  
DASHBOARD](#)

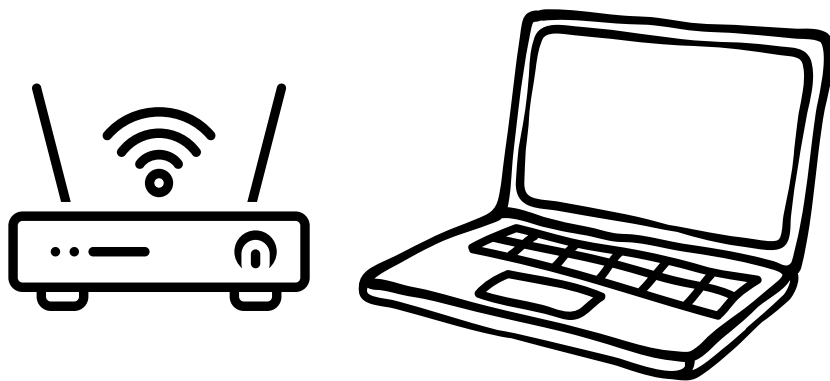




# CARTER COUNTY

## HEALTH CENTER

### COMMUNITY MEETINGS FOR BROADBAND



### 3 MORE MEETINGS ACROSS THE COUNTY

#### Communities with broadband connections have:

- job and population growth
- increased access to health services
- more educational opportunities
- higher property values



## Extension

*University of Missouri*

an equal opportunity/ADA institution

Contact Jennifer Williams with questions.  
[jenniferwilliams@missouri.edu](mailto:jenniferwilliams@missouri.edu) or (573) 200-6028

**Thursday, May 23,  
2024  
6:00 p.m.**

Carter County Courthouse  
1122 Main Street  
Van Buren, MO

**Thursday, May 9, 2024  
6:00 p.m.**

Grandin City Hall  
310 Walnut Street  
Grandin, MO

**Thursday, May 16,  
2024  
6:00 p.m.**

Ellsinore Youth & Community  
Center  
21 W. Cleveland Ave.  
Ellsinore, MO



# CARTER COUNTY

## HEALTH CENTER

### WATER SAFETY TIPS



#### TEACH THEM EARLY

Teach children to get comfortable in the water, take swim lessons and educate them early about water safety.

#### ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards. Parents should be within arms length of children.

#### WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



#### WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



#### DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.



#### I'M ON A BOAT!

Always wear a properly fitted US coast guard approved life-jacket (PFD- personal flotation device)



#### GET CERTIFIED

Become certified in infant and child First Aid and CPR.



#### STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.



**CARTER COUNTY**  
H E A L T H C E N T E R

# **THE ABC'S OF SAFE SLEEP**

## **ALONE**

**BABIES SHOULD SLEEP BY THEMSELVES, IN THEIR OWN SPACE WITH NO OTHER PEOPLE. ROOM-SHARING IS RECOMMENDED BUT BEDSHARING IS NOT. KEEP PILLOWS, BLANKETS, TOYS, STUFFED ANIMALS, AND ALL OTHER SOFT ITEMS OUT OF THE SLEEP SPACE.**

## **BACK**

**PLACE INFANTS ON THEIR BACKS FOR SLEEP.**

## **CRIB**

**USE A CRIB, BASSINET, OR PACK N PLAY WITH A FIRM, FLAT MATTRESS AND A FITTED SHEET. THAT'S IT THE CRIB SHOULD NOT HAVE BUMPERS OF ANY KIND, AND NOTHING SHOULD BE ATTACHED TO THE CRIB, SUCH AS A MONITOR OR A MOBILE. BABIES CAN SLEEP IN A SWADDLE UNTIL THEY ARE 8 WEEKS OLD AND A SLEEP SACK WITH THEIR ARMS OUT AFTER THAT.**





# CARTER COUNTY

## HEALTH CENTER

### FPHS MODEL SPOTLIGHT

#### COMMUNITY PARTNERSHIP DEVELOPMENT

PUBLIC HEALTH AGENCIES CREATE, CONVENE, AND SUSTAIN COLLABORATIVE RELATIONSHIPS WITH PARTNERS AT THE LOCAL, STATE, AND REGIONAL LEVELS.

