



COVID PREVENTION



Spread the love, not COVID this February!

The “Triple Storm” of COVID-19, Respiratory Syncytial Virus (RSV), and Seasonal influenza are slowly fading from the media since Flu and RSV appear to have peaked early as the CDC anticipated the decline; however, COVID has not. Now is the time to get back to what’s worked, those effective prevention methods that helped us slow the spread of COVID.

Whether you find yourself directly in contact with individuals who often become seriously ill: the over 65, immunocompromised, and poor, or you’re just trying to maneuver through your daily routines of grocery shopping, a day in the office, childcare, and appointments, by practicing these 5 precautions you can help save a life or visit to the ER.

Don't forget your hands. Wash your hands with soap and water. You can also gain a bit of an edge by using hand sanitizer or an alcohol wipe on your hands when soap and water aren’t accessible. **Sanitize** frequently touched surfaces that can easily spread germs with a disinfectant.

Get the shot. Stay up to date with COVID vaccines and boosters. Visit www.vaccines.gov for more information on the available vaccines and locations nearest you.

Home sweet home. If you are feeling sick, stay home. Avoid crowded places and close contact with anyone who has symptoms.

Keep it clean. Cover your mouth and nose when you cough or sneeze using a tissue or the bend of your elbow. Properly discard the tissue then refer back to number one, wash your hands!

Get tested. Seek medical care early if you have COVID symptoms and experience a fever, cough, or difficulty breathing.

BLACK HISTORY MONTH



Henrietta Lacks was a young mother when she was diagnosed with cervical cancer in 1951. When her cells were biopsied, it was revealed that unlike other samples, which died quickly leaving little time for close examination, Lacks' cells multiplied every 20 to 24 hours. To this day, "HeLa" cells, named after her, are used to study cancer without experimenting on humans, leading to such advancement as the development of the polio vaccine.

BLACK HIV AWARENESS DAY

February 7th is National Black HIV/AIDS Awareness Day, a day to acknowledge progress in HIV prevention and care among Black/African Americans while recognizing the advocacy still needed. To #StopHIVTogether, we must address HIV stigma and barriers such as racism, discrimination, and mistrust in the health care system that can affect whether you seek or receive HIV prevention services which may also reduce the likelihood of engaging in HIV treatment and care. In addition, adequate housing and transportation, employment, and access to quality health care are necessary to continue to reduce the burden.

HIV self-tests are a great way to learn your HIV status in your own time and space. No matter your test results, know that you are not alone. There are many organizations out there that want to support you in your HIV journey. The prevention services [locator](#) can help you find places where you can get support and prevention services after your test.



Let's Get Real



The Facts

According to the [World Health Organization](#) (WHO) More than 1 million Sexually Transmitted Infections (STIs) are acquired every day, the majority of which are asymptomatic. STIs have a profound impact on sexual and reproductive health through stigmatization, infertility, cancers and pregnancy complications and can increase the risk of HIV.

Prevention of STIs

Each year there are an estimated 374 million new infections of 1 of 4 curable STIs: chlamydia, gonorrhea, syphilis and trichomoniasis and 35,000 new cases of HIV in the United States. Some groups of people are more likely to get HIV than others because of many factors including the status of their sex partners, their, [risk behaviors](#), and where they live. When used correctly and consistently, condoms offer one of the most effective methods of protection against STIs, including HIV. Although highly effective, condoms do not offer protection for STIs that cause genital ulcers such as syphilis or genital herpes. When possible, condoms should be used in all vaginal and anal sex.

Know Your Status



About 1 in 8 people in the United States who have HIV do not know their status. The Centers for Disease Control and Prevention (CDC) recommends that everyone between the ages of 13 and 64 should get tested for HIV at least once as part of routine health care. People with certain risk [factors](#) should get tested more frequently. The sooner you know your status the more power you have in making decisions to prevent getting or transmitting STIs and HIV.



Where to Get Tested

Please Contact the clinics for service availability and appointments

Temple Clinic

820 N. 31st Street

Temple, TX 76504

Monday–Thursday 7:00 a.m. – 4:30 p.m.

Friday 7:00 a.m. – 11:00 a.m.

Phone: 254-778-4766

Killeen Clinic

309 N. 2nd Street

Killeen, TX 76541

Monday – Thursday 7:00 a.m. – 4:30 p.m.

Friday 7:00 a.m. – 11:00 a.m.

Phone: 245 -526 -8371



You can also find a testing site near you by calling:

1-800-CDC- INFO
(232-4636)

Or

Visit:

gettested.cdc.gov

A decorative header featuring numerous pink and red hearts of various sizes hanging from thin vertical lines, creating a festive, Valentine's Day theme.

NATIONAL TEEN DATING VIOLENCE AWARENESS MONTH

HEALTHY RELATIONSHIPS

With Valentine's Day upon us, we are bombarded with images of highly idealized romantic love. To balance out this year's sugary sweet overload, we hope to offer a more realistic message about what characterizes healthy communication and healthy relationships.

