



# CARTER COUNTY

## HEALTH CENTER

# NOVEMBER



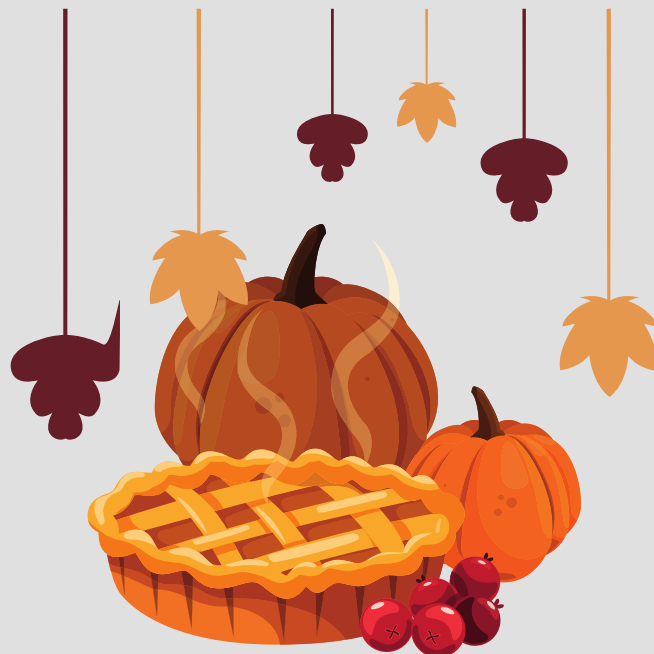
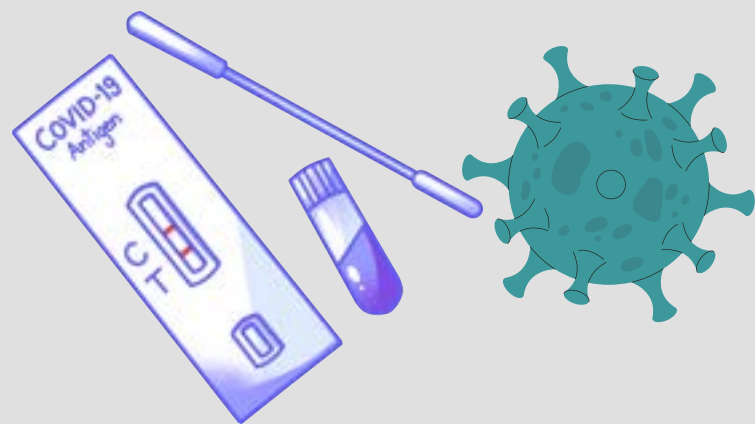
### IMPORTANT DATES

11/06-07 WIC OFFICE CLOSED  
11/11-CCHC CLOSED Veterans Day  
1/27-11/28- CCHC closed  
11/28-HAPPY THANKSGIVING!

### 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

*Have you had a positive home covid test? Report it [here](#)*



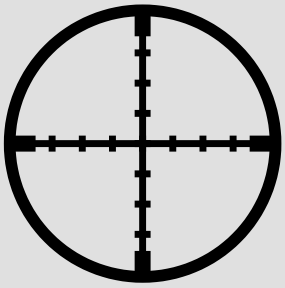


**CARTER COUNTY**  
H E A L T H C E N T E R

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# *HUNTER SAFETY TIPS*

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*Always assume that your firearm is loaded and treat it with the respect it deserves. Before heading out on a hunting trip, make sure you're familiar with your weapon and how it operates. Keep your finger off the trigger until you're ready to shoot, and never point your firearm at anything you don't intend to shoot.*



*it's important to wear clothing that is comfortable and appropriate for the weather conditions. Dress in layers to stay warm in cold weather, and wear clothing that is bright and visible to other hunters. Blaze orange is a popular choice for hunting clothing, as it can be easily seen by other hunters in the field.*



*Before using a tree stand, make sure it is properly installed and secure. Always wear a safety harness when using a tree stand, and never climb higher than the manufacturer's recommended height. Always inspect your tree stand before each use and replace any damaged or worn parts.*



*Carry a first-aid kit with you, and know how to use it. Make sure someone knows where you are and when you plan to return. Consider carrying a personal locator beacon or satellite phone in case of emergency.*



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# *Emergency Contraceptive Kits Now Available*



*Dental Dam also included*

*You can get these contraceptive kits anonymously in our foyer from the vending machine (without talking to a CCHC staff member) using the provided coupon. Everything in the machine is free.*





