



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

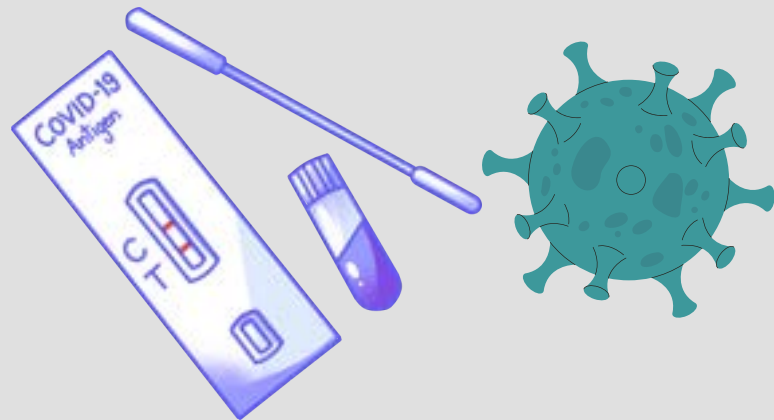
10/05-Fall Festival and River Jam in VB
10/10-Drive Thru Flu + Covid Clinic at CCHC
9am-2pm
10/14-CCHC closed Columbus Day
10/17- Flu clinic East Carter R-2
10/28-Diabetes Education at CCHC 5 pm
10/31- Trunk or Treat VB Riverfront 5pm -7pm



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

Home Covid-19 Tests Available Here for *FREE*



**DRIVE THRU FLU AND COVID
VACCINE CLINIC OCT 10TH 9AM-2PM
AT CCHC**



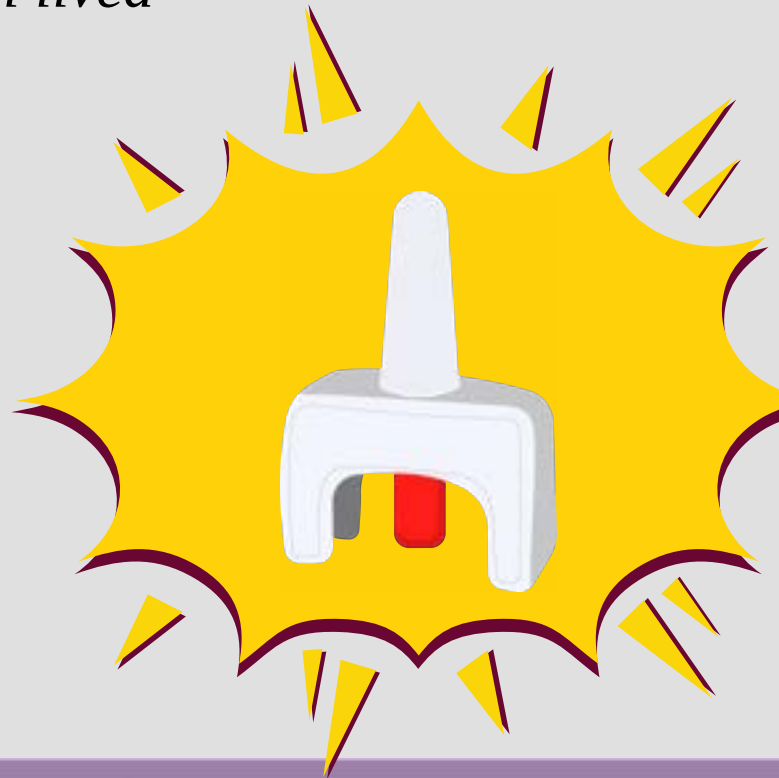


CARTER COUNTY
H E A L T H C E N T E R

2023 Drug Overdose Death Report

This report is now available [here](#). The data comes from the Missouri department of Health and Senior Services (DHSS) and includes overdose deaths based on the location where the individual lived

Reminder: the Carter County Health Center provides NARCAN free of charge and can be picked up by using our vending machine in the foyer without talking to an employee if one wishes for anonymity.



