

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



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.READY.GOV

WWW.CDC.GOV

WWW.MILAMHEALTH.COM

FLU VACCINES ARE HERE!!!!

Flu vaccines are available for all ages at the Milam County Health Department. We have flu mist available for children as well as the quadrivalent high dose available for seniors over the age of 65. The Texas Department of State Health Services encourages everyone 6 months old and older to get their vaccination.

While DSHS encourages 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 flu and other respiratory illness by covering your cough and sneezes, washing your hands frequently, disinfecting commonly touched surfaces and staying home when sick.

If you would like more information about how to get the flu vaccine please contact the Milam County Health Department or your health care provider,

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.