MILAM COUNTY PUBLIC HEALTH

In-Stall Gazette

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DID YOU KNOW?

- You will drink 20,000 gallons of water in your lifetime.
- It is impossible to lick your elbow.
- On average you breathe 23,000 times a day.
- Our eyes are always the same size from birth.

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

www.cdc.gov

www.milamhealth.com

Are You Prepared?

When a disaster hits, your first thoughts likely are about your family members: Where are they? Are they OK? How do we get through this? Disasters can strike quickly and sometimes without warning. Your family may not be together in the same place when they happen, so it is important to plan for a disaster in advance.

Sit down together and decide how you will get in touch with each other, where you will go and what you will do in different emergency situations. Creating a plan will give you and your family a peace of mind in the event of a disaster.

While natural disasters occur frequently, they are not the only threat we face. Other emergencies Texans should learn about and get prepared for include pandemics, hazardous-materials incidents and bioterrorism.

Start by making a simple kit with copies of your driver's license, social security card, birth certificate, medication list, and any emergency contact numbers. This way in the instance of a disaster you can grab it fast. Make sure that you store all of your information in a container that can be sealed to prevent it from becoming damaged.

There are many things that you can do to prepare. Here are several websites that will help with your plans and checklist and your evacuation routes as well as more insight on how to prepare.

www.texasprepares.org

www.dshs.state.tx.us

Want To Help Your Community?

Ever thought about helping your community? Here is an easy way to do so. Become a volunteer with the Milam County Health Department. As in the prior weeks you have seen the devastation of a community and what it means to work together for the greater good. Without working together the West, TX catastrophe could have been even more devastating. As a program within the health department., Public Health Preparedness and Strategic National Stockpile as well as Homeland Security work hand and hand to make sure that there are plans in place in case of an emergency.

But, we need your help as well. Without volunteers, our plans would not be a success. If you are interested in becoming a volunteer, please contact the Milam County Health Department.