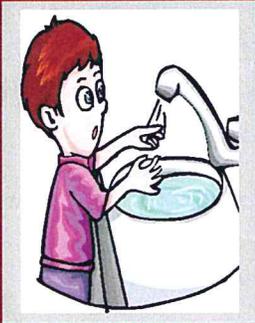


# MILAM COUNTY HEALTH DEPARTMENT

## MONTHLY NEWSLETTER

PRODUCED BY MONICA STEWART-MILAM COUNTY PUBLIC HEALTH PREPAREDNESS  
OFFICE

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



## HEPATITIS AWARENESS MONTH

**Hepatitis A** virus is spread by the fecal/oral route. In other words, a person is infected with HAV by ingesting anything that is contaminated by HAV-infected feces. Transmission can occur because of inadequate hand washing by food handlers, poor food or water sanitization, or sexual contact that includes oral/anal contact.

**Hepatitis B** virus (HBV) is transmitted from person to person through sexual contact, shared needles and needle-sharing equipment known as "works," health care/occupational exposure and exposure to infected blood through a cut or break in the skin. HBV is found in semen, vaginal secretions and blood. HBV is approximately 100 times easier to get than HIV, although both viruses are found in similar body fluids. HBV can also be passed to a baby during pregnancy or delivery.

### Prevention For Hepatitis A & B

A safe and effective vaccine is available for HBV and for HAV. If you have any questions or would like to know more about HBV or HAV vaccines please contact the Milam County Health Department or your healthcare provider.

**Hepatitis C** (HCV) is transmitted when the infected blood of one person gets into the blood stream of another person. Prior to 1992, persons receiving blood transfusions or other blood products were at risk. New screening tests have been used in the United States since 1992 to screen blood. The majority of HCV is currently transmitted through the sharing of needles and needle sharing equipment (works). Health care workers who have been stuck by a needle or cut with other contaminated instruments may be at risk, although the risk is fairly low. Studies show the transmission of HCV through sexual intercourse is possible, but less common than direct exposure to HCV infected blood. The virus can also be passed to a baby during pregnancy or delivery.

**There is no vaccine for hepatitis C.** But, there are preventative measures that can be taken. Do not share needles or "works." Do not share personal items which could be contaminated with blood (i.e. razors, toothbrushes). Avoid unprotected vaginal, oral, and anal sex. Clean up spilled blood with bleach and wear gloves when touching blood.

### 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

USDA is an Equal Opportunity  
Provider and Employer

### HELPFUL WEBSITES

[WWW.CDC.GOV](http://WWW.CDC.GOV)

[WWW.MILAMHEALTH.COM](http://WWW.MILAMHEALTH.COM)

## 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.