

## DID YOU KNOW?

- An adult has fewer bones than a baby.
- Did you know that your stomach gets a new lining every 3-4 days.
- Your nose is not as sensitive as a dog's but, it can remember 50,000 different scents.

## IMPORTANT NUMBERS

Health Dept.  
254-697-7039

Public Health  
254-697-7092

Emergency Mgmt  
254-697-7060

Extension Agent  
254-697-7045

## HELPFUL WEBSITES:

[www.ready.gov](http://www.ready.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.milamhealth.com](http://www.milamhealth.com)

## Too Much Sun Can Hurt!

Summer can be a fun time of the year. Trips to the beach, favorite water parks or going camping. But, while you are out and about, don't forget to protect yourself against the sun. Sunburns can be the leading cause of skin cancer so always remember to protect you and your children by following these easy steps!



**Seek Shade:** UV rays are strongest and most harmful during midday, so it's best to plan

indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent.

**Cover Up:** Clothing that covers up you and your child's skin can help them from becoming sunburnt.

**Get a Hat:** Hats are a great way to keep your face, eyes, ears, and neck protected from the UV rays. Kids tend to favor baseball caps though which can still leave some parts uncovered so make sure that you apply sunscreen to those areas.

**Wear Sunglasses:** Wearing sunglasses can protect you and your child against UV rays, which later in life can cause cataracts.

**Apply Sunblock:** Use sunscreen with at least 15SPF and

UVA and UVB protection. Apply each time that you or your child go outside.

Remember that just a few sunburns can raise you and your child's risk of getting skin cancer. You can use these steps not just during the summer but all year round to protect you and your family.



## Stay Ahead of The Game!

School is coming upon us soon so try to stay ahead of the game by getting your children the proper vaccination they will need for the fast approaching school year.

It's better to get sooner than later. To avoid long waiting times please feel free to come in or call the health department to see what vaccinations that your child may need.

### HOW TO PROTECT BABIES AGAINST WHOOPING COUGH!

Pregnant women should receive a Tdap vaccination in each pregnancy, preferably during the 3rd trimester. This will protect the pregnant woman as well as her baby.

Babies less than 6 months old are too young to have received all doses of vaccine that are needed to protect them from whooping cough. To be fully protected, babies need all doses in a series, not just the first dose.