

HOWELL COUNTY HEALTH DEPARTMENT

OCTOBER CALENDAR

WIC: 1, 2, 5, 6, 8, 9, 13, 14, 15, 16, 19, 20, 21, 22, 23, 26,

Willow Springs WIC: 7

Mountain View WIC: 27

Family Planning: 8, 22, 28

Immunizations: 6, 13, 20

Food Handlers: 5

Holiday's (closed): 12-
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 290

OCTOBER 2026

Protect Your Family this Flu Season from Dawn Hicks, Health Educator

Fall is here, and it's time to protect yourself and your family from influenza, commonly known as the flu. Flu can cause more than just a few days of feeling miserable, it can lead to serious complications, hospitalization, and even death.

Getting a flu vaccine each year is the best way to help protect yourself and those around you. Flu vaccination is recommended for everyone 6 months and older, with rare exceptions. Even when vaccination doesn't completely prevent illness, it can help reduce the severity of the flu and lower the risk of serious complications.

Getting vaccinated is especially important for young children, older adults, pregnant women, and people with certain health conditions who are at higher risk for complications from influenza. It also helps protect family members and others in our community.



Convenient & Easy!

Our drive-thru clinic makes getting your flu vaccine quick and convenient, stay in your vehicle, roll down your window, and let us take care of the rest! To help keep things moving smoothly, please **wear a short-sleeved shirt or clothing that allows easy access to your upper arm.** We look forward to helping you and your family stay healthy this flu season!

Annual Drive-Thru Flu

Clinic: Our annual drive-thru flu clinic is open to **adults and children age 10 and older.**

Friday, October 9, 2026
8:30 a.m.–4:30 p.m.

Howell County Health Department 180 S. Kentucky Ave., West Plains
Save time! Complete the

consent form online by visiting howellcounty-health.com → Immunizations. Print the completed form and bring it with you. Please also bring your Medicare, Medicaid, or insurance card. **Vaccines are available regardless of insurance status.**

Kids & Families Flu

Clinic: We also want to make getting a flu vaccine easy and convenient for our younger community members!

Friday, October 16, 2026
8–11 a.m. & 1–4 p.m.

Walk-In Clinic

This special clinic is for **kids and families, and children under 18 must be accompanied by a parent or guardian.** No appointment is necessary, just walk in and get protected!

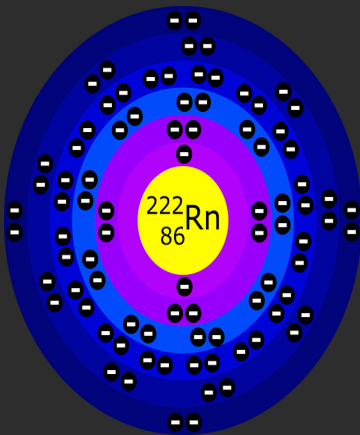
Questions? Call the Howell County Health Department at 417-256-7078.

Make a plan to get your flu vaccine this fall. Protect yourself. Protect your family. Protect your community!



**ADHD is not a
new condition.**

**Join us for the 5th
Trike or Treat Event.**



ADHD Awareness Month from Cheri Carda, RN

ADHD is a neurodevelopmental disorder characterized by developmentally inappropriate levels of **inattention, impulsivity, and hyperactivity**. While hyperactivity is often thought of as difficulty sitting still or being constantly active, it can also involve mental hyperactivity, a busy mind with competing thoughts that can make it difficult to concentrate, stay organized, or complete tasks.

People with ADHD can live very successful and fulfilling lives. However, when ADHD is not identi-

fied and appropriately treated, individuals may experience challenges with school, work, relationships, family stress, depression, substance use, or injuries. **Early identification, treatment, and support can help individuals develop strategies and tools to manage symptoms and succeed.**

ADHD is not a new condition. The first documented description of symptoms associated with ADHD dates back to 1902. Research has identified several factors that may increase the likelihood of ADHD, including premature birth, low birth weight, certain early childhood expo-

sure, and brain injuries. There are also common misconceptions about ADHD. According to CHADD, factors such as too much sugar, too much television, family stress, and traumatic experiences are not considered causes of ADHD.

Learning more about ADHD can help individuals and families recognize the signs, better understand the condition, and find appropriate resources and support.

Learn more about ADHD: [CHADD \(Children and Adults with ADHD\)](#) | [CDC](#) | [ADDA \(Attention Deficit Disorder Association\)](#)

5th Annual Trike from April Bridges, WIC Nutritionist

We are making plans for our 5th annual Trike or Treat event at the Carmichael Field.

Kids can dress up, ride their trikes, bikes or wag-

ons, and collect treats from all the vendors. We will have bounce houses, face painting and carnival games to enjoy.

Parents can collect resources available from those vendors/

representatives, and emergency vehicles will be present for exploring. Come out on from 3-6 pm on October 21st and join us for all the fun!

Radon Information and Testing from Curtis Beaulieu, EPHS

Radon (Rn) is a gaseous radioactive element that occurs from the natural breakdown of uranium in the soil and rocks. It is colorless, odorless, and tasteless. Radon becomes a risk indoors because as it continues to break down, it emits atomic particles that upon entering the lungs can alter the DNA and increase lung cancer risk. In fact, radon is the second leading cause of lung cancer in the nation and is classified as a

“Class A” carcinogen according to EPA.

Radon can be tested and measured (in picocuries per liter (pCi/L) of air) and there are estimated risks to health from the exposure depending on the concentration. DHSS in conjunction with EPA recommends that if the concentration of radon is 4 pCi/L or greater, then remediation should be done to lower risks.

You can get more information and a **free radon test kit** from the Missouri Department of Health & Senior Services by clicking on the following link:

<http://health.mo.gov/living/environment/radon/index.php>
<https://howellcountyhealth.com/environmental-public-health/>



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.

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