



Back To School

# SHOTS

## Children's Immunization Schedule

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

### Know where to go!

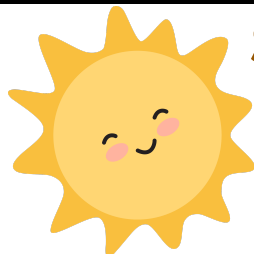
#### Killeen Clinic

309 North 2nd Street, Killeen, TX 76541  
Monday- Thursday 7:00am – 4:30pm  
Friday 7:00am – 11:00am



#### Temple Clinic

820 North 31st Street, Temple, TX 76504  
Monday- Thursday 7:00am – 4:30pm  
Friday 7:00am – 11:00am



## SUMMER SUN

### Family Fun



4 WAYS YOU CAN PROTECT  
YOURSELF AND YOUR FAMILY  
FROM UV RADIATION  
DAMAGE:

SUMMER IS WINDING DOWN, WHICH MEANS BACK TO BUSY SCHOOL SCHEDULES AND PACKED FALL ACTIVITIES OVER THE NEXT FEW MONTHS. BUT SUMMER ISN'T OVER YET, AND SINCE AUGUST IS **NATIONAL FAMILY FUN MONTH**, TAKE EVERY OPPORTUNITY TO SQUEEZE IN A LITTLE MORE FUN IN THE SUN.

AUGUST IS ALSO **SUMMER SUN SAFETY MONTH**, WHICH MAKES THIS A GOOD TIME TO LEARN THE SIGNS OF SUN DAMAGE AND REMEMBER THE WAYS YOU CAN PROTECT YOURSELF AND YOUR FAMILY FROM THE HARMFUL EFFECTS OF ULTRAVIOLET, OR UV, RADIATION FROM SUNLIGHT.



- **TIME OF DAY**

AVOID SUN EXPOSURE IN THE MIDDLE OF THE DAY — BETWEEN 10 A.M. AND 4 P.M. — WHEN THE UV RAYS ARE STRONGEST.

- **SUNSCREEN**

USE A BROAD-SPECTRUM SUNSCREEN WITH A SUN PROTECTION FACTOR, OR SPF, OF AT LEAST 30, EVEN ON CLOUDY DAYS.

- **SUNGLASSES**

UV RADIATION ALSO CAN BURN YOUR EYES.

- **PROTECTIVE CLOTHING**

YOU ALSO SHOULD PROTECT YOUR SKIN WITH DARK, TIGHTLY WOVEN CLOTHING THAT COVERS YOUR ARMS AND LEGS, AND A BROAD-BRIMMED HAT THAT PROVIDES MORE PROTECTION THAN A BASEBALL CAP OR VISOR.





## Safety Month

OLDER ADULTS, CHILDREN, SICK OR OVERWEIGHT INDIVIDUALS ARE AT GREATER RISK FROM EXTREME HEAT.

HUMIDITY INCREASES THE FEELING OF HEAT.

LEARN TO RECOGNIZE THE SIGNS OF HEAT ILLNESS.

TAKE MEASURES TO STAY COOL, STAY HYDRATED, AND STAY INFORMED. GETTING TOO HOT CAN MAKE YOU SICK. YOU CAN BECOME ILL FROM THE HEAT IF YOUR BODY CAN'T COMPENSATE FOR IT AND PROPERLY COOL YOU OFF.

LEARN HOW TO PREPARE FOR EXTREME HEAT AT [READY.GOV](http://READY.GOV)

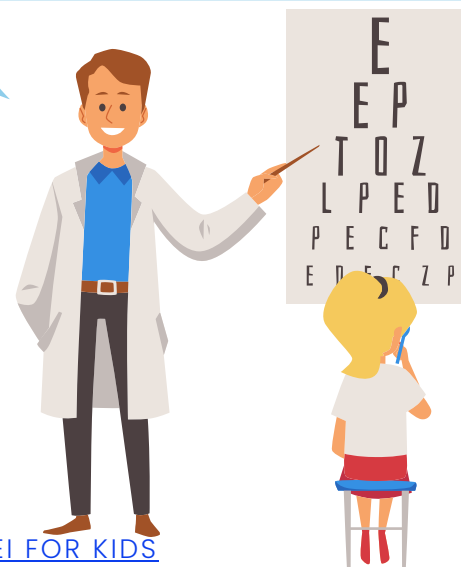
## National Children's Eye Health and Safety Month

**The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to such as amblyopia, or lazy eye, which can be treated effectively if caught early.**

### 10 HEALTHY VISION TIPS

1. Eat right to protect your sight
2. Exercise
3. Speak up if your vision changes
4. Wear your glasses
5. Keep the germs away from your eyes
6. Wear protective eyewear when necessary
7. Wear your sunglasses
8. Give your eyes a break from electronics
9. Say no to smoking
10. Get routine eye exams

You may have heard that eating carrots is good for eyes. That's true, but other foods like spinach, kale, salmon, and tuna may be even better. They have vitamins that your eyes need to stay healthy.



