

## HOWELL COUNTY HEALTH DEPARTMENT

### OCTOBER CALENDAR

WIC: 2, 3, 6, 7, 8, 9, 10, 14, 15, 16, 17, 20, 21, 22, 23, 24, 27, 29, 30, 31

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 9, 23

Immunizations: 7, 14, 16, 21

Food Handlers: 6

Holiday's (closed): 13-  
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 278

OCTOBER 2025

## October is Domestic Violence Awareness Month from Cheri Carda, RN

Domestic Violence or Intimate Partner Violence (IPV) is a national problem. According to the Centers for Disease Control (CDC) statistics, around 26% of men to 41% of women have experienced stalking, physical violence, and sexual violence from a partner during their lifetime with reported impact in relation to the incidents. Over 53 million men and over 61 million suffer psychological aggression by partners during their lifetime.

This type of violence does not wait until adulthood. It starts early in adolescence with teen dating violence. It does not discriminate based on race or sexual orientation. However, those with greater inequities in

relation to community, work, societal and cultural structures can be at greater risk; especially those that are marginalized.

The CDC reports that 1 in 5 homicide victims are killed by an intimate partner. The



health effects can be extensive with depression, negative health outcomes, PTSD, and high risk behaviors, such as, smoking, risky sexual activity, and binge drinking.

Individuals are not the only ones that suffer as a result of IPV. There are societal and economic costs related to lost productivity at work, medical services for injuries,

and criminal justice costs, as well as, other costs that the CDC estimates at 3.6 trillion. We as a society need to implement prevention strategies to combat IPV. These can be:

- Creating protective environments
- Support for survivors
- Teaching of safe and healthy relationship skills
- Strengthening of economic support for families
- ...and more

Excellent sources for information and resources are:

- [www.cdc.gov](http://www.cdc.gov)
- [www.dvawareness.org](http://www.dvawareness.org)
- Domestic Violence hotline at [www.thehotline.org](http://www.thehotline.org) or 1.800.799.SAFE(7233)

Let's take the time to learn more about IPV and support those that suffer or have suffered from it.



We can test your water. Call 417-256-7078.

Getting a flu vaccine every year is the most effective way to prevent influenza.

**TRIKE OR TREAT**

HOSTED BY WIC, Children's Behavioral Services, and Missouri Department of Health and Senior Services

When: October 30th, 2025  
3pm-6pm  
Where: Carmichael Field

Door Prizes, Games, Food, Inflatables By: CURRENT

Sponsored By: home state health

## Private Water Testing from Curis Beaulieu, Environmental Specialist

The MSPHL can test for three different types of bacteria in private water samples. Routine samples are tested for coliform and *E. coli* bacteria. Testing for iron bacteria is available by special request. These methods are found in the latest edition of the American Public Health Association's *Standard Methods for the Examination of Water and Wastewater*, and comply with the U.S. environmental Protection Agency and Missouri Department of Health and Senior Services standards for drinking water.

### Coliform bacte-

ria occur naturally in soil, on vegetation, and in surface waters such as lakes or streams. They also can be found in the intestines of humans and other animals. Majority of the coliform bacteria are not harmful and are used as an "indicator bacteria" in drinking water. If present, contamination of the water has occurred, and other disease causing bacteria may also have gotten into the water supply.

***Escherichia coli* (*E. coli*)** is a member of the coliform group of bacteria and is found only in humans and warm-blooded animals. *E. coli* in the drinking water indicates that it has been

recently contaminated with human or animal wastes.

**Iron bacteria** occur naturally in the soil and derive its energy by oxidizing iron, manganese or aluminum. This oxidizing process creates a reddish-brown slime which over time can build up, clogging screens, well pumps, faucets, pipes, tanks etc. Iron bacteria are not harmful, but it does produce an unpleasant taste and odor.

When testing for these bacteria, the MSPHL tests for presence/absence only, not a specific count.

<https://health.mo.gov/lab/privatedrinkingwater.php>

## Kids and Walk-In Flu Clinics

Kids 9 and younger walk-in flu clinic will be held Friday, October 3rd from 8-11 and 1-4, no appointment needed.

We will offer flu vaccine to all ages every Friday starting October 10th through December. These Friday flu clinics are walk-in with no

appointment needed from 8-11 am & 1-4 pm. Call 417-256-7078 for more information or if you need to schedule a flu shot.

## Trike or Treat 2025 from April Bridges, WIC Nutritionist

Our fourth annual Trike or Treat has been scheduled for October 30<sup>th</sup>. Dress up the kiddos and bring their bikes, trikes or strollers for a fun time! We will have lots of vendors, food and door prizes. Kids can ride around

and collect treats, and parents can get great information from all the local resources. Many emergency vehicles will be there for the kids to explore, along with inflatable bounce houses,

face painting, and many other activities for them to participate in. Join us for lots of fun 3-6 pm October 30<sup>th</sup> at the Carmichael Field in West Plains, MO.



## 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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