



# INSTALL GAZETTE

Milam County Public Health Preparedness

November 2013

## IT'S OPENING SEASON!

As we all know deer hunting opening weekend is here. The Texas Department of State Health Services is urging hunters and ranchers to take precautions to protect themselves from diseases transmitted by animals. The first case of anthrax this year was recently confirmed in a sable antelope herd on a ranch in Edwards County, an area of West Texas where anthrax is most likely to occur. Animals usually get the disease by swallowing anthrax spores while grazing. Anthrax is a naturally occurring disease with worldwide distribution, including Texas.



## BASIC PRECAUTIONS

Although humans are susceptible to anthrax infection, no cases have been reported in Texas this year. Here are some basic precautions that can effectively reduce the risks of human contracting anthrax:

- ◆ Do not harvest animals that appear ill or acting abnormally.
- ◆ Wear long-sleeved garments and gloves when handling, dressing and processing game.
- ◆ Use sanitary practices such as hand washing with soap and water and laundering clothes immediately after animal exposure.
- ◆ Minimize contact with animal fluids, brain and spinal tissues.
- ◆ Keep pets and children away from dead animals.
- ◆ Avoid direct contact with animal bones horns or antlers.

### *Quick and Easy Taco Soup*

- 1 lbs Hamburger meat*
- 2 cans corn*
- 2 cans pinto beans*
- 1 can Rotel tomatoes*
- 1 can stewed tomatoes*
- 1 package dried ranch dressing*
- 1 package taco seasoning*

*Do not drain any of the canned products. Brown hamburger meat, once browned add all remaining ingredients and let simmer for 30 minutes. More water may be added if you prefer.*

**FLU SHOTS STILL AVAILABLE! IF YOU STILL HAVEN'T GOTTEN YOUR YEARLY FLU SHOT, PLEASE CONTACT THE LOCAL MILAM COUNTY HEALTH DEPARTMENT.**

**(254)-697-7039**



### Milam County Public Health Preparedness

Want to help your community? Interested in becoming a volunteer? If you are interested in learning more about the Preparedness Program and what all this program entails, please give us a call at (254)-697-7092 for more information.

#### IMPORTANT NUMBERS

MILAM COUNTY HEALTH DEPARTMENT (254)697-7039      WWW.MILAMHEALTH.COM

MILAM COUNTY PUBLIC HEALTH PREPAREDNESS (254)697-7092