For more information and resources visit [NEI FOR KIDS](http://NEI.FOR.KIDS)

# World Breastfeeding Month



Breastfeeding has health benefits for both babies and mothers. Breast milk provides a baby with ideal nutrition and supports growth and development.

Breastfeeding can also help protect baby and mom against certain illnesses and diseases.

## **Five great benefits of breastfeeding**

1. Breast milk is the best source of nutrition for most babies.
2. Breastfeeding can help protect babies against some short- and long-term illnesses and diseases.
3. Breast milk shares antibodies from the mother with her baby.
4. Mothers can breastfeed anytime and anywhere.
5. Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.

	Storage Location and Temperatures		
Type of Breast Milk	Countertop 77°F (25°C) or colder	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to <b>4 Hours</b>	Up to <b>4 Days</b>	Within <b>6 months</b> is best. Up to <b>12 months</b> acceptable
Thawed, Previously Frozen	<b>1-2 Hours</b>	up to <b>1 Day</b> (24 Hours)	<b>NEVER</b> refreeze human milk after it has been thawed
Leftover from a feeding (baby did not finish the bottle)	Use within <b>2 Hours</b> after the baby is finished feeding		

Recommendations are from the Center for Disease Control and Prevention find out more by visiting [CDC](https://www.cdc.gov)

### **Temple WIC**

201 N 8th St. Temple TX 76501  
Phone: 254-532-9800

### **Killeen WIC**

116 E Avenue D, Killeen, TX 76551  
Phone: 254-532-9800

### **Copperas Cove WIC**

213 W Avenue D, Copperas Cove, TX 76522  
Phone: 254-532-9800

### **Fort Cavazos WIC**

36000 Shoemaker Lane Fort Cavazos, TX 76544  
Phone: 254-532-9800

### **La Leche League**

Jennifer 254-307-8555  
Stephanie 254-913-6939  
llofkillleen@gmail.com  
templebeltonlalecheleague@gmail.com

## Local Breastfeeding Resources



Every August, WIC celebrates breastfeeding with communities across the globe. The World Alliance for Breastfeeding Action declared this year's theme to be **Enabling Breastfeeding: Making a difference for working parents**. WIC is well equipped to do just this!

Returning to work is a common concern and barrier for families in Bell County. WIC's trained staff can help parents with the following:

- Learn about how breastfeeding is beneficial for families and employers,
- Work together on a plan for returning to work and overcoming barriers they encounter,
  - Obtain and properly use a breast pump,
- Offer referrals for childcare centers that support breastfeeding families,
  - Learn about protections under the law for pumping and storing breastmilk,
- Help their employers become Mother-Friendly Worksites
  - And so much more!

While all WIC staff play an important role in supporting breastfeeding families, our Peer Counselors are paramount to the success of our breastfeeding program. This month and every month, we celebrate these amazing team members:

- Rachel at the Temple WIC Clinic,
- Cherrie and Dagmar at the Fort Cavazos WIC Clinic
- Latia and Gissel at the Copperas Cove WIC Clinic
  - Melody and Reyna at the Killeen WIC Clinic
- Vanessa, our Clinical Operations Coordinator, who helps at the clinics when needed

**During the pandemic, WIC expanded the reach of its mission to support breastfeeding families with the opening of a human milk depot site. Since October 2022, the depot has collected 19,133 oz, the equivalent of 63,778 feedings for at-risk and sick infants living in Bell County and across the country. With the end of the public health emergency, the depot will have its grand opening on August 23rd from noon to 1:00 pm at the Fort Cavazos WIC Clinic. We hope you will join us!**





# HONORING WORLD LUNG CANCER DAY



Know the signs and symptoms! Many early lung cancers are diagnosed as an incidental finding with a test for a different purpose. But when they do appear, knowing the warning signs of lung cancer may allow you to get screened earlier. Finding lung cancer early allows for more personalized treatment options, with a much better success rate. Having one of the following symptoms of lung cancer is generally not a cause for worry, but if you experience multiple symptoms for an extended amount of time, it's time to see your doctor.