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# *WIC Update*

*Our WIC office will be closed on Wednesday  
November 6th-7th to attend the annual training in  
order to better serve our community*



*To avoid delays or benefit issues, please ensure you  
visit or call CCHC at 573-323-4413 prior to these  
dates as issues will not be able to be fixed until the  
following business day Tuesday, November 12th*

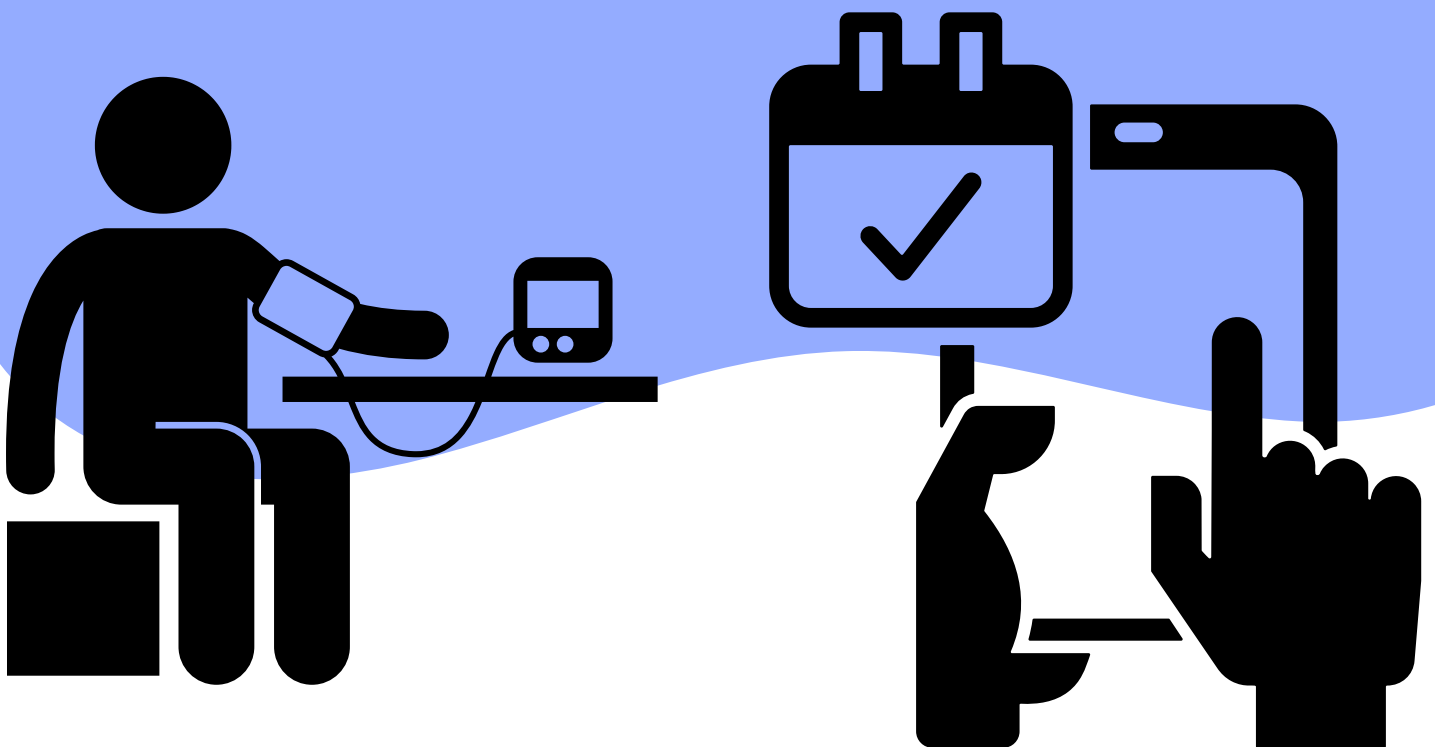


**CARTER COUNTY**  
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## *You Can Now Schedule Appointments Online*

*Click Here to Schedule an  
Appointment or go to our website  
[www.cartercountyhealth.org](http://www.cartercountyhealth.org) and  
click the “book appointment” tab*





