



Community Health News

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Fall Calendar of Events

Food Safety Classes:

Call 466-2201 to enroll.
Select Friday's. Times vary.
Cost: \$10

September 4th:

Closed for Labor Day

September:

Flu vaccine time!

October 9th and 13th:

Closed for Columbus Day
and Apple Butter Makin' Days

October 13-15th:

Apple Butter Makin' Days

November 10th, 23rd and 24th:

Closed for Veteran's Day
and Thanksgiving

The Best Shot is a Flu Shot



Shorter days and cooler evenings are here, a sign that influenza (flu) season will be upon us soon.

Getting vaccinated is the best way to reduce the chances that you will get seasonal flu and spread it to others.

Everyone 6 months and older should get a flu vaccine each year. It takes about two weeks after vaccination for your body to develop protection against the flu. So, go ahead and take your best shot in the fight against flu! Protect yourself and your loved ones by getting your flu shots!

Reasons for Getting a Flu Vaccine

While how well the flu vaccine works can vary, there are clearly a lot of reasons to get a flu vaccine every year.

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like pregnant women, older adults, people with chronic health conditions and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- Flu vaccination also may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.

Vaccine Safety

A common misconception is that flu vaccines can give you the flu. They cannot. The most common side effects from a flu shot are soreness, redness and/or swelling where the shot was given, fever, and/or muscle aches. These side effects are NOT the flu. If you do experience any side effects, they are usually mild and short-lived, especially when compared to symptoms of a bad case of flu. In fact, flu vaccines are among the safest medical products in use. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of flu vaccines. CDC and the Food and Drug Administration (FDA) closely monitor the safety of vaccines approved for use in the United States.

The bottom line is that flu vaccines can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Isn't it worth a shot?

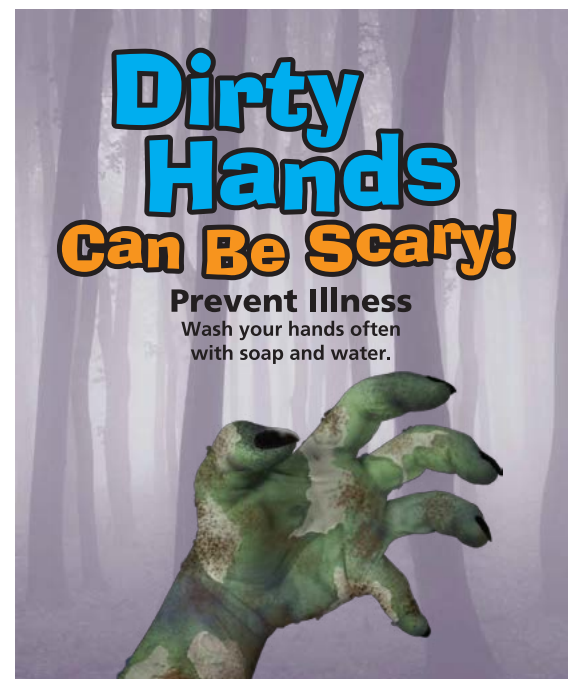
Dirty Hands Can Be SCARY!

A majority of the most dangerous infectious diseases can be reduced, and even prevented by simply washing your hands. Respiratory illnesses alone, can cause epidemics. In 2003, SARS (Severe Acute Respiratory Syndrome) presented itself in Asia, affecting roughly 8,000 people, and killing around 780.3,1 In the spring of 2009, the first cases of Swine Flu (H1N1) were reported, eventually leading to a pandemic threat, which caused global panic, and an estimated 60.8 million cases, and 12,469 deaths between 2009 and 2010.

"Researchers in London estimate that if everyone routinely washed their hands, a million deaths a year could be prevented."

The CDC recommends washing with soap and clean, running water to significantly reduce the amount of germs on a person, as well as preventing the spread of germs from one person to another. If soap and water are not available, alcohol-based hand-sanitizers can be used as an alternative method, but shouldn't be solely relied upon to remove all germs or chemicals.

The length of time recommended to effectively hand wash, is 20 seconds. Commonly missed portions of the hands consist of the thumbs, fingernails, and tops of the hands. To avoid recontamination, consider using a paper towel to turn off the faucet after washing.



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You and your family are fast asleep when the smoke alarm sounds: Do you know what to do?

Consider this scenario: It's 2 o'clock in the morning. You and your family are fast asleep when you awaken to the smoke alarm sounding and the smell of smoke. What do you do? If you and your family don't have a plan in place, it could jeopardize your safety, or even prove deadly.

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. That's why home escape planning is so critical in a fire situation. It ensures that everyone in the household knows how to use that small window of time wisely.

Developing and practicing a home escape plan is like building muscle memory. Pre-planning is what everyone will draw upon to snap into action and escape as quickly as possible in the event of a fire.

This year's Fire Prevention Week theme, "Every Second Counts: Plan 2 Ways Out!" works to better educate the public about the critical importance of developing a home escape plan and practicing it.

"Home escape planning is one of the most basic but fundamental elements of home fire safety, and can truly make the difference between life and death in a fire situation," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy.

In support of Fire Prevention Week, the Lawrence County Health Department encourages all households to develop a plan together and practice it. A home escape plan includes working smoke alarms on every level of the home, in every bedroom, and near all sleeping areas. It also includes two ways out of every room, usually a door and a window, with a clear path to an outside meeting place (like a tree, light pole, or mailbox) that's a safe distance from the home.

Here are additional tips and recommendations for developing and practicing a home escape plan:

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice

using different ways out.

- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave — this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

Halloween Safety Tips

S - Swords, knives, and other costume accessories should be short, soft, and flexible.

A - Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F - Fasten reflective tape to costumes and bags to help drivers see you.

E - Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H - Hold a flashlight while trick-or-treating to help you see and others see you. WALK and don't run from house to house.

A - Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L - Look both ways before crossing the street. Use crosswalks wherever possible.

L - Lower your risk for serious eye injury by not wearing decorative contact lenses.

O - Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

W - Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E - Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E - Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

N - Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Healthy Recipe Of The Month



Tuna with Jalapeño Sour Cream

Tuna, like other fish, is a good source of omega-3 fatty acids. But limit your intake of tuna and other large fish like tile fish and shark, which have high contents of mercury.

Ingredients

- 1/2 cup reduced-fat sour cream
- 1 jalapeño pepper, seeded and finely chopped
- 1 tablespoon fresh lime juice (1/2 lime)
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- 4 (6-ounce) tuna steaks (about 1 inch thick)
- Cooking spray

How to Make It

Step 1

Combine first 5 ingredients; set aside.

Step 2

Combine chili powder and 1/4 teaspoon salt. Rub tuna with chili powder mixture; coat with cooking spray. Place a large nonstick skillet over medium-high heat until hot; add tuna. Cook 3 minutes on each side or until desired degree of doneness. Serve with sour cream mixture.

Calories per serving 239

Calories from fat per serving 21%

Fat per serving 5.7g

Saturated fat per serving 2.8g

Monounsaturated fat per serving 0.3g

Polyunsaturated fat per serving 0.6g

Protein per serving 41.5g

Carbohydrate per serving 3.6g

Fiber per serving 0.9g

Cholesterol per serving 92mg

Iron per serving 1.6mg

Sodium per serving 396mg

Calcium per serving 85mg

Daylight Savings November 5th: Don't Forget to "Fall Back"



Check or replace carbon monoxide batteries twice a year: when you change the time on your clocks each spring and fall.

Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.