

# MILAM COUNTY HEALTH DEPARTMENT MONTHLY NEWSLETTER

PRODUCED BY MONICA STEWART-MILAM COUNTY PUBLIC HEALTH PREPAREDNESS  
OFFICE

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## IMPORTANT NUMBERS

Milam County Health Department  
(254) 697-7039

Public Health Preparedness  
(254) 697-7092

Milam County Emergency Mgmt.  
(254) 697-7060

Milam County Extension Office  
(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)

## Don't be a Weasel-Get Vaccinated For The Measles

This year, the United States is having more reported cases of measles than usual. In the 10 years prior to vaccine introduction, annual measles incidence peaked at 85,862 in 1958 in Texas. Since the introduction of vaccine, cases have decreased by 99.9% in Texas. Due to the recent declines in vaccination rates, several outbreaks have occurred in the United States. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected with the measles virus.

A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes, and sore throat. Two or three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after the start of symptoms, a red or reddish-brown rash appears. The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet.

**Immunization is the only way to prevent measles.** Measles vaccination is required for school entry in Texas. If you have not been vaccinated for measles please see the Milam County Health Department or your healthcare provider!

## Want To Help?

Ever thought about helping your community? Here is an easy way to do so! Become a volunteer with the Milam County Health Department. As in prior experience we know that catastrophe can strike at any moment. As a program within the health department, Public Health Preparedness and Strategic National Stockpile as well as Homeland Security work hand in hand to make sure that there are plans in case of an emergency. Come join a great team! Please contact the Milam County Health Department if you are interested in learning more on how to become a volunteer!

## CLINIC HOURS

MONDAY & WEDNESDAY-CAMERON 8-5  
TUESDAY & THURSDAY-ROCKDALE 9-12 & 1-4:30

Since its inception in 1994, Texas has participated in the Federal Vaccines for Children (VFC) Program. Our version is called the Texas Vaccines for Children Program, or TVFC. The Program was initiated by the passage of the Omnibus Budget Reconciliation Act of 1993. This legislation guaranteed that vaccines would be available at no cost to providers, in order to immunize children who meet the eligibility requirements.