



CARTER COUNTY
HEALTH CENTER

DECEMBER NEWSLETTER

Our Services

Women's wellness exams

Pregnancy testing/counseling

STD/STI testing and treatment

WIC services

Health education

Covid testing

Immunizations (including covid+flu)

Food Service Inspections

Vital Records

December Dates

12/1 WORLD AIDS Day

12/3 International Day of
Persons with disabilities

12/3 Van Buren's Festival of
lights

12/12 International Universal
Health Coverage day

12/13 Diabetes Class at
CCHC-5pm

12/21 First day of Winter

12/25 Christmas Day

DID YOU KNOW?

You can visit our website for the following:

- For up-to-date reports on Communicable diseases in our area
- Submit a food service complaint for our inspector
- Report a home COVID-19 test

<https://cartercountyhealth.org/>



December is Safe Toys Awareness Month

Be sure to inspect toys your child has received. Check them for age, skill level and developmental appropriateness before allowing them to be played with

Look for labels that assure you the toys have passed a safety inspection- "ATSM" means the toy has met the American Society for Testing and Materials standards.



Seasonal Affective Disorder Awareness

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons. SAD begins and ends at about the same times every year

Possible Symptoms: Sadness, Irritability, Avoiding Social Activity, Sleeping more, Lack of Energy

CCHC is half way done with our first diabetes education class. It's not too late to join, the next class is December 13th at 5pm. Refreshments provided. Topics include: Blood sugar monitoring, healthy eating, recipes, etc. Call Heaven at 573-323-4413 with any questions. Individual instruction/meetings available

