

DID YOU KNOW?

- Your skull is made up of 29 different bones.
- You would die from lack of sleep before you would from starvation. Within 10 days compared to a few weeks.
- The human body has 600 muscles, making up 40% of your body weight.
- Nerve impulses travel to and from the brain at 170 mph.

IMPORTANT NUMBERS:

Health Dept
254-697-7039

Public Health
254-697-7092

Emergency Mgmt
254-697-7060

Extension Agent
254-697-7045

HELPFUL WEBITES:

www.ready.gov

www.cdc.gov

www.milamhealth.com

VOLUME 1, ISSUE 6

OCTOBER 1, 2013

Produced by the Milam County Public Health Preparedness Office
209 South Houston Avenue, Cameron, TX 76520 254-697-7092

The Season is Upon Us!

What is influenza?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently.

The seasonal flu season in the United States can begin as early as October and last as late as May. During a regular flu season, about 90 percent of death occur in people 65 years and older.



Signs and Symptoms!

People who have the flu often feel some or all of these signs and symptoms:

- Fever— feverish/chills
- Cough
- Sore Throat
- Runny or Stuffy Nose
- Muscle or body aches
- Fatigue (tiredness)
- Vomiting and Diarrhea

Period of Contagiousness!

You may be able to pass on the flu to someone else before you know you are sick. A common misconception of the flu vaccine is that it causes the flu which is not true. Many healthy adults may be contagious before even receiving the flu vaccine and be able to infect others beginning 1 day before their symptoms actually develop and up to 5 to 7 days after becoming sick.

Who Should Get The Flu Vaccine!

Everyone who is at least 6 months of age should get a flu vaccine this season. While everyone should get a flu vaccine this season, it's especially important for some people to get vaccinated.

People who are at high risk of developing serious complications (like pneumonia), if they

get sick with the flu. Also, people who live with or care for others who may be at high risk.



How does the Flu Vaccine work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infections with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called trivalent vaccines) (H3N2) viruses, and an influenza B virus. In addition, this season, there are flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines are made to protect against the same viruses as the trivalent vaccine as well as an additional B virus.

Milam County Health Department Upcom- ing Flu Clinics!!

All clinics will be 9am-
11:30am

Rockdale KC Hall -
10/4/13

Milano Civic Center -
10/08/2013

Thorndale Senior Citi-
zen's Center -10/11/13