

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

SALMONELLA

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. ALWAYS REMEMBER TO WASH YOUR HANDS! GOOD HANDWASHING CAN PREVENT ILLNESSES!

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.