

HOWELL COUNTY
HEALTH DEPARTMENT

OCTOBER CALENDAR

WIC: 1, 2, 5, 6, 13, 14, 15,
16, 19, 20, 21, 22, 23, 26, 27,
29, 30

Willow Springs WIC: 7

Mountain View WIC: 28

Family Planning: 13, 20, 21

Immunizations: 15, 22, 27

Food Handlers: 26

Flu Clinics: October 8, 9

Holiday's (closed): 12th-
Columbus Day

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low Springs Flu Clinics 2

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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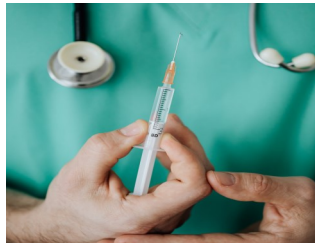
Changes to Our Annual Flu Clinics

This year while working to reduce the spread of COVID-19 and maintaining social distancing we will be making our annual flu clinic in West Plains a drive thru flu clinic.

Where: At Howell County Health Department, 180 Kentucky, West Plains.

When: Thursday, October 8th (8:30 am-5 pm) for adults and children age 10 and over whose last name begins with A-M.

Friday, October 9th (8:30 am-5 pm) for adults and children age 10 and over whose last name begins with N-Z.



A separate clinic for children age 9 and younger will be held on Friday, October 23rd at the health department by appointment only. Please call the health department to schedule.

In order to speed up the process at the drive thru flu shot clinic please go to our website at www.howellcountyhealth.com and print off our flu consent form and fill it out and bring it with you.

Centers for Disease Control recommend that everyone 6 months and older get a flu vaccine yearly, especially if you are at a higher risk from flu complications. It takes up to 2 weeks to build immunity once you are vaccinated. Therefore get vaccinated in the early fall, by the end of October if possible.

The flu vaccine can help reduce flu illnesses, missed work and school and doctors visits. For more information call us or go to <https://www.cdc.gov/flu/index.htm>

See page 2 for Mountain View and Willow Springs flu clinic information.

COVID-19 Testing Sites in Howell County

Please call ahead to the testing location to see if you meet their criteria to be screened for COVID-19 and to make an appointment. **Burton Creek: 417-256-2111.**

Southern Missouri Community Health Center: 417-255-8464. Ozarks Medical Center Family Clinics are offering testing in West Plains and Mountain View. You

must first call the OMC hotline at 417-505-7120. The hotline is open 24hours a day, 7 days a week. OMC nurses will determine if you meet the criteria to be screened.



We can print Missouri birth and death certificates.

Flu Clinics in Mountain View & Willow Springs will be October 14th.

A high percentage of American's are vitamin D deficient.



Vital Records at HCHD

Certified copies of birth certificates for persons born in Missouri from 1920 to present can be obtained in our office for \$15.00 per copy. Cash, check, money order or credit card (processing fees apply) are all accepted forms of payment. If you are requesting a birth certificate in person they will

only be issued to the following people: Registrant, relatives up to, but not including cousins, legal guardians, step-parents, legally authorized individuals as determined by Missouri Department of Health rules relating to access to vital records.

Certified copies of death certificates are available for deaths occurring from 1980 to present. Death Certifi-

cates are \$14.00 for the first copy and each additional copy is \$11 each issued to the same person in the same visit. Cash, check, money order or credit card (processing fees apply) are all accepted forms of payment. Death certificates will only be issued to the following people: Family members, authorized agent or funeral director acting on behalf of the registrant or his/her family, third parties with a legal need.

Mountain View & Willow Springs Flu Clinics

Annual flu clinics will be held in Willow Springs and Mountain View on Wednesday, October 14.

Mountain View will be held from 9 am-12 noon

at the Good Samaritan Clinic, 501 US Hwy 60.

The Willow Springs clinic will be held from 1:30-4:30 pm at the United Methodist Church, 4th and Harris streets.

Please go to our website to print your flu consent form to speed up the wait time. For more information or questions please call the health department at 417-256-7078.

Vitamin D by April Bridges, WIC Nutritionist

There is lots of talk these days about taking supplements to boost immunity. Vitamin D helps our bodies absorb calcium, but also is vital for the immune system. Vitamin D is manufactured in the skin by action of ultraviolet light (the sun) on chemicals naturally present in the skin. Because many of us are indoors during day-

light hours, and covered with sunscreen when we are out, a high percentage of Americans are Vitamin D deficient. The dietary requirement for vitamin D depends on the amount of sunlight exposure and age, but most of us require about 600 IU's of vitamin D each day. Vitamin D is added to cow's milk and cheese to help absorb that

calcium to build and maintain bone mass. Adults need 3 cups of dairy each day, but even drinking that much milk won't meet the DRI for vitamin D alone. Be sure to fit in foods that are naturally high in vitamin D, like fish, liver, and egg yolks. Talk to your doctor about your individual needs, and whether a supplement is right for you.



Howell County Health Department

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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Howell County Health Department Staff & Email

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