Considering how many people we will meet, befriend, work with, and oh yes fall in love with during our lifetime, learning how to connect and handle this emotion is vital. Get more details from this downloadable on the [10 signs of a healthy relationship](#).

Healthy behavior is done with intention. Healthy relationship styles are learned and less to do with intuition despite what TikTok 'celebs' promote.

Hey Mom and Dad, share what you have learned and grab more information [here](#) and teens can access their own information [here](#).



Additional Resources:

[She Will Foundation](#)

[Communities in Schools of Greater Central Texas](#)

[Love is Respect](#)

[AWARE Central Texas](#)



NATIONAL HEART HEALTH MONTH

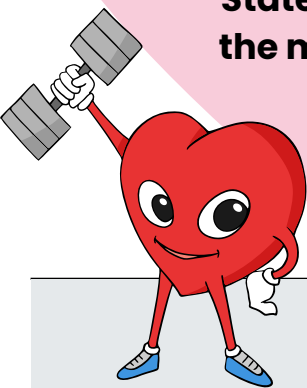


You're never too young— or too old — to take care of your heart.

Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life.

Lack of exercise, a poor diet, and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life.

Heart disease is the leading cause of death for both men and women in the United States. It is also one of the most preventable. (CDC)



- **Choose healthy meals, snacks and drinks.**

Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.

- **Keep a healthy weight.**

People that are overweight or obese have a higher risk for heart disease.

- **Get regular physical activity.**

Surgeon General recommends 2 hours and 30 minutes of moderate intensity exercise a week.

- **Don't smoke.**

Cigarette smoking greatly increases your risk for heart disease.

- **Control your blood pressure.**

High blood pressure usually has no symptoms, so have it checked on a regular basis.

- **Check your cholesterol.**

Your health care team should test your blood levels of cholesterol at least once every 4 to 6 years.

- **Manage your diabetes.**

If you have diabetes, monitor your blood sugar levels carefully.

- **Take medications as directed.**

If you take medicine to treat high blood cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully.



1. What habit increases your risk of having a heart attack?
2. If you have pressure in your chest and jaw pain, when do you call 911?
3. What disease threatens women's health the most?
4. What sign in pregnancy indicates the early stages of heart disease?
5. Which group has the highest maternal mortality rates?
6. What disease is known as the "silent killer?"
7. What can you do to lower your risk of heart disease?
8. What point in a woman's life does cardiovascular risk factors accelerate?
9. A sudden, severe headache is a dangerous sign of what?
10. What kind of doctor specializes in the heart?

Raise Awareness for Heart Attack and Stroke

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

M A S M O K I N G P G U Y V F
 N B L A C K W O M E N F K M G
 A C A R D I O V A S C U L A R
 E S U A P O N E M X M W E T M
 L Y K I G X L P M E R A K S L
 P L M R O T K B H X F S S I N
 A I S P M A L C E E R P Y G D
 B Y P B D X D P L R W E R O V
 T P F W X I Z W U C O G F L V
 E K O R T S M Q H I X L R O S
 L Q C W Y Q U W L S J U T I B
 W I M M E D I A T E L Y G D X
 W T X T A F S E W G Y I H R H
 K H Y P E R T E N S I O N A O
 Y O Y X S S L O J J A F Z C B

Word Bank

- | | | | |
|---------------|------------------|-------------------|-----------------|
| 1. smoking | 2. immediately | 3. cardiovascular | 4. preeclampsia |
| 5. blackwomen | 6. hypertension | 7. exercise | 8. menopause |
| 9. stroke | 10. cardiologist | | |

American Heart Association.



**National Wear Red Day
(Friday, February 3rd)**

Being Active for a Better Life



Did you know that not getting enough physical activity can result in the same kinds of health problems caused by smoking and being overweight?

Moving more often:

- Improves your mood and sleep
- Slows the effects of aging
- Lowers your risk of heart problems, high blood pressure, Type 2 diabetes, and many kinds of cancer
- Helps maintain your immune system
- Helps to keep your mind sharp as you get older and lowers your risk of dementia and Alzheimer's
- Increases your energy

Getting Started

Start Simple

Simply sit less and move around more. Walk to the mailbox. Walk the dog. Dance at your desk. Take the stairs. Find opportunities to move throughout the day.



Be Active with a Friend

Do activities you enjoy and find a buddy at home or work. Those who exercise with a friend tend to stick with it longer than those who go it alone.



Check Your Health

If you have health worries, talk with your health care provider before you start exercising. Muscle or joint problems? Ask about doing physical therapy before beginning an exercise program.



Motivation

Use a smart phone or activity tracker to measure your progress and stay motivated. Count your steps daily for the first week or two. Gradually build up to 7,000-9,000 steps each day.



Experts now say that any physical activity counts – even just a few minutes! Fit in 2, 5, 10 or 20 minutes throughout your day.

Every active minute adds up to better health!

