



# CARTER COUNTY

## HEALTH CENTER

# May



*Keep reading  
for a Measles  
update!*



### IMPORTANT DATES

**May is Mental Health  
Awareness Month**



**05/05- Cinco de Mayo**

**05/08- Truman Day- CLOSED**

**05/11- Mother's Day**

**05/26- Memorial Day- CLOSED**

## 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**

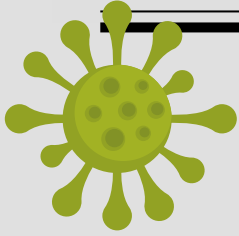
**Health Education/Promotion**

**Swimsuit Safety  
in this issue**

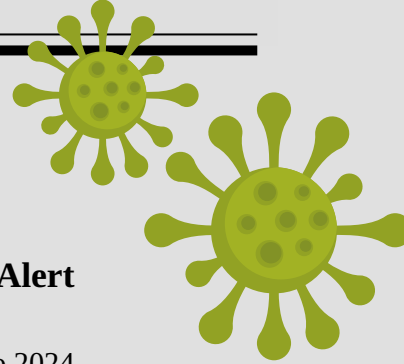




# CARTER COUNTY HEALTH CENTER



## MEASLES UPDATE



### Measles Update: **Rising Cases Nationally and a Missouri Alert**

#### National Situation

- As of mid-April 2025, the U.S. has reported 800 measles cases — a 180% increase compared to 2024.
- The majority of cases (82%) are linked to a large outbreak in New Mexico, Oklahoma, and Texas, mostly among unvaccinated communities.
- Three deaths and 85 hospitalizations have been reported nationwide.
- 96% of those infected were unvaccinated or had unknown vaccination status.
- International travel continues to be a major source of imported measles cases.

#### Missouri Alert

- The Missouri Department of Health and Senior Services (DHSS) confirmed a measles case in a traveler who visited Missouri in April 2025.
- The traveler passed through several public locations while infectious. Public exposure notifications have been issued, and local public health authorities are actively monitoring and responding.
- Fortunately, no secondary cases have been reported in Missouri as of now, but ongoing vigilance is crucial.

[Read the Missouri DHSS News Release](#)

#### What Healthcare Providers, Schools, and Businesses Should Know

- Measles spreads easily through coughing and sneezing and can linger in the air for up to two hours after an infected person leaves.
- Symptoms typically appear 7–14 days after exposure and include:
  - High fever
  - Cough
  - Runny nose
  - Red, watery eyes
  - Rash that starts on the face and spreads downward
- If measles is suspected in a patient:
  - Immediately isolate the patient (preferably in an airborne infection isolation room [AIIR]).
  - Report the case to your local health department immediately.
  - Do not allow patients suspected of measles to remain in waiting rooms or other communal spaces.

[CDC: Stay Alert for Measles Cases – Clinical Overview for Healthcare Providers](#)

#### Action Steps for Our Community Partners

- Check MMR vaccination status for staff, students, and clients.
- Encourage up-to-date MMR vaccination, especially before international travel.
- Educate your teams about measles symptoms and response procedures.
- Partner with public health for rapid response if exposure occurs.

**Reminder:** Two doses of the MMR vaccine are about 97% effective at preventing measles.



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

## *Sun and Water Safety*

*People should avoid swimsuits in light blue, gray, or green as they can blend with the water and pool surroundings, making it difficult to spot a child. We recommend bright and contrasting colors such as neon yellow, orange, pink, and bright red.*



IN THE RIVER  
**SWIMWEAR SAFETY**  
IN THE POOL



## *Sun Safety Tips!*

1. Check the UV index before you go.
2. Apply --reapply--sunscreen.
3. Seek shade.
4. Wear sunglasses/wide-brim hat.
5. Wear protective clothing when working long hours in the sun.





# CARTER COUNTY

## HEALTH CENTER

### *PHAB Update*

PHAB accreditation recognizes health departments that meet national standards for quality and performance.

Accreditation helps CCHC better serve our community through continuous quality improvement, greater accountability, and stronger partnerships.



*Carter County Health Center (CCHC) is getting closer than ever to achieving Public Health Accreditation Board (PHAB) accreditation!*

- *Site Visit Scheduled:*
  - *July 22, 2025: Virtual meeting with CCHC's internal accreditation team.*
  - *July 28, 2025: In-person visit at CCHC with staff, Board of Directors, and community partners.*

#### *Community Partner Opportunity*

*If you have collaborated with CCHC on public health initiatives, programs, or projects, we would love for you to participate during the on-site visit on July 28. Your partnership has been critical to our success, and your presence would help demonstrate the strong community collaboration that strengthens public health in Carter County.*

*Interested?*

*Please contact Michelle Walker at [mwalker@cartercountyhealth.org] to learn more or to confirm your participation.*



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

# Welcome



*Henry Gordon*  
*April 11, 2025*



*Congratulations Heaven and family on  
their new addition, baby Henry!*



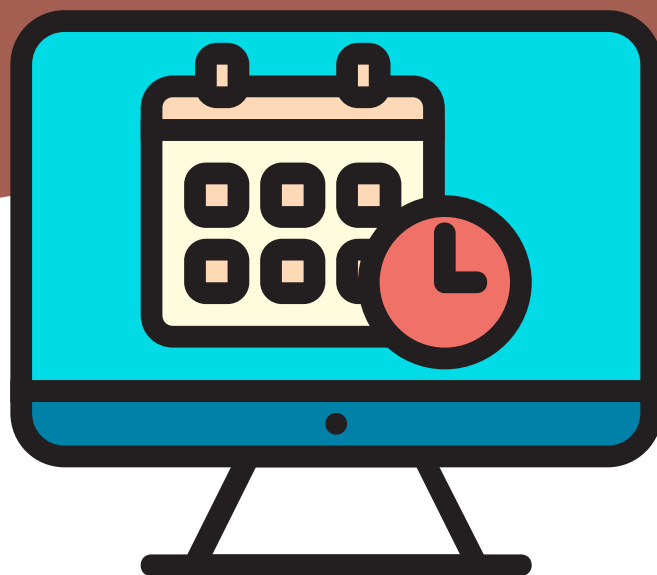


**CARTER COUNTY**  
H E A L T H C E N T E R

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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

## ***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

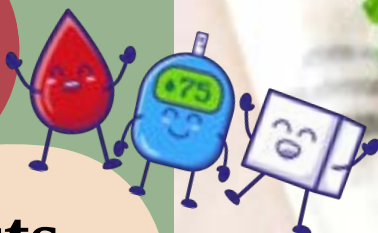
### Banana Chocolate “Ice Cream”

yum!

#### Ingredients

- 2 medium bananas
- 1/3 cup skim milk
- 2 tbsp cocoa powder
- 1 cup whipped topping (fat-free)

Diabetes  
Friendly!



#### Nutrition facts

Calories: 80

Carbs: 18g

Protein: 1g

Fat: 0g

Saturated Fat: 0g

Fiber: 2g

Sugar: 8g

#### Directions

1. Peel bananas and slice them into 1/4 inch coins. Place in a bowl and freeze for at least two hours
2. Once bananas are frozen, add the bananas, milk and cocoa powder to a blender and blend until smooth
3. Fold in the whipped topping
4. Place mixture in a freezer-safe container and freeze for at least 30 minutes
5. Scoop into 1/2 cup scoops and serve