PUBLIC HEALTH AGENCIES CREATE, CONVENE, AND SUSTAIN COLLABORATIVE RELATIONSHIPS WITH PARTNERS AT THE LOCAL, STATE, AND REGIONAL LEVELS.

THESE PARTNERSHIPS ADDRESS HEALTH INEQUITIES AND SOCIAL DETERMINANTS OF HEALTH



FOR MORE  
INFORMATION FROM  
HEALTHIERMO, CLICK  
[HERE](#)

MISSOURI'S FOUNDATIONAL PUBLIC HEALTH SERVICES (FPHS) MODEL DESCRIBES A MINIMUM SET OF FUNDAMENTAL SERVICES AND CAPABILITIES THAT MUST BE AVAILABLE IN EVERY COMMUNITY IN ORDER TO ENSURE MISSOURI'S PUBLIC HEALTH SYSTEM DELIVERS EQUITABLE OPPORTUNITIES FOR GOOD HEALTH TO ALL MISSOURIANS.



CARTER COUNTY HEALTH CENTER: A  
COMMITMENT TO EXCELLENCE IN PUBLIC HEALTH

AT CARTER COUNTY HEALTH CENTER, WE ARE DEDICATED TO ACHIEVING THE HIGHEST STANDARDS IN PUBLIC HEALTH PRACTICE. IN JANUARY 2024, WE TOOK A SIGNIFICANT STEP TOWARD THIS GOAL BY APPLYING FOR PHAB ACCREDITATION. OUR FULL APPLICATION IS DUE BY THE END OF THIS YEAR, AND WE INVITE YOU TO TRACK OUR PROGRESS AND SUPPORT US IN THIS CRITICAL ENDEAVOR. THIS ACCREDITATION UNDERSCORES OUR COMMITMENT TO CONTINUOUS IMPROVEMENT AND EXCELLENCE IN SERVING OUR COMMUNITY'S HEALTH NEEDS.



ELEVATING PUBLIC HEALTH STANDARDS: THE DRIVE TOWARDS PHAB ACCREDITATION



OUR JOURNEY TOWARDS ACHIEVING PHAB ACCREDITATION IS MORE THAN A MARK OF PRESTIGE—IT'S A COMMITMENT TO ENHANCING THE QUALITY AND PERFORMANCE OF OUR PUBLIC HEALTH SERVICES. THE "FINAL EVALUATION REPORT ON THE EFFECTS OF PHAB ACCREDITATION" UNDERSCORES THE TRANSFORMATIVE IMPACT OF ACCREDITATION ON HEALTH DEPARTMENTS NATIONWIDE. THIS COMPREHENSIVE EVALUATION REVEALS HOW ACCREDITATION FOSTERS A CULTURE OF CONTINUOUS IMPROVEMENT, STRENGTHENS STAKEHOLDER RELATIONSHIPS, AND ENHANCES WORKFORCE TRAINING AND DEVELOPMENT. BY PURSUING PHAB ACCREDITATION, WE AIM NOT ONLY TO MEET NATIONALLY RECOGNIZED STANDARDS BUT ALSO TO SIGNIFICANTLY IMPROVE HEALTH OUTCOMES AND EQUITY IN OUR COMMUNITY. JOIN US IN THIS PIVOTAL EFFORT TO ELEVATE PUBLIC HEALTH PRACTICE AND ENSURE OUR COMMUNITY'S WELL-BEING.





# CARTER COUNTY

## HEALTH CENTER

**CCHC IS A  
PROUD  
SUPPORTER OF  
THIS PROJECT!  
PLEASE USE  
THE QR CODE  
OR DIRECT  
SURVEY LINK  
BELOW TO  
COMPLETE THIS  
SURVEY AND  
LET THE VAN  
BUREN TRAIL  
WORKGROUP  
HEAR YOUR  
THOUGHTS!**



## Van Buren Trail Project

**We want to hear from you!**

**KEEP READING  
ON THE NEXT  
PAGE TO SEE  
HOW THIS  
TRAIL  
EXPANSION  
PROJECT  
IMPACTS  
PUBLIC HEALTH**



The Van Buren Trail Project aims to create pathways connecting people to locations within and around the Van Buren area.