## BALANCE YOUR SCREENTIME WITH GREENTIME



People are constantly refreshing their news feeds on social media, checking email outside of traditional working hours, shopping, downloading apps to help them get organized, help them relax, help them become better people, help them improve...the list is endless!



Social media, the internet in general, like most things can have positive or negative impacts in our daily lives. For example: You can easily connect with old friends. You can see news from all over the world. You can find resources to pursue a hobby. You can access health information. But social media and "doomscrolling" can cause feelings of anxiety and depression. It's hard avoiding messages of continuous self-improvement, misinformation, filtered images, and sad news. That's why it's so important to recognize when you need to take a break from the online world.

Close your laptop. Put down your phone. Build a boundary that you won't look at your social media past 8PM or before 10AM. Go outside, see and feel the green space. Appreciate and enjoy the world without electronics.



**National Grief Awareness Day takes place every year on Aug. 30. It's a day dedicated to the different ways individuals cope with loss while offering support to those who are grieving. Whether someone is struggling with the loss of a loved one or undergoing significant life changes, grief affects every person in its own distinct manner. Remember it takes as long as it takes, be kind to yourself.**

**For local resources visit,  
<https://good-grief.org/>**



## BACK-TO-SCHOOL

### Preparedness

Disasters happen everywhere, and every member of the family can prepare. Preparedness for the future starts today.

Whether you're a kid or teen yourself, a parent or loved one, or work with youth, Ready Kids has tools and information to help before, during and after disasters.

For more information visit [Ready.gov](https://www.ready.gov) to learn how to prepare for disasters.





# CHOOSING THE RIGHT REPELLENT

## FIGHT THE BITE

**DEET-based** repellents have been primarily used since the 1950s. The products are available in various concentrations and forms like aerosol, wipes, and pump sprays. It is the most effective and best-studied insect repellent available in retail stores.

**Picaridin/KBR 3023** is colorless, odorless, and also available in multiple variations. Be mindful of its use on children; there have been no recommendations issued by the CDC or manufacturers for use on children.

**Oil of Lemon Eucalyptus** is a plant-based repellent; it's a repellent with similar properties as low concentrations of DEET products. If you enjoy botanical scents, try the pump spray and lotion formulations.

**IR3535 (or Merck 3535)** is known as a biopesticide. It is recognized as a safe product for adults and children; however, it is an eye irritant.

Remember repellent safety is important! Follow label instructions, apply repellents only to exposed skin/clothing, and ALWAYS discontinue use if you have an adverse reaction after following repellent application.

CHOOSING AN EPA-APPROVED REPELLENT ENABLES YOU TO SPEND MORE TIME ENJOYING THE OUTDOORS KNOWING YOU'RE PROTECTED FROM MOSQUITO-BORNE DISEASES.



### The 3 Ds of protection:

- 1.DRAIN standing water, this can be a breeding ground for mosquitoes
- 2.DEFEND against bites using EPA-approved insect repellents
- 3.DRESS spray repellent onto your long sleeves and pants for extra protection



Just one septic tank can produce thousands of mosquitoes. They get inside broken or unsealed septic tanks and lay eggs. After they hatch and grow, thousands of adult mosquitoes fly out each day.

### INSPECTIONS AND REPAIRS ARE NECESSARY!

Check local regulations before repairing a septic tank on your own. You can work with a licensed septic tank installer to:

- Seal the septic tank.
- Repair cracks and gaps in the exterior walls using cement or expanding foam used for home insulation projects.
- Cover vent or plumbing pipe openings using mesh with holes smaller than a mosquito.
- Fill abandoned or unused septic tanks with dirt or gravel.

Learn more:

[www.cdc.gov/mosquitoes](http://www.cdc.gov/mosquitoes)



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



Mosquitoes may be laying eggs inside your septic tank if it is:

- Open or unsealed.
- Broken with cracks or spaces between the blocks.
- Missing a ventilation pipe screen cover.



# Preventing Food Poisoning



**You can help keep your family safe from food poisoning at home by following these four simple steps: clean, separate, cook and, chill.**



## Clean: Wash Hands, Utensils, and Surfaces Often

- Germs that can make you sick can survive in many places around your kitchen, including your food, hands, utensils, cutting boards, and countertops.
- Wash cutting boards, dishes, utensils, and countertops with hot, soapy water, especially after they've held raw meat, poultry, seafood, or eggs.
- Wash dish cloths often in the hot cycle of your washing machine.

