

January 2019

De Soto School
District
Wellness Committee
Newsletter

The Jefferson County Mobile Health Center



DID YOU KNOW??

The Jefferson County Health Department has a new mobile health unit staffed with a Community Educator, Dietician, Nurse, and two Nurse Practitioners. This mobile unit is a 50 ft. Airstream RV that has been outfitted with a private exam room and lab facilities.

Location, Location, Location!

The Mobile Health Center provides many of the same services as the health department, but has easy to access locations all over the county. Go to www.jeffcohealth.org, click on "Services" and then click on "Mobile Health Center" to find a calendar with their scheduled locations.

Cost of Care:

The Mobile Health Center accepts many major private insurances and Medicaid. They can also work with you to create payment plans.

To schedule an appointment, have questions or want additional information?

Call 636-233-3491 or visit www.jeffcohealth.org

Nurse's Corner

Flu season is in full swing. The best way to protect yourself is by getting a flu vaccine. You can also protect yourself by...

- Staying away from people that are ill
- Washing your hands or using hand sanitizer
- Try not to touch your nose, eyes, or mouth
- Cover your nose and/or mouth when coughing or sneezing

Services Available:

- School Sports Physicals
- Vaccinations
- Screenings (Including blood pressure, cholesterol, A1C, lipid panels, and more)
- Nutrition Counseling
- Pregnancy Testing
- Provider Referrals
- Community Resource Information
- Acute & Chronic Care (can treat strep throat, upper respiratory infections, cold & coughs, fever, skin irritations, UTI's, GI issues, and more)

Appointments are preferred, but walk-in patients are accepted