

**HOWELL COUNTY HEALTH DEPARTMENT**

# Monthly Monitor

VOLUME 266

OCTOBER 2024

**OCTOBER CALENDAR**

**WIC:** 1, 3, 7, 8, 9, 10, 11, 15, 16, 17, 18, 21, 23, 24, 25, 28, 29, 30, 31

**Willow Springs WIC:** 2

**Mountain View WIC:** 22

**Family Planning:** 10, 16, 24

**Immunizations:** 1, 8, 15, 29

**Food Handlers:** 1

**Holiday's (closed):** 14th-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

## Annual Drive Thru Flu Clinic from www.cdc.gov

**Why should people get vaccinated against flu?** Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently, but during typical flu seasons, millions of people get flu, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes. Flu can mean a few days of feeling bad and missing work, school, or family events, or it can result in more serious illness. [Complications of flu](#) can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. An annual seasonal flu vaccine is the best way to help reduce the risk of getting flu and any of its potentially serious complications. Vaccination has been shown to have many [benefits](#) including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death. While some people who get a flu vaccine may still get sick with influenza, flu vaccination has been

shown in several studies to reduce severity of illness. **How do flu vaccines work?**



Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against flu illness. Seasonal flu vaccines are designed to protect against the influenza viruses that research indicates will be most common during the upcoming season. Beginning again in 2024-2025, all flu vaccines in the United States will be “trivalent” vaccines, which means they protect against three different flu viruses: an influenza A(H1N1) virus, an influenza A(H3N2) virus, and an influenza B/Victoria virus.

**West Plains Flu Clinic:** This will be a drive thru clinic again this year. **Where:** Our office, 180 S. Kentucky Ave, West Plains. **When: Friday October 4, 8:30 am-4:30 pm for adults and children 10 and older.**

**A separate walk-in clinic for children 9 and younger will be held on Wednesday, October 9 from 7:30-11 am and 1-4pm. Call for more information at 417-256-7078.**

**Mountain View Flu Clinic:**  
**When:** Tuesday, October 22  
**Where:** MV Christian Church  
**Time:** 9 am-3 pm

**Willow Springs Flu Clinic:**  
**When:** Tuesday, October 2  
**Where:** Methodist Church  
**Time:** 9 am-3 pm

Please bring Medicare/ Medicaid or Insurance Card. To save time print and fill out the Flu Consent form on our website at: [www.howellcountyhealth.com](http://www.howellcountyhealth.com)

Scan the QR code & fill out the form if you have private insurance at any age OR are age 19 and older with Medicaid. Use code MO16380 when prompted.





**Wear Pink to show support!**

**Join us for food, fun, games and community resource information.**

**Bedbugs can move from place to place.**



## In October We Wear Pink! from Cheri Carda, RN

October is a time of harvest, fall breezes, pumpkin farms, corn mazes, and Halloween. But the most important thing that women should be doing this October is getting their breasts checked.

Per Breastcancer.org, 30% of all new cancer cases in women are breast cancer. clinical breast exams (CBE) and yearly screening mammograms can help detect abnormalities at it's earliest levels. Early detection can be key to increased treatment success and survival

rates.

Currently 4 million women in the US have a history of breast cancer stated by Breastcancer.org.

Women need to be screened regardless of family history. And you should be checking yourself monthly for any lumps or abnormalities. Discuss any concerns with your provider, and get guidance from them for any issues you discover. Some signs and symptoms per the American Cancer Society is as follows: Nipple discharge other than breast milk, Breast pain, Skin irritation or dim-

pling, Swelling in part or all of the breast, Lumps in the underarm area, Nipples turning inward or Nipple pain.

And **Men** can get breast cancer too. If someone you know or love has any of these signs, please encourage them to follow up with their provider.

If you need monthly self-breast exam guides, please contact us at 417-256-7078 or your provider.

Please let us make October a month full of prevention, detection, and PINK!

## Trike or Treat Event from April Bridges, WIC Nutritionist

Plans are being made for our 3<sup>rd</sup> annual Trike Or Treat Event. Scheduled for October 23 at 3-6 pm, this event brings together agencies from the area to promote their services, while giving kids a chance to ride their tricycles around the

track. Kiddos can collect treats from each "vendor" and play games set up around the track. Little ones will also have the opportunity to have face painting and explore emergency vehicles such as Fire Trucks and Ambulances. This year food will be provided, hot dogs

and chips will be available the first 500 who attend. We look forward to an even bigger event this year- please make plans to join us!

## Bed Bugs from Justin Frazier, EPHS

Bed bugs are a common pest throughout Missouri, the United States, and many parts of the world. They are excellent hitchhikers and can easily be moved from place to place on personal belongings such as bags, coats, and other items. Because bed bugs can be picked up so easily, they can be found anywhere that people can be found! This includes private homes, hotels or motels, movie theaters, schools, and many other places around the community.

Traveling is one way that people encounter bed bugs and end up bringing them back to

their home. If you are going to be staying away from home, consider the following tips: Before settling into your hotel/motel room, check the room for signs of bed bugs. Keep your luggage and other belongings away from the bed area and walls. These are common areas for bed bugs to be hiding. Avoid using the closet or drawers to store your items. It is safest if the items are kept in your suitcase until needed. Consider packing a plastic bag to store dirty laundry in to keep your items off the floor and keep bed bugs out.

Once you return home, there are a few additional precautions that you can take to avoid possibly bringing bed bugs in. Before bringing your items inside, prepare a place to unpack. Avoid unpacking directly on furniture or carpet! Lay out a sheet or piece of plastic to unpack your items onto. This will allow you to easily spot bed bugs or eggs that may drop off of your suitcase or its contents. Immediately place all laundry items, even if dirty, into the dryer on high heat for 20-30 minutes. This heat will kill all stages of bed bugs, including eggs, that may be in your clothing.



## 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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