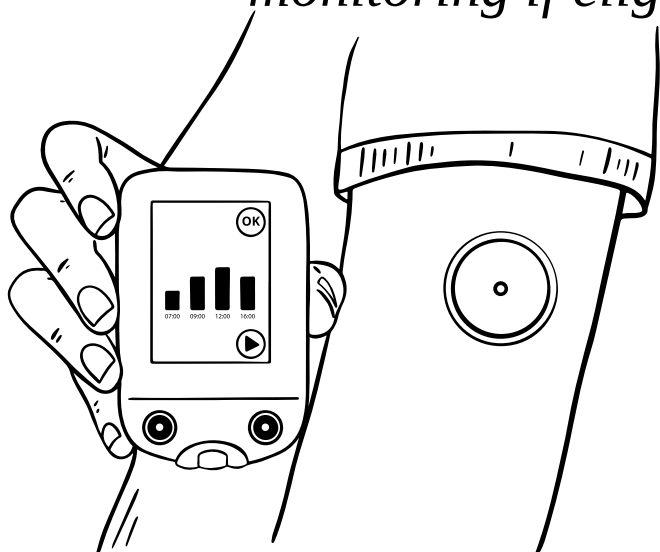


**CARTER COUNTY**  
H E A L T H C E N T E R

## *November is National Diabetes Awareness Month*

*Start your holiday season of right with getting your diabetes controlled with health education and HbA1c by our lifestyle coach and nurse, Heaven Gordon RN, BSN. Call 573-323-4413 if interested.*

*Partnering with Missouri Highlands Healthcare, CCHC is providing free diabetes education (and continuous glucose monitoring if eligible) for participants.*



**"THIS PROJECT IS/WAS SUPPORTED BY THE HEALTH RESOURCES AND SERVICES ADMINISTRATION (HRSA) OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) UNDER GRANT NUMBER D6049283 AND TITLE DELTA STATE RURAL DEVELOPMENT NETWORK GRANT PROGRAM (DELTA) FOR GRANT AMOUNT \$905,664. THIS INFORMATION OR CONTENT AND CONCLUSIONS ARE THOSE OF THE AUTHOR AND SHOULD NOT BE CONSTRUED AS THE OFFICIAL POSITION OR POLICY OF, NOR SHOULD ANY ENDORSEMENTS BE INFERRED BY HRSA, HHS OR THE U.S. GOVERNMENT."**



# CARTER COUNTY

## HEALTH CENTER

### LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

\*For more information about each type of turkey, visit [fsis.usda.gov](https://www.fsis.usda.gov).

#### 3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

**Refrigerator:**  
Safe to store the turkey for another 1 - 2 days in the refrigerator.  
This is the USDA recommended thawing method.

**How to thaw:**  
Allow approximately 24 hrs. for every 4-lbs of bird.

**Cold water:**  
Cook immediately after thawing.

**How to thaw:**  
Submerge the bird in cold water & change every 30 mins.

**Microwave:**  
Cook immediately after thawing.

**How to thaw:**  
Use defrost function based on weight.

For more information on safe thawing methods, visit [fsis.usda.gov](https://www.fsis.usda.gov)

**DID YOU KNOW!**

It's safe to cook a frozen turkey though cooking time will be 50% longer!

#### Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards **SHOULD ALSO BE WASHED**

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

**SO DON'T WASH YOUR TURKEY!!**

#### SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

#### COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature:

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

#### CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

**Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!**

FOR MORE INFORMATION:  
Visit [foodsafety.gov](https://www.foodsafety.gov)

