

HOWELL COUNTY  
HEALTH DEPARTMENT

OCTOBER CALENDAR

WIC: 1, 4, 5, 7, 12, 13, 14, 15, 18, 19, 20, 21, 25, 26, 28, 29

Willow Springs WIC: 6

Mountain View WIC: 27

Family Planning: 5, 19, 20

Immunizations: 12, 21, 26

Flu Clinics: West Plains-8; Willow Springs and Mountain View: 14

Covid-19 Vaccination Clinics: 1, 29

Food Handlers: 25

Holiday's (closed): Columbus Day-11

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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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## Flu Information & Annual Flu Clinics from www.cdc.gov & HCHD

**A few things are different for the 2021-2022 influenza (flu) season, including:**

The [composition of flu vaccines](#) has been updated. All flu vaccines will be quadrivalent (four component), meaning designed to protect against four different flu viruses. For more information: [Quadrivalent Influenza Vaccine | CDC](#). Licensure on one flu vaccine has changed. Flucelvax Quadrivalent is now approved for people 2 years and older. Flu vaccines and COVID-19 vaccines can be given at [the same time](#). **When is the best time to get my influenza vaccine?** September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. Adults, especially those older than 65, should not get vaccinated early (in July or August) because protection in this group may decrease over time. Children can get vaccinated as soon as vaccine becomes available—even if this is in July or August. Some children need two doses. For those children it is recommended to get the first dose as soon as



vaccine is available, because the second needs to be given at least 4 weeks after the first. Early vaccination can also be considered for people who are in the third trimester of pregnancy, because this can help protect their infants during the first months of life (when they are too young to be vaccinated). **What is the difference between flu and Covid-19?** Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and seasonal flu (most often just called “flu”) is caused by infection with one of many influenza viruses that spread annually among people. Because some symptoms of flu and COVID-19 are similar, people may need to be [tested](#) to tell what virus is causing their illness. People can be infected with both a flu virus and the virus that causes COVID-19 at the same time.

**West Plains Flu Clinic:** This will be a drive thru clinic this year.

**Where:** Our office, 180 Kentucky West Plains. **When: Friday October 8, 8:30 am-5 pm for adults and children 10 and older.** Rain make up date is Friday, October 15th.

A separate clinic for children 9 and younger will be held by appointment on Friday, October 22nd. Call to schedule your appointment.

**Mountain View Flu Clinic:**

**When:** Thursday, October 14  
**Where:** Good Samaritan Clinic  
**Time:** 9 am-12 noon

**Willow Springs Flu Clinic:**

**When:** Thursday, October 14  
**Where:** United Methodist Church  
**Time:** 1:30 pm-4:30 pm

To save time print and fill out the Flu Consent form on our website at:

[www.howellcountyhealth.com](http://www.howellcountyhealth.com)

## COVID-19 Vaccinations

Howell County Health Department is offering walk in no cost COVID-19 Vaccination Clinics every Friday from 8-11

am and 1-4 pm. Moderna and Pfizer are the vaccines available. No appointment is necessary. For more infor-

mation please call 417-256-7078.

**Only Monday, October 18th and Friday, October 29th due to our Flu Clinics on Friday's in October.**



Pears have 5.5 grams of fiber.

Besides HCHD there are several locations in Howell County to get a COVID-19 vaccination.

How do you find out if your public H<sub>2</sub>O is under a boil order?



## Fiber by April Bridges, Nutritionist

Fiber needs for adults range from 25 grams per day for women, and 28 grams for men. Most Americans fall short of these numbers. By eating foods with fiber, one feels fuller at meals, which can prevent unwanted weight gain. Adequate fiber helps regularity- preventing constipation and diverticulitis. Also, intake of soluble fiber helps to lower cholesterol and keeps blood sugar levels within a healthy range. Many as-

sume that fiber is only found in whole grains, or “roughage” and dread the thought of too much of those foods. However, many of the fall harvest foods that we look forward to each year are full of fiber along with the flavors we crave.

Sweet potatoes: 3.5 grams of fiber, also provides vitamin A and C. Cranberries: 2 grams of fiber, also contains vitamin C and anthocyanin –a phytochemical that can reduce oxidative stress, which is linked to a number of diseases like Alzheimer’s

and diabetes. Pears: 5.5 grams of fiber, provides vitamin C and potassium- which is crucial for helping your cells function at their best, regulates the heart and keeps your muscles and nerves working as they should. Apples: 4.4 grams of fiber, and eating the skin increases the amount of vitamin C and polyphenols, which can lower risk for heart disease and type 2 diabetes. Broccoli and cauliflower: 2.3 grams of fiber. Also provides vitamin C and K, and a cancer fighting compound called sulforaphane.

## COVID-19 Vaccination Sites from vaccines.gov

There are several other COVID-19 vaccination sites located in Howell County for you to go to get your COVID-19 vaccination.  
In West Plains: Walgreen, Wal-Mart, Ozarks

Healthcare, and CVS Pharmacy.  
In Willow Springs: Walgreens and Lakeland Pharmacy.  
In Mountain View: Walgreens and Wal-Mart.

You will need to call before

you go to one of these locations for their hours, times they do vaccinations and if they have the vaccine in stock. With multiple locations available everyone who wants the vaccine should be able to get one. For more locations go to vaccines.gov

## Boil Orders on Public Water from United States Environmental Protection

Your public water system is responsible for notifying residents if the water quality does not meet EPA or state standards, or if there is a waterborne disease emergency. EPA sets guidelines for when residents must be notified depending on the seriousness of a contamination event. You should be notified by media outlets such as TV or radio, mail, or other communication channels. There are three levels of public notification: Tier 1 is for the most serious and

acute contamination events. Notification must be broadcast by local media within 24 hours. Tier 2 allows for a 30-day notification. Tier 3 provides notification through the annual drinking water quality reports [Consumer Confidence Report \(CCR\)](#). **If there is a boil water advisory in my community, how do I disinfect my drinking water?** To disinfect your drinking water during a boil water advisory, you should boil your water

at a rolling boil for at least 1 minute (at elevations above 6,500 feet, boil water for 3 minutes). Boiling your water for at least 1 minute at a rolling boil will kill all harmful bacteria, parasites, and viruses from drinking water. You can also treat small volumes of drinking water by using a chemical disinfectant, such as unscented household chlorine bleach or by using a water filter. Visit CDC’s [make water safe](#) page for more information.



## 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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