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**Public Health**  
Prevent. Promote. Protect.

FALL 2009

## BCHD is Celebrating 70 Years of Service

### How do we serve you?

#### Community Health Services

- Immunizations
- Communicable Disease Surveillance
- Sexually Transmitted Infections Clinic
  - Tuberculosis Control

#### Laboratory Services

- Bacterial Water Analysis
- Infectious Disease Diagnosis Laboratory Support

#### Environmental Health Services

- Food Service Establishments Inspections
- Child Care Facilities and Foster Homes Inspections
  - On-site Sewage Facilities Inspections
    - Foodhandler Classes and Test
  - West Nile Virus Prevention Program
- Issues of Public Health Significance Investigations/Complaints

#### Health Education and Promotion

- Health Education Programs
- Healthy Community Collaborations
- Health Education Resources and Statistics

#### Emergency Preparedness and Response

- Emergency Planning
- Emergency Preparedness Training and Education
- Biological, Chemical, & Radiological Emergency Response
  - Disease Surveillance
  - Hurricane or Other Natural Disaster Response
    - Health Code Enforcement

#### Words for the Wise

It is health that is real wealth  
and not pieces of gold and  
silver.

-Gandhi

#### Up Coming Events

Safe Riders: Car Seat Distribution and  
Education Program

Call Theresa at 979-361-4440 to  
register.

Do Well, Be Well with Diabetes

Mondays, October 5, 12, 19, 16  
& November 2, 2009.

Call 979-823-0129 to register.

BCCADV Candlelight Vigil

October 27, 2009 at 7:00 p.m.  
Brazos Cotton Exchange



## To Our Board of Health

**Katy-Marie Lyles**, College Station City Council Member

**Kenny Mallard**, Brazos County Commissioner

**Garth Morgan, MD**, Deputy Health Authority

**Mike Southerland**, Bryan City Council Member

**Al Saenz**, Bryan City Council Member

**Ben White**, College Station Mayor

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## A Note From Environmental Health Services

This year has been a “dry” one when it comes to West Nile Virus (WNV) in our community. We have had no positive reports of any kind (mosquitos, birds, horses or humans) in Brazos County to date. While this is good news, we still remind residents to be diligent and follow the 4 D’s:

**Drain** any standing water (especially from recent rains)

Use repellent with **DEET**

Limit outdoor activities at **dusk** and **dawn**

**Dress** in long sleeves/long pants

Until the first “Blue Norther” arrives, we need to practice these preventive controls.

As the year is quickly winding down, EHS stays busy completing food establishment inspections. The scores can be followed on our website through the Restaurant Report Card. Also, as a reminder, if you or your organization is planning a fundraising activity where food will be involved, then a temporary permit needs to be obtained. Any time food is offered to the public whether for sale or free, a permit is needed. Come see us and we would be glad to get you set up!

# **Brazos County Coalition Against Domestic Violence 15th Annual Candlelight Vigil**

“Family Secrets: Exploring the Link Between Domestic  
Violence, Child Abuse, and Animal Abuse.”

**Time:** 7:00 p.m.

**Date:** October 27, 2009

**Location:** Brazos Cotton Exchange

**Keynote Speaker:** Ashley Wesp,  
Executive Director, Brazos Animal Shelter



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## **Safe Riders Child Safety Seat Distribution and Education Program**

**When:** Every 1st Tuesday from 6:00 p.m.—7:00 p.m.  
Every 3rd Friday from 2:00 p.m.—3:00 p.m.

**Where:** Brazos County Health Department  
201 N. Texas Avenue  
Bryan, TX 77803



**Registration Required.**

**To register, please call**

**Theresa Manthei**

**979-361-4440.**

# What is H1N1 Flu?

H1N1 is a new influenza virus causing illness in people. This flu virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal flu viruses spread.

## How does H1N1 virus spread?

Spread of H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with the flu. Sometimes people may become infected by touching something with flu virus on it and then touching their mouth or nose.

## What are the signs and symptoms of H1N1?

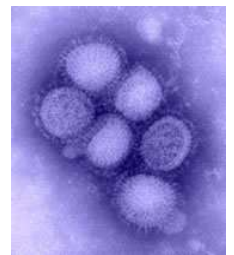
The symptoms of H1N1 flu virus include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue. Some have also had nausea, vomiting, and diarrhea.

## How severe is H1N1 flu?

Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

## How long can an infected person spread the virus?

People infected with any flu virus may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people.



H1N1 Flu Virus

# What You Can Do to Stay Healthy

- **Stay informed.** Visit these websites to get up-to-date information about the H1N1 virus. You can also speak to a nurse or health educator at the Brazos County Health Department by calling 979-361-4440.
  - [www.brazoshealth.org](http://www.brazoshealth.org)
  - [www.texasflu.org](http://www.texasflu.org)
  - [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu)
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
  - Avoid touching your eyes, nose or mouth. Germs spread that way.
  - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**
- **Get a Seasonal Flu and H1N1 Vaccine.** Seasonal Flu vaccines are now available and H1N1 vaccines will be available in mid-October.