**AMERICAN COLLEGE
of SPORTS MEDICINE**

NATIONAL CANCER PREVENTION MONTH

Cancer develops in the body when the cells mutate or change in its genetic make-up. When cells become cancerous, they can grow out of control and quickly. Some factors that put you at risk are age, sex, family history, race, health behaviors, and the environment.

What can you do to lower your risk of developing cancer?

- Stop smoking
- Healthy diet & regular physical activity
- Use condoms
- Eat less red meat
- Limit the amount of alcohol you drink
- Reducing sun exposure
- Vaccinations uptake
- Go to routine health screenings

Don't Wait to Vaccinate

American Cancer Society Mission: HPV CANCER FREE
cancer.org/hpv

DID YOU KNOW...

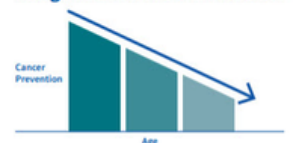
The American Cancer Society recommends that boys and girls get vaccinated against HPV between the ages of **9 and 12** to help prevent six types of cancer later in life.



Age Matters

When you vaccinate your child on time, you help protect them from HPV cancers. HPV vaccination works best when given before age 13. **Vaccination at the recommended ages will prevent more cancers than vaccination at older ages.**

Cancer Prevention Decreases as Age at Vaccination Increases



This tool was supported in part by Centers for Disease Control and Prevention Cooperative Agreement Number N02 SP000953-03.

Healthy Smile Tips



Brush your teeth 2x/day with fluoride toothpaste.



Clean between your teeth daily.



Eat healthy foods and limit sugary beverages.



See your dentist at least twice a year.

ADA American Dental Association®

NATIONAL CHILDREN'S DENTAL MONTH

Plenty of calcium and vitamin D provides all the nutrients needed to build strong teeth and keep gums and mouth tissues healthy. Your oral and heart health are connected; that is why diet can be so important. Young people can get enough calcium from 3 or 4 daily servings of dairy foods, calcium-processed tofu, orange juice, and green vegetables such as broccoli.

"Good dental health habits and regular dental visits help children get a jump start on a lifetime of healthy teeth and gums."



SUPER PUBLIC HEALTH HEREOS

FEBRUARY 2023



I am Costa Claver, Chief Epidemiologist of the Disease and Control Unit (Epidemiology). I have seven years of experience in Public Health, two years and six months of which have been served as Chief Epidemiologist with Bell County Public Health District. I also served on the State Board of Community Health Workers for three years. My background ranges from a Master's in Public Health with a focus on Biostatistics and Health Policy, Health Policy and Management certification, a Bachelor's in Business Administration, and specializations in HIV/AIDS and Global Health. Epidemiology is my daily dedicated meal.

I have a unique occupation that gives me the opportunity to apply biological and statistical thinking to address social matters and behavioral patterns that can put people at risk of illness. Disease investigation, disease control, and reporting constitute the backbone of my work surveillance feedback is communicated to the community in a timely manner. My daily responsibilities depend on a strong partnership with both healthcare providers and the public. All success of the epidemiology process is credited to the collaborative efforts with our partners: DSHS, Bell County residents, healthcare providers, local organizations, and BCPHD staff.

For those who need to report a public health concern, they can easily reach our department at 254-773-4457.

Costa Claver, MPH
Chief Epidemiologist
Bell County Public Health District
Office: 254-773-0862
Cell: 254-913-7183



Bell County Public Health District

PROMOTE • PREVENT • PROTECT

Health District Locations

BCPH Admin Office

201 N 8th St. Temple TX 76501

Monday- Thursday 7:00am - 5:30pm

Phone: 254-773-4457

Immunizations Office

1605 North Main Street Belton TX 76513

Monday- Thursday 7:00am - 4:30pm

Friday 7:00am - 11:00am

Phone: 254-939-2091

Environmental Health Office

2905 West Adams Temple, TX 76504

Monday-Thursday 8:00am-5:00pm

Friday 8:00am - 11:30pm

Phone:

254-778-7551 (OSSF)

254-771-2106 (Retail Food)

Temple Clinic

820 North 31st Street Temple, TX 76504

Monday- Thursday 7:00am - 4:30pm

Friday 7:00am - 11:00am

Phone: 254-778-4766

Killeen Clinic

309 North 2nd St Killeen, TX 76541

Monday- Thursday 7:00am - 4:30pm

Friday 7:00am - 11:00am

Phone: 254-526-8371



Bell County Public Health District
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Temple WIC

201 N 8th St. Temple TX 76501

Monday- Thursday 7:00am - 5:30pm

Phone: 254-778-1511

Killeen WIC

116 E Avenue D, Killeen, TX 76551

Monday- Thursday 7:00am - 5:30pm

Phone: 254-526-2033

Fort Hood WIC

36000 Darnall Loop (2nd FL) Fort Hood, TX 76544

Monday- Thursday 7:00am - 4:30pm

Friday 8:00am - 12:00pm

Phone: 254-532-8680

Copperas Cove WIC

213 W Avenue D, Copperas Cove, TX 76522

Monday- Thursday 7:00am - 4:30pm

Phone: 254-547-9571