

# June Newsletter

Butler County Health Department



## June Events



**PrEP Clinic @ Butler County Health Department on 6/1 from 8am - 3pm**



**Play in the Park @ Bacon Park on 6/1 from 9am - 12pm**



**Evening Covid vaccination clinic @ Butler County Health Department on 6/4 from 5pm - 7pm**



**Narcan Training @ Butler County Health Department on 6/27 from 12pm - 1pm**



**WIC Clinic @ Butler County Health Department on 6/29 from 8am - 6:30pm**



**We will be closed on Monday, June 19th for Juneteenth.**

## June Dates

- June 2nd - National Donut Day
- June 5th - World Environment Day
- June 7th - Global Running Day
- June 11th - National Children's Day
- June 14th - World Blood Donor Day
- June 18th - Father's Day
- June 19th - Juneteenth
- June 27th - National HIV Testing Day





# Fruit 'N' Yogurt Swirl Pops



## Ingredients

- 1 lb. fresh or frozen fruit
- 2 tbsp. granulated sugar (only if using fresh fruit)
- 2 c. vanilla yogurt
- Ice pop molds (see Note)
- 10 ice pop sticks

## Directions

1. Using a food processor, purée the fruit (and sugar, if using fresh fruit) until smooth. Pour into a resealable bag or squeeze bottle.
2. Spoon the yogurt into a resealable bag or squeeze bottle. If using resealable bags, snip off a corner from each. Alternately squeeze the yogurt and purée into the molds to create swirls. Insert sticks according to directions and freeze overnight.



## Our Services

- Women's wellness exams
- Birth control counseling and education
- Preconception care
- Pregnancy testing/counseling
- HIV screening
- STD/STI testing and treatment
- WIC services
- Health education
- Weekly Covid testing
- Weekly Covid vaccinations
- Flu vaccinations



Birth control methods include IUDs and implants, Depo-Provera (the shot), birth control pills, female and male condoms, abstinence education, and fertility awareness based methods (natural family planning).

## Community Health Outreach Event Recap

The Butler County Health Department wanted to thank all of the vendors who took the time to set up at this event. Despite the weather, more than one-hundred community members were in attendance. The purpose of this event was to provide services and address the needs of community members, in which the event was a success. Again, thank you to everyone who helped with this event. We are looking forward to hosting another outreach event next year!





# Play in the Park

Come play in the park on June 1st from 9am - 12pm! Sidewalk chalk, scooter boards, hula hoops, jump ropes, and frisbees will be provided. This event is sponsored by the Butler County Health Department and Building Communities for Better Health. For information, contact Mary Tolliver at 573-785-8478 ext. 227.



## More Program Information

### Safe Cribs for Missouri Program

The Safe Cribs for Missouri Program is a provider of last resort for clients who have no full size or portable crib and no other resource for obtaining one. The program requires clients to participate in two individual safe sleep educational sessions provided by the health department. The first session is conducted prior to the client receiving the crib and typically takes place in the office. This session teaches the client about safe sleeping environments for infants. The second session is a follow-up session to assess the use of the crib and typically takes place over the phone. There are eligibility requirements regarding obtaining a crib.

### Communicable Disease Surveillance and Reporting

Missouri has 116 reportable communicable diseases such as tuberculosis, measles, whooping cough, hepatitis, and meningitis. Local health care providers are required to report such diseases to the Health Department. A Public Health Nurse and Environmental Public Health Specialists investigate and follow up on reported communicable diseases in order to identify the origin of the disease, control the further spread, and prevent a recurrence. Diseases like hepatitis, measles, salmonella, tuberculosis, brucellosis, rabies, meningitis and many more are reported to our agency. BCHD provides follow-up on contacts (family or friends) of these patients, and provides some services for the patients themselves.

### Show Me Healthy Women Program

Show Me Healthy Women (SMHW) began in 1992, and is Missouri's implementation of the National Breast and Cervical Cancer Early Detection Program (NBCCEDP). It provides free breast and cervical cancer screenings throughout Missouri, for women meeting certain age, income, and insurance guidelines. SMHW is funded by the Centers for Disease Control and Prevention (CDC) and several national, regional, and local partner organizations. The Butler County Health Department offers services as part of the Show Me Healthy Women program which include, clinical breast exams(CBE), screening mammograms for women age 50-64 (target population), screening mammograms for women 40-49 using alternate funds, if available, pap tests, pelvic exams, specialist consultation (breast and cervical), and diagnostic mammograms.