Missouri Statewide

1948

people lost their lives to a drug overdose in 2023.



This is an **11% decrease** compared to 2022.



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

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.



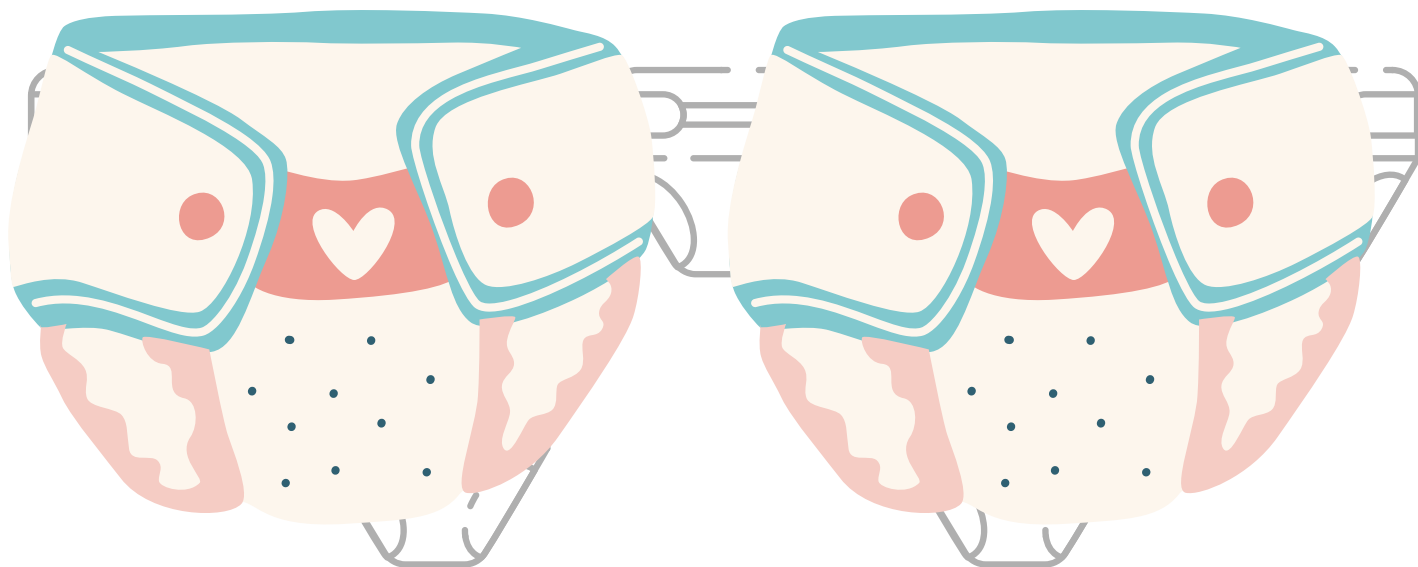


CARTER COUNTY

HEALTH CENTER

Due to budget cuts and an increased need at diaper bank of the Ozarks, Carter County Health Center will no longer be able to participate in this program. We apologize to our community. Once we run out of our current diaper stash, we will not have anymore

We are honored to have been included in the Diaper Bank of the Ozarks mission for over seven years

