

# 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

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Provider and Employer

### HELPFUL WEBSITES

[WWW.CDC.GOV](http://www.cdc.gov)

[WWW.MILAMHEALTH.COM](http://www.milamhealth.com)

## SALMONELLOSIS

Salmonellosis is an illness caused by Salmonella bacteria. There are many different species of Salmonella bacteria which can infect both humans and animals.

Salmonellosis is spread by eating contaminated foods, drinking contaminated water, or having hand-to-mouth contact with the stool (feces) of an infected person or animal.

### You are more likely to get salmonellosis if you:

- eat raw or undercooked poultry, eggs, or raw milk products or drink raw milk or untreated water
- are a child in day-care
- work in a day-care facility or with diapered children
- handle pets or livestock or clean their living areas

### The common symptoms are:

- headache
- stomach pain
- diarrhea
- nausea
- sometimes vomiting

These symptoms may go away after several days but without antibiotic treatment the sick person may be able to pass the disease to others for up to two months. People who have salmonellosis should not take antidiarrheal medicines because this may lengthen the amount of time they can pass the disease to other people.

### NATIONAL INFANT IMMUNIZATION WEEK-APRIL 18-25

Defend your baby against 14 serious childhood diseases, like measles and whooping cough, with the safe, proven protection of vaccines. Getting your baby all the recommended immunizations by age two is the best protection. For more reasons to vaccinate, visit CDC's vaccines website for parents at [www.cdc.gov/vaccines/parents/index.html](http://www.cdc.gov/vaccines/parents/index.html)

## 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.