

# 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



### FIRST TEXAS WEST NILE CASE CONFIRMED

Harris County confirmed the first human case of the 2015 season of West Nile Virus illness. West Nile virus season typically runs from June through October, but has come early most likely due to the recent rains throughout Texas. During the summer months you can enjoy the outdoors just remember to protect yourself and our family from mosquito-borne diseases.

#### MOSQUITO-PROOF YOUR PROPERTY

- Don't "feed" storm drains. Sweep up lawn clippings, leaves & tree limbs.
- Remove empty containers that can hold water such as flowerpots, tires, and toys.
- Change water in birdbaths and pet bowls every 3-5 days.
- Keep rain gutters free of debris.
- Make sure screens on your home are in good condition.

#### PERSONAL PROTECTION

- When outdoors, use an insect repellent containing the active ingredient DEET, Picaridin, oil of lemon eucalyptus, or IR3535 and apply as directed on the label.
- If possible, wear long-sleeved shirts and long pants from dusk on because this is when the primary mosquito (Culex) that transmits West Nile Virus is most active.

Most people who are infected with West Nile Virus show no or only mild symptoms such as: low grade fever, severe signs and symptoms can include high fever, stiff neck, disorientation, encephalitis and rarely death. If you think you have been infected with West Nile Virus, contact your health care provider.

#### 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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Provider and Employer

#### HELPFUL WEBSITES

[WWW.READY.GOV](http://WWW.READY.GOV)

[WWW.CDC.GOV](http://WWW.CDC.GOV)

[WWW.MILAMHEALTH.COM](http://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.