

April Newsletter

April Events

April 2nd: Evening Covid
Vaccination Clinic Friday 5
pm-7 pm @ BCHD

April 5th: PrEP clinic
Thursday 8 am- 3 pm @ BCHD

April 18th: Evening flu clinic
5 pm-6 pm @ BCHD

April 25th: WIC Clinic 8 am-
6:30 pm @ BCHD

April 30th: Narcan Training
12 pm-1 pm @ BCHD

April Dates

April 1st: April Fools Day

April 3rd: National Walking Day

April 9th: National Library
Workers Day

April 14th: International Moment
of Laughter Day

April 16th: National Stress
Awareness Day

April 20th: Volunteer Recognition
Day

April 21st: Earth Day (U.S.)

April 29th: National Shrimp Scampi
Day

Butler County Health
Department

Air Fryer Mozzarella Sticks

Ingredients

- 8 mozzarella string cheese sticks
- 3 large eggs
- 1 tbsp. water
- 1/2 c. breadcrumbs
- 1/2 c. panko breadcrumbs
- 1 tsp. Italian seasoning blend
- 1/4 tsp. garlic powder
- 1/4 tsp. smoked paprika
- 1/3 c. all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- Nonstick cooking spray
- Marinara sauce, to serve
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Method

1. Cut the cheese sticks in half, crosswise. Set aside.
2. In a small bowl, whisk together the eggs and water. In another small bowl, combine the breadcrumbs, panko, Italian seasoning, garlic powder, and smoked paprika, stirring well. In a third bowl, combine the flour, salt, and pepper, stirring well.
3. Dip each of the cheese sticks into the egg mixture, then dredge in the flour mixture. Dip back into the eggs, then dredge in the breadcrumb mixture, pressing to coat well.
4. Place the sticks on a small parchment-lined baking sheet. Freeze for 30 minutes. After 30 minutes, dip each of the sticks back into the eggs, then dredge in the breadcrumb mixture, pressing to coat well. Freeze for 30 minutes more.
5. Preheat the air fryer to 390°F, if required. Spray the fryer basket with cooking spray. Generously coat the frozen sticks with cooking spray. Working in 2 batches, place the sticks in the basket in a single layer. Cook for 6 to 7 minutes or until browned and crispy. (Keep an eye on them so they do not overcook or the cheese will start to bubble out.)
6. Serve immediately with warm marinara sauce.

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, Internal and external condoms, abstinence education, and fertility awareness-based methods (natural family planning).

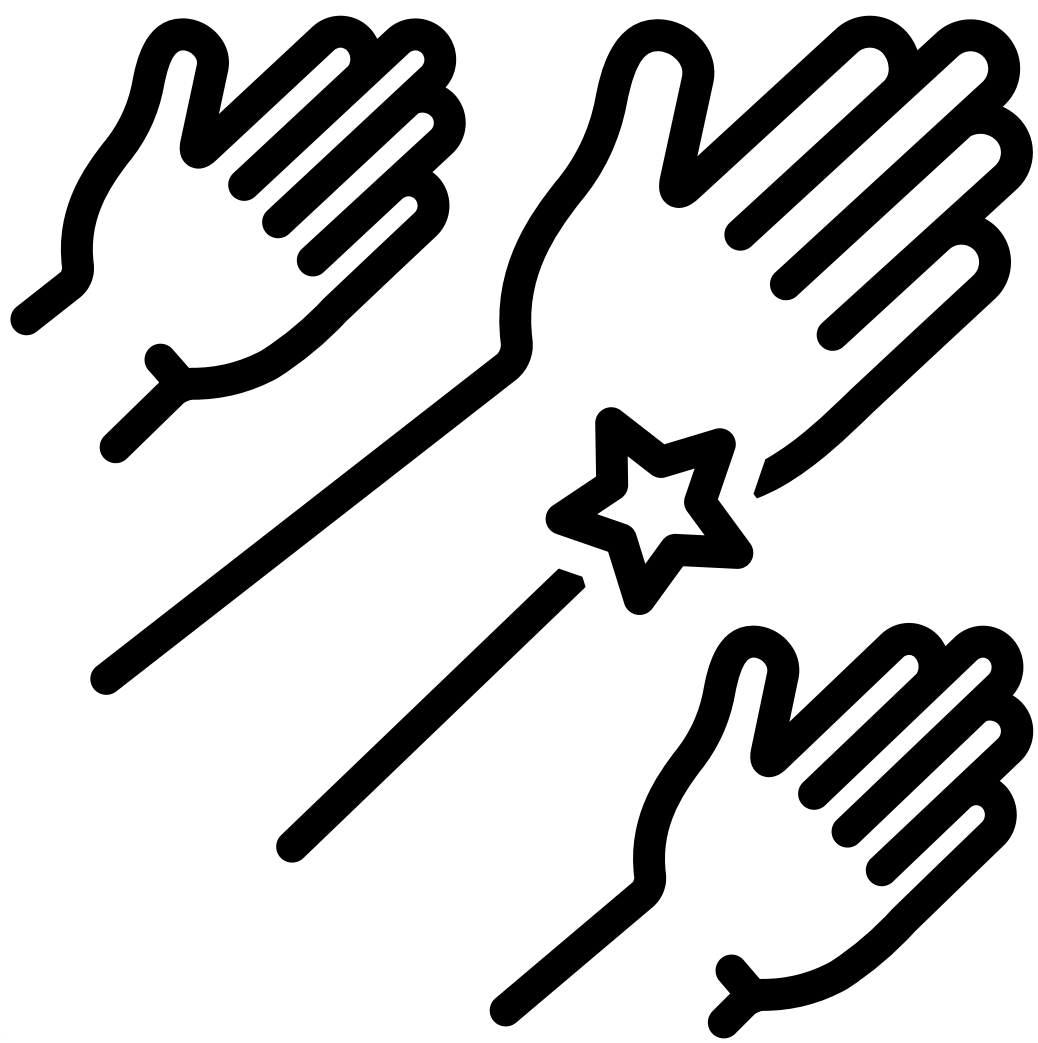
Little Red Bookshelf Program

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.



