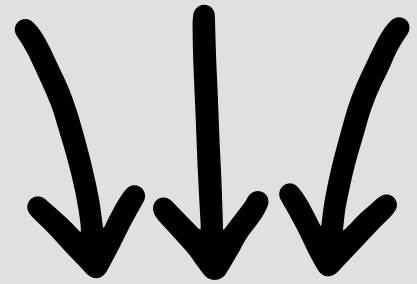




CARTER COUNTY

HEALTH CENTER

August IS



IMPORTANT DATES

08/02- CCHC's Back to School Fair 9am-12pm
08/15-VB Back to School Fair 4:30-6:30
08/15-EC Open House 3pm-6pm

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



*BOTH EAST CARTER AND VAN
BUREN SCHOOL'S FIRST DAY
BACK IS AUGUST 20TH!*





CARTER COUNTY

H E A L T H C E N T E R

PUBLIC HEALTH TIPS TO PREVENT ANIMAL BITES



CARTER COUNTY HAS SEEN AN INCREASE IN ANIMAL BITES THIS SUMMER

- 1. VACCINATE YOUR PETS FOR RABIES, AND GET THEIR BOOSTER DOSES ON SCHEDULE. FAMILY PETS CAN ALSO TRANSMIT RABIES IF THEY ARE INFECTED. SEEK MEDICAL ATTENTION IF YOU ARE BITTEN***
- 2. TEACH CHILDREN TO NEVER FEED OR TOUCH STRAY ANIMALS, EVEN IF THEY SEEM FRIENDLY OR TAME***
- 3. DO NOT TRY TO CARE FOR STRAY ANIMALS WHO APPEAR SICK, INJURED OR ORPHANED, AS THEY MAY CARRY DISEASES, INCLUDING RABIES. CONTACT YOUR LOCAL DEPARTMENT OF NATURAL RESOURCES OFFICE FOR ASSISTANCE.***



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



Missouri Department of Transportation

*THE CARTER COUNTY HEALTH CENTER IS
EXCITED TO ANNOUNCE THAT WE HAVE BEEN
SELECTED FOR A GRANT TO CONTINUE OUR
CAR SEAT/OCCUPANT SAFETY EFFORTS FOR
THE 2024/2025 CYCLE, AS PART OF THE
HIGHWAY SAFETY GRANT PROGRAM.*

*HEAVEN AND KAYLEE ARE
AVAILABLE MONDAY-
THURSDAY 730-530 FOR
ANY CAR SEAT QUESTIONS,
APPOINTMENTS, OR
NEEDS. PLEASE WALK IN
(NO APPOINTMENT
NEEDED) OR CALL 573-323-
4413*





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

Update on Our Emergency Operations Plan (EOP)

Why is an Emergency Operations Plan Important?

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We are pleased to announce the release of our updated Emergency Operations Plan for 2024. This vital document is designed to ensure our health department is prepared to respond swiftly and effectively to any public health emergencies that may impact our community. The plan outlines the strategies and procedures we'll implement to protect the health and safety of our residents during emergencies. By maintaining a comprehensive and up-to-date plan, we can better coordinate with local, state, and federal partners to address crises and minimize their impact on public health.

READ OUR FULL EOP [HERE](#)



CARTER COUNTY

HEALTH CENTER

August is Breastfeeding Awareness Month

Check our facebook page for updates on the winners of our breastfeeding awareness drawings! There will be one winner a day beginning August 1st through the 8th to celebrate breastfeeding and motherhood



*IF YOU MISSED THIS GIVEAWAY:
FOLLOW US ON FACEBOOK
FOR THE NEXT OPPORTUNITY*



BREASTFEEDING PEER COUNSELOR



Breanna Ross

Breanna is now
available Monday and
Wednesdays. Call
573.323.4413 to make
an appointment.



Have You Visited Us Recently?

We value your feedback so we can improve our community’s experience when utilizing our services: Please fill out our customer satisfaction survey by copy and pasting the website below into your browser or click [here](#)

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CARTER COUNTY

HEALTH CENTER

RECIPE OF THE MONTH

Hot-Honey Chicken & Pineapple Kebab

Ingredients

- 2 cups fresh pineapple chunks (1-inch), divided
- 1 1/2 tablespoons hot honey, plus more for garnish
- 1 1/2 tablespoons lower-sodium soy sauce
- 1 medium clove garlic, minced
- 1/2 teaspoon grated fresh ginger
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon salt, divided
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 medium sweet onions, cut into 8 wedges each
- 2 small multicolored bell peppers, cut into 1-inch pieces
- Chopped fresh cilantro for garnish (optional)
- Sesame seeds for garnish (optional)



Serving Size: 2 kebabs

Calories 277, Fat 6g, Saturated Fat 1g, Cholesterol 107mg, Carbohydrates 33g, Total Sugars 24g, Added Sugars 6g, Protein 25g, Fiber 3g, Sodium 483mg, Potassium 647mg

1. Place 2 tablespoons (about 2 chunks) pineapple on a cutting board and finely chop. Drag the flat side of a large knife back and forth over the chopped pineapple to form a paste. Transfer to a medium bowl; add hot honey, soy sauce, garlic, ginger, sesame oil and 1/8 teaspoon salt; whisk to combine. Transfer 1 tablespoon of the mixture to a small bowl and set aside.
2. Preheat grill to medium-high heat (400°F to 450°F). Thread chicken, onion wedges, bell pepper pieces and the remaining pineapple chunks onto 8 (12-inch) metal skewers.
3. Place the kebabs on oiled grates; grill, uncovered, turning occasionally and repositioning as needed to avoid hot spots and brushing with remaining hot honey mixture during final 2 minutes of cook time, until slightly charred and an instant-read thermometer inserted into the thickest portion of chicken registers 165°F, about 12 minutes.
4. Transfer the kebabs to a platter; brush with the reserved 1 tablespoon hot honey mixture and sprinkle with the remaining 1/8 teaspoon salt. Garnish with cilantro, sesame seeds and/or additional hot honey, if desired.