We believe these trails would increase recreational opportunities, provide safer pedestrian routes, support economic development, and build a healthier community. Right now, we need YOUR input on the project's future!



### Let your voice be heard!

This brief survey will help us best understand the needs, desires, and concerns of residents. Every submission counts!



The Van Buren Trail Workgroup was established by passionate members of the community. If you wish to learn more, you can provide your contact information using the survey.

**CLICK  
HERE FOR  
SURVEY**





# CARTER COUNTY

## HEALTH CENTER

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## IMPACT ON TRAIL EXPANSION TO PUBLIC HEALTH

**PHYSICAL ACTIVITY PROMOTION:** TRAILS PROVIDE ACCESSIBLE SPACES FOR PHYSICAL ACTIVITY SUCH AS WALKING, RUNNING, BIKING, AND HIKING. REGULAR PHYSICAL ACTIVITY IS ESSENTIAL FOR MAINTAINING A HEALTHY LIFESTYLE, REDUCING THE RISK OF CHRONIC DISEASES LIKE OBESITY, DIABETES, AND HEART DISEASE, AND IMPROVING OVERALL MENTAL WELL-BEING.

**STRESS REDUCTION AND MENTAL HEALTH:** NATURE HAS A PROFOUND IMPACT ON OUR MENTAL HEALTH. INCREASING ACCESS TO TRAILS GIVES COMMUNITY MEMBERS THE OPPORTUNITY TO ESCAPE THE STRESSES OF DAILY LIFE, CONNECT WITH NATURE, AND ENJOY MOMENTS OF TRANQUILITY. STUDIES HAVE SHOWN THAT SPENDING TIME IN NATURAL ENVIRONMENTS CAN REDUCE STRESS, ANXIETY, AND DEPRESSION.

**SOCIAL CONNECTION AND COMMUNITY COHESION:** TRAILS SERVE AS GATHERING PLACES WHERE PEOPLE CAN COME TOGETHER, SOCIALIZE, AND BUILD CONNECTIONS WITH ONE ANOTHER. WHETHER IT'S A GROUP HIKE, A FAMILY BIKE RIDE, OR A CASUAL STROLL WITH FRIENDS, TRAILS FACILITATE SOCIAL INTERACTIONS AND FOSTER A SENSE OF BELONGING WITHIN THE COMMUNITY.

**ENVIRONMENTAL BENEFITS:** BY ENCOURAGING WALKING AND BIKING AS ALTERNATIVE MODES OF TRANSPORTATION, TRAILS CONTRIBUTE TO REDUCING AIR POLLUTION AND GREENHOUSE GAS EMISSIONS, THUS PROMOTING ENVIRONMENTAL SUSTAINABILITY AND IMPROVING AIR QUALITY IN OUR COMMUNITY.

**ACCESSIBILITY AND INCLUSIVITY:** ACCESSIBLE TRAILS ACCOMMODATE INDIVIDUALS OF ALL AGES AND ABILITIES, ENSURING THAT EVERYONE HAS THE OPPORTUNITY TO ENJOY THE BENEFITS OF OUTDOOR RECREATION. INVESTING IN INCLUSIVE TRAIL INFRASTRUCTURE DEMONSTRATES OUR COMMITMENT TO EQUITY AND ACCESSIBILITY FOR ALL MEMBERS OF OUR COMMUNITY.





