

HOWELL COUNTY  
HEALTH DEPARTMENT

OCTOBER CALENDAR

WIC: 3, 4, 6, 11, 12, 13, 14,  
17, 18, 19, 20, 21, 24, 31

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 4, 18, 19

Immunizations: 8

Covid-19 Vaccination Clinics: West Plains- 5, 12, 19, 26 (from 9am-4 pm). Willow Springs-5 and Mountain View-26 at our satellite WIC clinics.

Food Handlers: 3

Holiday's (closed): 10th-Columbus Day

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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

VOLUME 242

OCTOBER 2022

## Annual Flu Vaccinations from www.eatingwell.com

### The Best Time to Get a Flu Shot This Year

As far as timing goes, there's a sweet spot. Historically, it's been recommended to get the influenza vaccine as soon as it becomes available for the year, but [data](#) shows that protection lasts between four and six months. For this reason, some experts are recommending pushing back vaccination until late September or early October for the most protection during peak months of infection.

The [CDC](#) echoes that sentiment, noting that **September and October are the best times to get vaccinated**, because it's ideal to get the flu shot before influenza really begins circulating in the area. For some kids, 6 month thru 8 years, who may require two doses, and for people in the third trimester of pregnancy, a doctor may advise an early shot time (like August). Preferably, the CDC says that everyone should have

received their flu shot by October 31. It takes two weeks following vaccination for antibodies to develop, so that Halloween deadline means that we all would ideally be bolstered up before Thanksgiving. Just as COVID-19 continues to evolve into new strains, influenza evolves frequently, too. Experts say relying on last year's vaccine is not a good idea, as protection from the vaccine decreases over time and the influenza virus changes every year, which is why an annual vaccine is necessary.

### The Bottom Line

The best time to get the flu shot in 2022 is in September or October, ideally before October 31, the CDC says.

Howell County Health Department will offer the following flu vaccination clinics at no cost to patients.

### West Plains Flu Clinic:

This will be a drive thru clinic this year.

**Where:** Our office, 180 S. Kentucky Ave, West Plains.

**When:** Friday October 7, 8:30 am-5 pm for adults and children 10 and older. Rain make up date is Friday, October 14.

**A separate clinic for children 9 and younger will be held by appointment on Friday, October 21. Call to schedule your appointment.**

### Mountain View Flu Clinic:

**When:** Tuesday, October 24  
**Where:** MV Christian Church  
**Time:** 9 am-12 noon

### Willow Springs Flu Clinic:

**When:** Tuesday, October 24  
**Where:** 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 Vaccination Clinics

Howell Co. Health Dept. is offering walk in no cost COVID-19 Vaccination Clinics every Wednesday from 9 am-4 pm. In Willow

Springs on the first Wednesday every month and in Mountain View on the fourth Tuesday every month from 8:30 am-3 pm at our WIC & Immuniza-

tion satellite clinics. Satellite clinic location can be found on our website, [www.howellcountyhealth.com](http://www.howellcountyhealth.com) **No appointment is necessary.**



*There are a lot of ways improve our health as we age.*

*Bring your tricycle, stroller or wagon and have some fun at the Tricycle Rodeo!*

*Lodging facilities require an annual inspection.*



## Healthy Aging from Beverly McDaniel, RN

“Growing older is not for the faint of heart”, was one of my grandma’s favorite sayings. There are many ways we can improve our mental, physical, financial, and social well-being to ease into the transition. During healthy aging month it would be great time to create new habits and become a healthier you. Small steps like finding a walking buddy to take short daily laps around neighborhood or making time for regular dental, doctor visits and

wellness screenings. Covid might have left a few of us with social anxiety, we spent a lot time at home and lots of cancelled plans. Finding new a new hobby, reconnecting with friends, getting outdoors or even volunteering are ways to start some new adventures.

It’s never too late to start living healthier by starting those small steps in the right directions we can hopefully lessen our chances of developing preventable chronic diseases. Walking or exercising and maintain-

ing healthy weight lessens risk factors but also makes us feel better and decreases stress. Summer and fall are prime times to have fresh garden produce, so explore local farm markets or planting a garden to increase intake of healthy foods. Learning to preserve food from garden can be rewarding or teaching younger generation is great way to pass along that knowledge. We might not be able to stop the aging clock but by living healthier we might make our days more enjoyable.

## Tricycle Rodeo by April Bridges, WIC Nutritionist

In October, WIC will partner with Parents as Teachers to host a Tricycle Rodeo! We have donations that will provide free kids helmets to those who attend. Car Seat technicians will be

there to do car seat checks. The resource officer from the school will be there handing out stickers and allowing kids to see the Police Car! Some light snacks will be provided as well. Be sure

to bring the kiddos to The Carmichael field in West Plains on October 20 from 3:30 -5:30 pm. Bring their bicycles, tricycles, strollers, or wagons and enjoy some “wheelie” fun play time with others.

## Lodging Inspections from Justin Frazier, Environmental Specialist

Whether for business or pleasure, thousands of people travel throughout Missouri each year. Many of these trips require overnight or extended stays away from the comforts of home at lodging facilities. Along with food service and Daycare Inspections, the Howell County Health Department also performs annual and complaint lodging inspections. Each establishment is inspected and is required to obtain a state-issued lodging

license annually. All lodging facilities are inspected with a focus on public health and safety. The lodging facilities are regulated under a rule that addresses: drinking water supplies, sewage or wastewater treatment, life safety, fire safety, electrical wiring, fuel-burning appliances, plumbing, food safety, and swimming pools and spas. Anyone operating a facility that is a building

or group of buildings where five or more guest rooms are provided, which is held out to the public for hire which can be construed to be a hotel, motel, resort, cabins, or other similar place would be operating a lodging establishment and would need a license. For information of lodging inspections or to file a complaint, contact the Howell County Health Department, Environmental Services Section.



## 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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