

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

Milam County WIC
Cameron (254) 697-4913
Rockdale (512) 446-6245

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HELPFUL WEBSITES

WWW.READY.GOV

WWW.CDC.GOV

WWW.MILAMHEALTH.COM

IT'S NOT TOO LATE TO GET YOUR FLU SHOT

Flu vaccine are here at the Milam County Health Department. The Texas Department of State Health Services encourages everyone 6 months old and older to get vaccinated now.

While DSHS encourages vaccination for everyone at least 6 months old, it is especially important for certain high-risk groups. People 65 and older, pregnant women, young children and those with chronic health conditions are at higher risk for serious complications and even death if they get the flu and should minimize that risk by getting vaccinated.

In addition to getting vaccinated, people should help stop the spread of the flu and other illnesses by covering all coughs and sneezes, washing their hands frequently, disinfecting commonly touched surfaces and staying home when sick.

If you are interested in getting your flu vaccine you can contact the Milam County Health Department or your healthcare provider.

Don't Share The Sickness

If you are sick with any illness it is best that you stay home. Reason being that if you have something that is contagious and go to work or school, the illness can spread to others whom have not come into contact with it.

CLINIC HOURS

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

The Texas Vaccines for Children (TVFC) Program provides free or low cost to children that qualify. Please call the Milam County Health Department or your primary care physician for more information and to see if your child qualifies.