

# MILAM COUNTY HEALTH DEPARTMENT MONTHLY NEWSLETTER

PRODUCED BY MONICA STEWART - MILAM COUNTY PUBLIC HEALTH PREPAREDNESS OFFICE

209 S. HOUSTON AVENUE, CAMERON, TX 76520 (254) 697-7092

## FIGHT THE BITE!

West Nile virus is a virus commonly found in Africa, West Asia, and the Middle East. It is not known how long it has been in the United States, but the Centers for Disease Control and Prevention believe the virus probably has been in the eastern United States since early summer 1999. It is closely related to St. Louis encephalitis virus found in the United States. The virus can infect humans, birds, mosquitoes, horses, and some other animals.

Preventing mosquito bites is the best way to avoid becoming infected with the West Nile virus. Protect yourself from the West Nile virus with these four tips:

1. Use an approved insect repellent every time you go outside.
2. Regularly drain standing water, including water that collects in empty cans, tires, buckets, and saucers under potted plants.
3. Wear long sleeves and pants at dawn and dusk when mosquitoes are most active.
4. Use air conditioning or make sure there are screens on all doors and windows to keep mosquitoes from entering the home.

## HUMAN PAPILLOMAVIRUS (HPV)

Human Papillomavirus (HPV) is a common family of viruses that causes infection of the skin or mucous membranes of various areas of the body. HPV is very common. According to the Center for Disease Control and Prevention, most sexually active American men and women will contact at least one type of HPV during their lifetime. HPV is extremely serious, approximately 79 million Americans are currently infected. In the United States there are around 12,000 new cervical cancer cases diagnosed annually, and 4,000 die from cervical cancer every year. Men are affected too! Vaccination is the best way to protect your child from the HPV infection. The vaccine is most effective if given before a person becomes sexually active. If you have any questions or are interested in starting the vaccine series please contact the Milam County Health Department at (254) 697-7039 or your healthcare provider.

IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES OF GOLD AND SILVER. -MOHANDAS GANDHI

## MILAM COUNTY HEALTH DEPARTMENT - CLINIC HOURS

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



**ARE YOU PREPARED? FAIL TO PLAN OR PLAN TO FAIL!!! YOU NEVER KNOW WHEN SOMETHING COULD HAPPEN, WHETHER A NATURAL OR MAN-MADE DISASTER.**

**THE WILL TO SUCCEED IS IMPORTANT BUT WHAT'S MORE IMPORTANT IS THE WILL TO PREPARE.**

**-BOBBY KNIGHT**

## IMPORTANT NUMBERS

Milam County Health Department  
(254) 697-7039

Public Health Preparedness  
(254) 697-7092

Milam County 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)