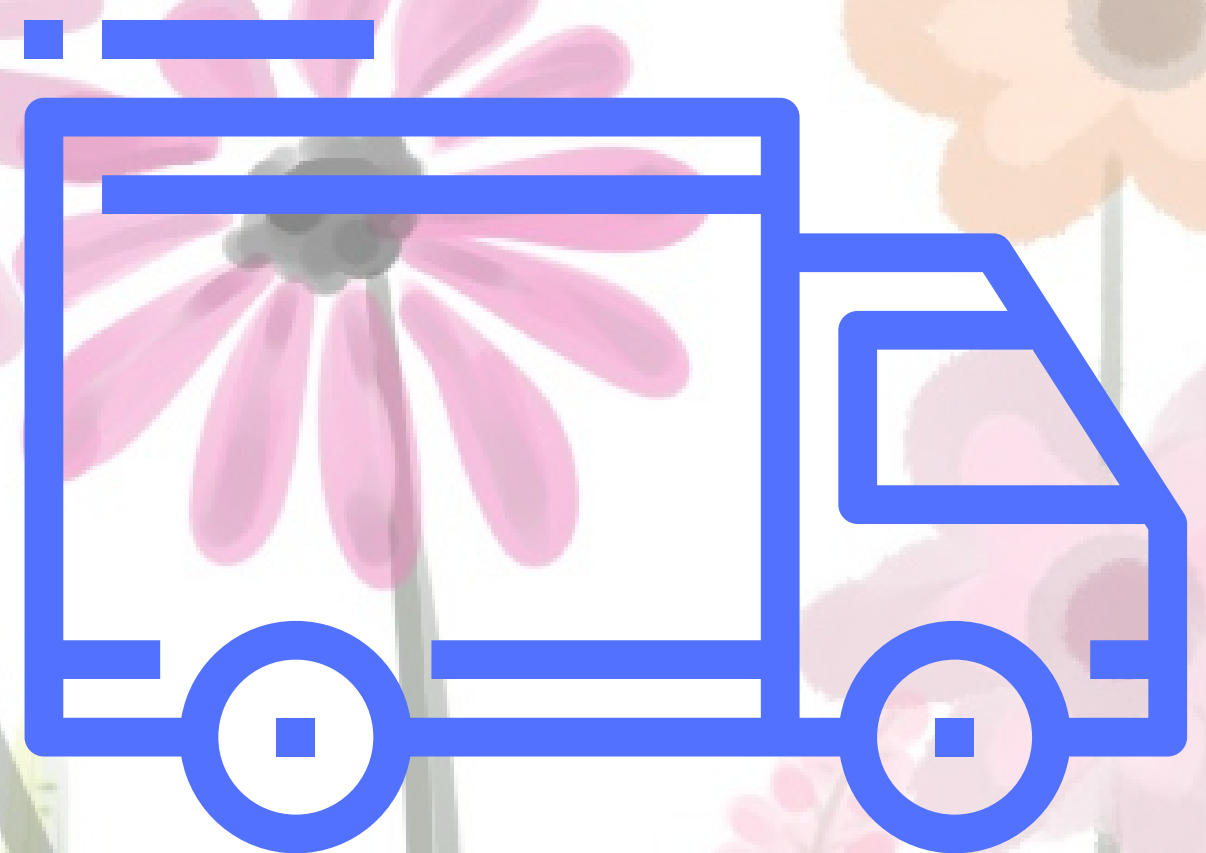
Community Outreach Day

The Butler County Health Department will host a community outreach event on May 17th from 9-12. We will have multiple vendors attending including SEMO foodbank handing out food. We will also be having giveaways with prizes available.



Mobile Unit

The Butler County Health Department has acquired a new mobile unit. We plan to use the unit for immunizations, STI/HIV testing and treatment, and future WIC services.



Covid Update



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

- 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.

Narcan Availability

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.



Additional Program Information

Children and Youth with Special Health Care Needs Program (CYSHCN)

The CYSHCN Program provides assistance statewide for individuals from birth to age 21 who have or are at increased risk for a medical condition that may hinder their normal physical growth and development and who require more medical services than children and youth generally. The program focuses on early identification and service coordination for individuals who meet medical eligibility guidelines. As payer of last resort, the CYSHCN Program provides limited funding for medically necessary diagnostic and treatment services for individuals whose families also meet financial eligibility guidelines.

Health Education

The Butler County Health Department is staffed with full time Health Educators who serve as resources for a variety of health education, information and speakers. Our health educators promote health and wellness to Butler County. Health Educators are available to speak on a variety of health-related topics at any civic, community or school-related event. Curriculum for all age groups on the following topics is available through our Health Education Department: nutrition, physical activity, child care health consultation, abstinence based education, chronic disease prevention, heart disease and stroke, tobacco use prevention/cessation, clean indoor air, and other topics upon request.

Immunizations

The Butler County Health Department offers childhood immunizations to members of the community. Some of the vaccinations may only be administered to children, however, some are available to adults as well. Immunity is the body's way of preventing disease. The diseases that immunity prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease. Immunizing helps to protect the health of our community, especially those people who cannot be immunized (children who are too young to be vaccinated, or those who can't receive certain vaccines for medical reasons), and the small proportion of people who don't respond to a particular vaccine.

Welcome

Spring