**CARTER COUNTY**  
H E A L T H C E N T E R

## ***DID YOU KNOW?***

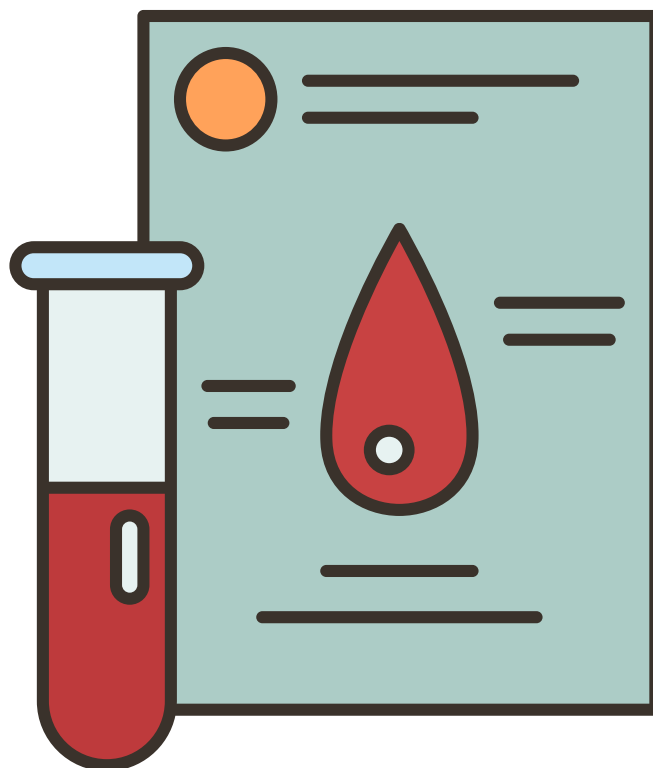
*CCHC IS NOW OFFERING LABORATORY SERVICES THROUGH A NEW PROVIDER!*



**Quest** Diagnostics®

*PLEASE CALL FOR AN  
APPOINTMENT AND HAVE A  
COPY OF THE LABS ORDERED BY  
YOUR PROVIDER*

*CLICK [HERE](#) TO CREATE  
YOUR MYQUEST  
ACCOUNT FOR FAST  
ACCESS TO YOUR TEST  
RESULTS!*







**CARTER COUNTY**  
H E A L T H C E N T E R

*HAVE YOU VISITED US  
RECENTLY?*

*FILL OUT OUR  
CUSTOMER  
SATISFACTION  
SURVEY BY COPY AND  
PASTING THE  
WEBSITE BELOW  
INTO YOUR BROWSER*



[\*https://forms.gle/8AAeAFs\*](https://forms.gle/8AAeAFs)  
[\*oeoGMJ49N9\*](https://forms.gle/8AAeAFs)



# CARTER COUNTY

## HEALTH CENTER

### RECIPE OF THE MONTH

## TUNA CASSEROLE WITH PEAS

#### INGREDIENTS

12 OUNCES EGG NOODLES, PREFERABLY WHOLE-WHEAT  
2 (11 OUNCE) CANS CONDENSED CREAM OF MUSHROOM SOUP  
3 (5 OUNCE) CANS WATER-PACKED CHUNK LIGHT TUNA, DRAINED AND FLAKED  
1 MEDIUM ONION, FINELY CHOPPED  
1 CUP FROZEN GREEN PEAS, RINSED UNDER COLD RUNNING WATER  
1 CUP PLAIN DRY BREADCRUMBS, PREFERABLY WHOLE-WHEAT  
1 CUP SHREDDED CHEDDAR CHEESE



### Nutrition Facts

#### PER SERVING

SERVING SIZE ABOUT 1 1/3 CUPS

CALORIES 474

TOTAL FAT 12G

SATURATED FAT 5G

CHOLESTEROL 110MG

SODIUM 728MG

TOTAL CARBOHYDRATE 61G

DIETARY FIBER 5G

TOTAL SUGARS 4G

PROTEIN 30G

#### DIRECTIONS

**PREHEAT OVEN TO 375°F. COAT A 9-BY-13-INCH BAKING DISH WITH COOKING SPRAY. BRING A LARGE POT OF WATER TO A BOIL.**

**COOK NOODLES IN THE POT OF BOILING WATER ACCORDING TO PACKAGE INSTRUCTIONS. DRAIN AND RINSE UNDER COLD RUNNING WATER. TRANSFER TO A LARGE BOWL.**

**ADD MUSHROOM SOUP, TUNA, ONION AND PEAS TO THE NOODLES; STIR UNTIL COMBINED. SCRAPE THE MIXTURE INTO THE PREPARED BAKING DISH. COMBINE BREADCRUMBS AND CHEESE IN A MEDIUM BOWL; SPRINKLE OVER THE CASSEROLE.**

**BAKE UNTIL BUBBLY AND LIGHTLY BROWNED, 20 TO 25 MINUTES.**

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