

MILAM COUNTY HEALTH DEPARTMENT MONTHLY NEWSLETTER

PRODUCED BY MONICA STEWART-MILAM COUNTY PUBLIC HEALTH PREPAREDNESS
OFFICE

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DON'T WAIT! COMMUNICATE!

September is National Preparedness Month. This year we are asking you to take action now – make a plan with your community, your family, and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community.

The Milam County Public Health Preparedness Program cannot stress enough that without the help from community volunteers, it would be hard to overcome a disaster. When we as a community are prepared to detect or respond rapidly to threats, we are better protected. As we all know, this not only takes communities to come together but all of Milam County as a whole to be better prepared. We are looking to increase the number of registered volunteers. Over the next few weeks we will be holding outreach and training to inform the community on what type of volunteers are needed. I know that in the midst of a disaster we will all come together but our volunteers need to know what job tasks will be required and have a better understanding of what role, as a volunteer might be needed. If your organization would like training or if you would like to become a volunteer please visit our Facebook page (Milam County Public Health Preparedness) for future outreach and training or call Monica Stewart at the Milam County Health Department for further information.

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

USDA is an Equal Opportunity
Provider and Employer

Flu season is approaching rapidly. To ensure the best possible protection and fight against the flu you should get your flu shot and make sure that you are using proper hand washing procedures and covering your cough.

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. If you have not registered for IMMTRAC the Texas immunization registry and would like more information contact the Milam County Health Department.

CLINIC HOURS

MONDAY & WEDNESDAY-CAMERON 8-5
TUESDAY & THURSDAY-ROCKDALE 9-12 & 1-4:30

HELPFUL WEBSITES

WWW.READY.GOV

WWW.CDC.GOV

WWW.MILAMHEALTH.COM

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.