## Separate: Don't Cross Contaminate

- Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs.
- At home, place raw meat, poultry, and seafood in containers or sealed, leakproof plastic bags. Freeze them if you're not planning to use them within a few days.

## Cook: Food Needs to Be Cooked or Chilled

- When you think the meat is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.
- Read package directions for cooking and follow them exactly to make sure food is thoroughly cooked.

## Chill: Refrigerate and Freeze Food Properly

- Bacteria that cause food poisoning multiply quickest between 40°F and 140°F.
- Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use an appliance thermometer to be sure.
- Never thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry, and seafood is in the refrigerator.

## SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

Food Type	Internal Temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3-minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3-minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F

August 2017

**FDA** U.S. FOOD & DRUG  
ADMINISTRATION

For additional information go to:

**FoodSafety.gov**



Issue no.08

# Community Calendar

## Killeen Library Events:

Story Time Ages 0-5: Wednesdays at 10:30AM

Story Time Ages 5-10: Wednesdays at 2:00PM

Story Time Ages 0-8: Tuesdays at 5:30PM

Children's Lego Play Time: Wednesdays 3:30-5:30PM

## Temple Library Events:

Toddler Story Time: Wednesdays at 10:15AM

Preschool Story Time: Wednesdays at 11:15AM &amp;

Saturdays at 10:30AM

School Age Story Time: Wednesdays at 4:15PM

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 First Friday Downtown Temple 5-9pm	5 Bell County Comic Con Bell County Expo 10-6pm
6 Bell County Comic Con Bell County Expo 10-6pm	7	8	9	10	11	12 Back to School Splash Family Aquatic Center 10-1pm
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



## FARMER'S MARKETS:

**Harker Heights:** Saturdays 9am-2pm @ 305 Miller's Crossing Harker Heights, TX 76548**Killeen:** Saturdays 9am-1pm @ Parking lot of Splawn Ranch Travel Center on Hwy 195N**Temple:** Tuesday & Thursday 7am-12pm @ 121 Montpark Rd Temple, TX**Salado:** Saturdays 9am-1pm @ 108 Royal Street Salado, TX**Belton:** Saturdays 8am-1pm @ Water Street Belton, TX

Saturdays 7am-11am @ 411 Central Ave Belton, TX





## Bell County Public Health District

PROMOTE • PREVENT • PROTECT

### **Environmental Health Office**

**4236 Lowes Dr. Temple, TX 76502**

**Monday–Thursday 8:00am–5:00pm**

**Friday 8:00am – 11:30pm**

**Phone: 254–532–9800**

### **Killeen Clinic**

**309 North 2nd St Killeen, TX 76541**

**Monday– Thursday 7:00am – 4:30pm**

**Friday 7:00am – 11:00am**

**Phone: 254–532–9800**

### **Immunizations Office**

**1605 North Main Street Belton TX 76513**

**Monday– Thursday 7:00am – 4:30pm**

**Friday 7:00am – 11:00am**

**Phone: 254–532–9800**

### **Temple Clinic**

**820 North 31st Street Temple, TX 76504**

**Monday– Thursday 7:00am – 4:30pm**

**Friday 7:00am – 11:00am**

**Phone: 254–532–9800**

### **Temple WIC**

**201 N 8th St. Temple TX 76501**

**Monday– Thursday 7:00am – 5:30pm**

**Phone: 254–532–9800**

### **Killeen WIC**

**116 E Avenue D, Killeen, TX 76551**

**Monday– Thursday 7:00am – 5:30pm**

**Phone: 254–532–9800**

### **Fort Cavazos WIC**

**36000 Shoemaker Lane Fort Cavazos,  
TX 76544**

**Monday– Thursday 7:00am – 4:30pm**

**Friday 8:00am – 12:00pm**

**Phone: 254–532–9800**

### **Copperas Cove WIC**

**213 W Avenue D, Copperas Cove, TX  
76522**

**Monday– Thursday 7:00am – 4:30pm**

**Phone: 254–532–9800**

### **BCPH Admin Office**

**4236 Lowes Dr. Temple, TX 76502**

**Monday– Thursday 7:00am – 5:30pm**

**Phone: 254–532–9800**