### STD/HIV Prevention Education

The STD/HIV Prevention Program focuses on helping people understand their risk for STD/HIV infection and reduces their risk for becoming infected or infecting others. Social marketing is an important part of all STD/HIV prevention, and is accomplished by gaining an understanding of how and why target audiences behave as they do, convincing individuals to exchange unhealthy behaviors for healthy ones by showing the benefits of change and strategic management of prevention programs. This is accomplished through various programs offered by BCHD. These programs include STD/HIV Health Education/Risk Reduction, Community Education, Community Planning, and Early Intervention.



# Covid Update

The Butler County Health Department is offering rapid testing every Wednesday by appointment only. To set up an appointment please visit: [butlercountyhealth.org](https://butlercountyhealth.org)

The Butler County Health Department offers Covid vaccinations every Friday from 8am - 3:30pm. Late night clinics are available once a month from 5pm - 7pm. Please call 573-785-8478 to schedule an appointment. The following vaccinations are currently being provided by the health department:

- The Pfizer vaccine is available (1st and 2nd dose).
- Bivalent boosters are available.
- The Novavax vaccine is available to ages 12y and older, however, there are no boosters available for this vaccine at this time.



The Butler County Health Department currently has a Narcan vending machine available in the lobby. Narcan located in the vending machine is free of charge and there is no training or identification required. There are vouchers and Narcan instruction sheets on the wall to the right of the machine.

Narcan is a potentially lifesaving medication designed to help reverse the effects of an opioid overdose in minutes. Since most opioid overdoses occur in the home and are most often witnessed, having a Narcan rescue kit nearby can make all the difference.



Missouri is home to a large population of ticks, which means tick-borne diseases can pose an increased risk for individuals who work or play outside. At least six different types of tick-borne diseases have been reported in Missouri residents; these diseases include Rocky Mountain Spotted Fever, Ehrlichiosis, Tularemia, Lyme disease, and disease caused by Heartland and Bourbon virus. The majority of cases occur during the months of May, June, and July. Symptoms of each disease typically includes headache, sudden fever, and body aches. Symptoms can begin within two weeks of being bitten by an infected tick. Not all ticks are infected, therefore, a tick bite does not necessarily mean you will get a disease. Taking precautions such as using insect repellent, wearing protective clothing, avoiding infested areas, and checking for ticks after being outdoors reduces the chance for tick-borne diseases.

The health department is accepting book donations for the Little Red Bookshelf Program. This program allows children who visit the health department to take a book from the bookshelf home with them. Any donations would be greatly appreciated! Simply drop any donations off at the front desk of the health department.





LGBT Pride Month is a month, typically June, dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender (LGBT) pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969, and has since spread outside of the United States. Modern-day Pride Month both honors the movement for LGBT rights and celebrates LGBT culture.



## Community Garden



Our community garden is back for the season! We currently have cucumbers, lettuce, ruby red chard, carrots, radishes, zucchini, yellow squash, tomatoes, bell peppers, okra, and egg plant growing in the garden. Additionally, we have mixed greens, kale, ruby red swiss chard, romaine cimmaron, rainbow chard, swiss chard, lettuce, oregano, cilantro, basil, and dill growing in our indoor tower garden. Once all of these veggies are ready, they will be available in our lobby for community members to take home.



- BCHD Departments
- Women, Infants, and Children (WIC)
  - Environment Health Specialists
  - Public Health Clinic
  - Health Education
  - Children and Youth with Special Healthcare Needs
  - HIV Case Management
  - HIV/STD Prevention

*"Public health depends on winning over hearts and minds. It's not enough to just have a good policy. You have to convince people to actually follow it." - Leana S. Wen*





# Juneteenth Freedom Day

“Every June 19th is an opportunity for us to continue the momentum of memory, and the parade and the self-determination movements.”

