

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



RECREATIONAL WATER ILLNESSES

Contrary to popular belief, chlorine does not kill all germs instantly. There are germs today that are very tolerant to chlorine and were not known to cause human disease until recently. Once these germs get in the pool, it can take anywhere from minutes to days for chlorine to kill them. Swallowing just a little water that contains these germs can make you sick.

Recreational water illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems.

RWIs include a wide variety of infections, such as gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses are caused by germs such as Crypto (short for *Cryptosporidium*), *Giardia*, *Shigella*, *norovirus* and *E. coli O157:H7*. With RWI outbreaks on the rise, swimmers need to [take an active role](#) in helping to protect themselves and prevent the spread of germs. It is important for swimmers to [learn the basic facts about RWIs](#) so they can keep themselves and their family healthy every time they swim.

In the past two decades, there has been a substantial increase in the number of RWI outbreaks associated with swimming. Crypto, which can stay alive for days even in well-maintained pools, has become the leading cause of swimming pool-related outbreaks of diarrheal illness.

Make sure that when or if you are at water parks or lakes that you and your children make sure to wash your hands before eating. This will help in reducing the spread of unwanted germs.

If you need help finding out if you have all of your vaccinations, feel free to call the Milam County Health Department. They have access to IMMTRAC which will make the process fast and easy.

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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HELPFUL WEBSITES

WWW.READY.GOV

WWW.CDC.GOV

WWW.MILAMHEALTH.COM

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 vaccines 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.