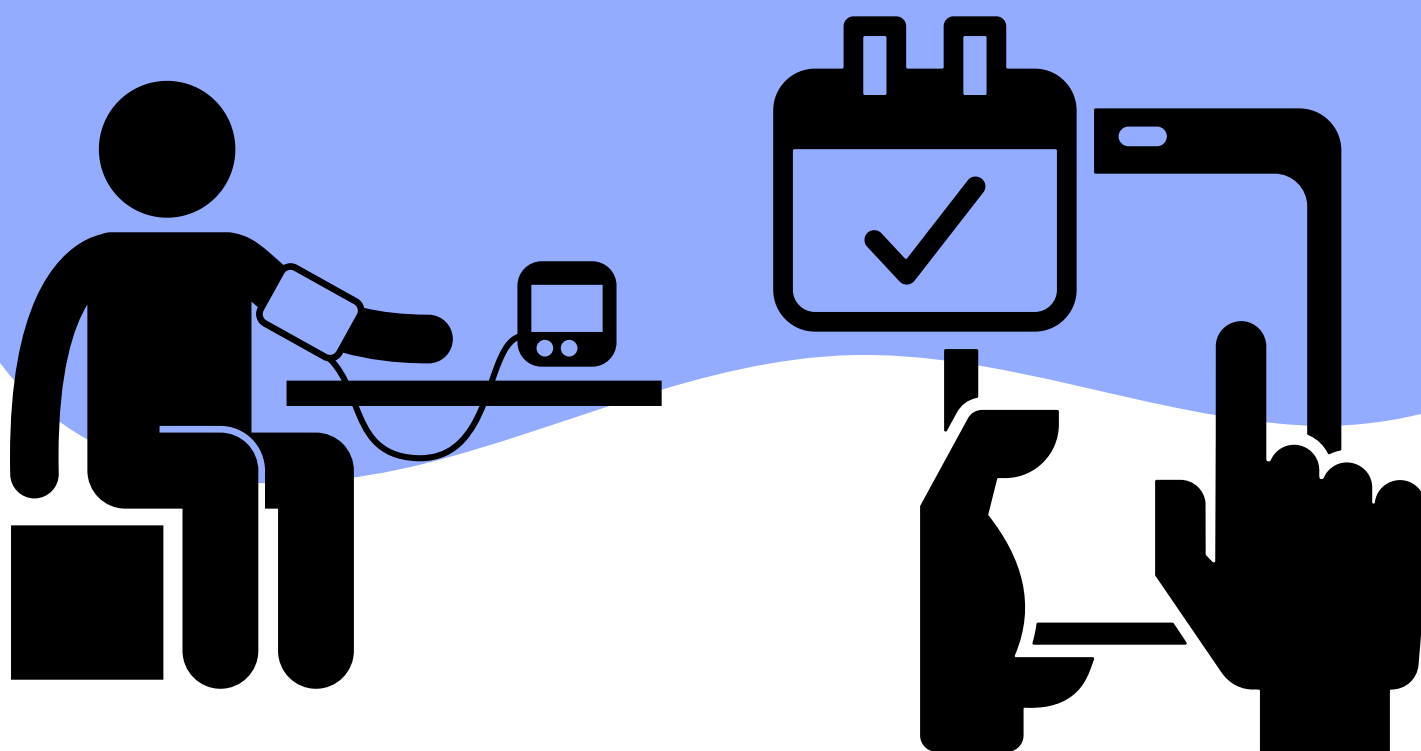




CARTER COUNTY
H E A L T H C E N T E R

You Can Now Schedule Appointments Online

*Click Here to Schedule an
Appointment or go to our website
www.cartercountyhealth.org and
click the “book appointment” tab*





CARTER COUNTY

HEALTH CENTER

We would like to congratulate and thank Heather for her 30 years of service to the Carter County Health Center!



Heather has worked as the office assistant and the VFC coordinator, greeting all community members with a smile when they visit CCHC



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



Halloween safety tips for pedestrians

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Decorate costumes and bags with reflective tape or stickers



Make sure your child's costume is the right size - to prevent falls and trips



Make sure drivers see you first, establish eye contact/wave before crossing the street



Watch for cars turning or pulling out of driveways and don't cross between parked cars



Accompany children younger than 12 and if your older children are going alone make sure you review the route