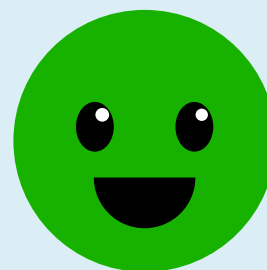
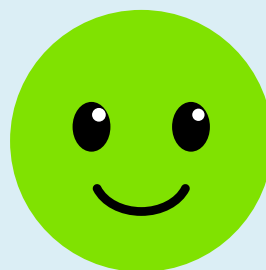
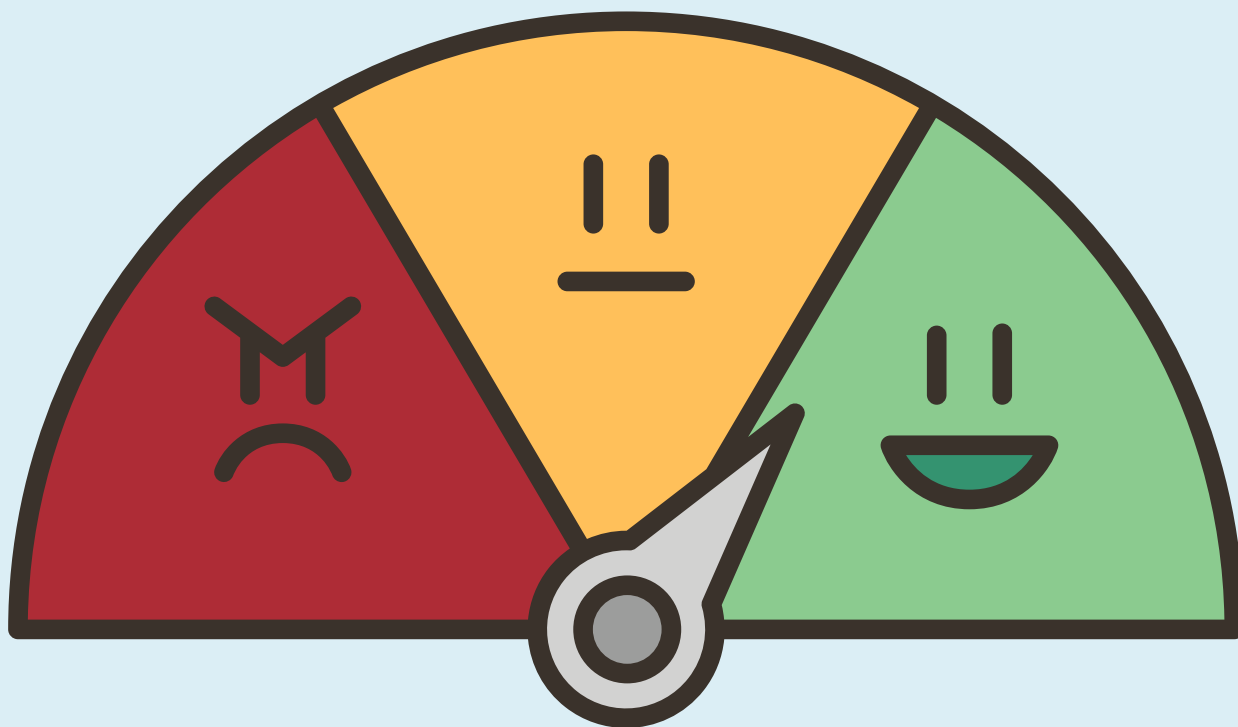
If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-APHISHOTLINE or visit [AskKaren.gov](https://www.AskKaren.gov). Visit [PreguntaleKaren.gov](https://www.PreguntaleKaren.gov) for questions in Spanish.



**CARTER COUNTY**  
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## *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 clicking [here](#)*







# CARTER COUNTY

## HEALTH CENTER

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## RECIPE OF THE MONTH

### Yeast Rolls

#### Ingredients

- 1/2 cup whole milk
- 1/2 cup granulated sugar
- 1/4 cup butter, melted
- 1 1/2 teaspoons salt
- 1/2 cup water (105 to 115 degrees)
- 2 packages active dry yeast
- 2 large eggs, lightly beaten
- 4 1/2 cups all-purpose flour, may need a little more



#### Instructions

***Place milk in a small saucepan and bring it just to a boil. Immediately remove from heat and stir in sugar, butter, and salt. Let cool to lukewarm. (You don't want it hotter than 115 degrees.)***

***Mix together warm water and yeast. I do this right in the glass measuring cup that I measure the water in. Let sit a few minutes.***

***Pour yeast mixture into the mixing bowl for your electric mixer. Add milk mixture, eggs, and 2 cups of flour. Beat with paddle attachment until mixed.***

***Beat in remaining 2 1/2 cups flour gradually. There is a chance you will need a little less than 4 1/2 cups of flour.***

***Next knead the dough. You can use the dough hook and the electric mixer. Beat with speed set to 2 for about 7 minutes.***

***Or you can knead the dough on a lightly floured surface for about 8 to 10 minutes.***

***I like to use the dough hook for about 5 minutes and then knead by hand for a few minutes.***

***Place dough in a buttered bowl. Turn the dough ball so it gets greased with butter on all sides. Cover bowl with a kitchen towel or plastic wrap and set in a warm place to rise for 1 hour.***

***Punch dough down. Divide dough into balls of about 2 to 3 tablespoons each. Place in a greased 9×13-inch pan. I do 5 rows with 4 in each roll. Cover and let rise 1 hour.***

***About 10 minutes before rolls are ready to bake, preheat oven to 375 degrees.***

***Bake for 20 to 25 minutes, or until golden brown on top. Brush tops of rolls with butter and serve.***

Click [here](#) for recipe link