

## DID YOU KNOW?

- When you take a step you are using up to 200 muscles.
- It is almost impossible to sneeze without closing your eyes
- It takes 17 muscles to smile and 43 to frown
- The life span of a taste bud is 10 days.

## IMPORTANT NUMBERS

Health Dept.  
254-697-7039

Public Health  
254-697-7092

Emergency Mgmt  
254-697-7060

Extension Agent  
254-697-7045

## HELPFUL WEBSITES:

[www.ready.gov](http://www.ready.gov)

[www.cdc.gov](http://www.cdc.gov)

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

## Fight The Bite!

With all of the summer fun people rarely remember to protect themselves from this little thing called a mosquito. Who in the past few years has become a very hot topic.

As of December 2012, 48 states have reported West Nile Virus infections in people. There was a total of 5,387 cases of West Nile virus disease in people including 243 deaths that have been reported. Of these 2,734 (51%) were classified as neuroinvasive disease and 2,653 (49%) were classified as non-neuroinvasive disease.

These numbers were the highest numbers seen since 2003. It is very important to take the precautions necessary to protect you and your family from becoming infected.



### WNV SYMPTOMS

- Severe Headache
- High Fever
- Stiff Neck
- Mental Confusion
- Muscle Weakness
- Tremors (shaking)
- Coma
- Paralysis

Protect yourself with the 4 D's

1. Stay indoors at **Dusk** and **Dawn**. This is the time of day when mosquitoes are most active.
2. **Dress** in long sleeves/pants, loose and light colored clothing when outdoors.
3. **Defend** yourself by using an insect repellent that contains DEET, Picaridin or Oil of Lemon Eucalyptus. Follow label instructions.
4. **Drain** standing water in your yard and neighborhood. Also make sure that flower pots, water dishes, bird baths, and wading pools are properly drained so they are not breeding grounds for mosquitoes.

## Vaccines For Travelers!

Before visiting your summer vacation destinations make sure that you are up to date on all of your vaccinations.

If you are going to be traveling internationally don't forget to read up on vaccinations for those destinations. You can visit the

CDC website at [www.cdc.gov](http://www.cdc.gov). This website will tell you all of the different vaccinations that you can receive before taking flight.

Also, feel free to contact the Milam County Health Department to see which vaccinations are available.