Eliminate distractions, keep your head up, and be alert

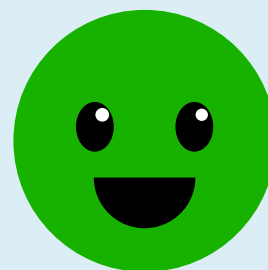
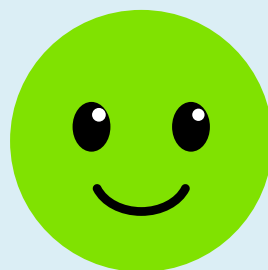
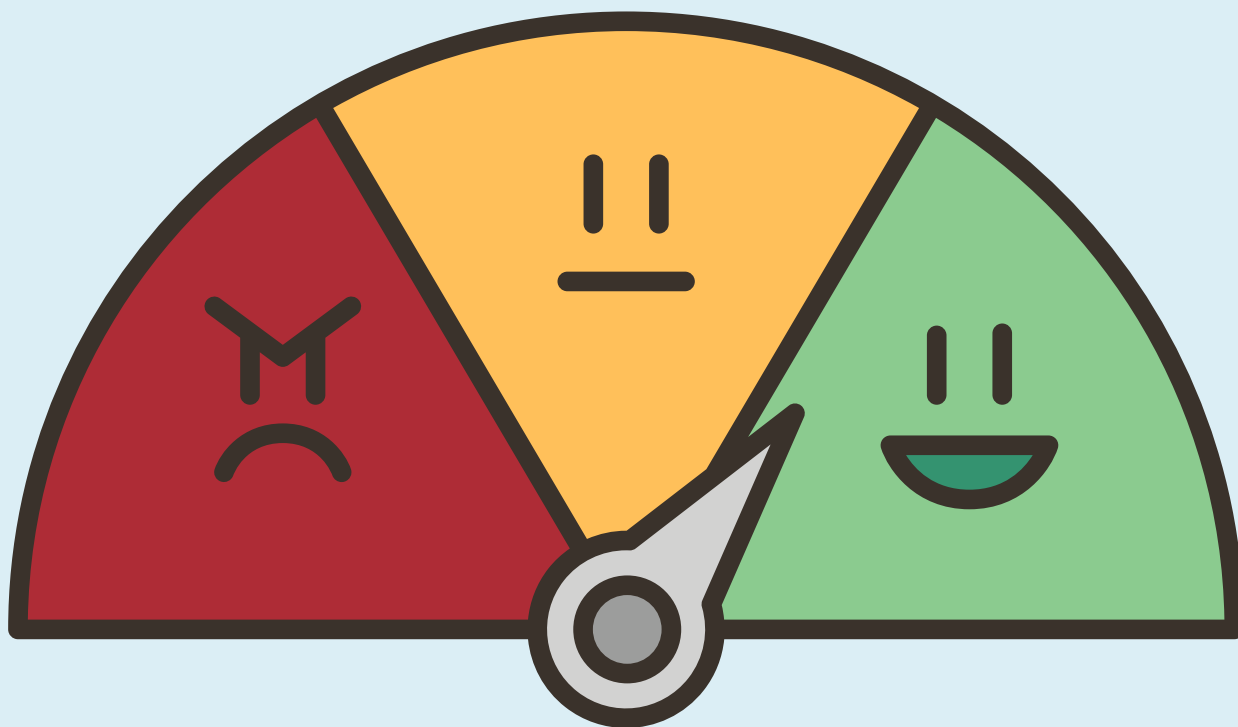




CARTER COUNTY
H E A L T H C E N T E R

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

RECIPE OF THE MONTH

Cheesy Spinach-&-Artichoke Stuffed Spaghetti Squash

Ingredients

1 (2 1/2 to 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
3 tablespoons water, divided
1 (5 ounce) package baby spinach
1 (10 ounce) package frozen artichoke hearts, thawed and chopped
4 ounces reduced-fat cream cheese, cubed and softened
1/2 cup grated Parmesan cheese, divided
1/4 teaspoon salt
1/4 teaspoon ground pepper
Crushed red pepper & chopped fresh basil for garnish



Nutrition Facts (per serving)

Serving size 1 and 1/4th cup

223 Calories

11g Fat

23g Carbs

10g Protein

Directions

1. **Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400 degrees F until tender, 40 to 50 minutes.)**
2. **Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl.**
3. **Position rack in upper third of oven; preheat broiler.**
4. **Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, 1/4 cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining 1/4 cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.**