

What is the real-deal flu?

By Jim Cornelius
News Editor

We sometimes use the term “flu” generically when we don’t feel good. Sometimes it’s really just a nasty cold. Sometimes we call an upset stomach with vomiting and diarrhea “stomach flu.”

But actual influenza is its own thing — and it’s a serious matter.

According to the Centers for Disease Control (CDC), “influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.”

Suddenly as in you go from feeling fine to feeling like you’ve been run over by a truck in the space of a few minutes.

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

- Fever or feeling feverish/chills;
- Cough;
- Sore throat;

- Runny or stuffy nose;
- Muscle or body aches;
- Headaches;
- Fatigue (tiredness);
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Not everyone who gets influenza will manifest a fever.

Real-deal flu can really take you out of the game; often you don’t feel like getting out of bed or off the couch.

CDC reports that, “Most people who get influenza will recover in several days to less than two weeks, but some people will develop complications as a result of the flu. A wide range of complications can be caused by influenza virus infection of the upper respiratory tract (nasal passages, throat) and lower respiratory tract (lungs).”

“While anyone can get sick with flu and become severely ill, some people are more likely to experience severe flu illness. Young children, adults aged 65 years and older, pregnant women, and people with certain

chronic medical conditions are among those groups of people who are at high risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.”

If you have chronic lung disease, you are at higher risk of developing pneumonia.

Sinus and ear infections can be complications from flu.

Severe complications can ensue when your body becomes inflamed from fighting the illness.

“Flu also can make chronic medical problems worse,” CDC notes. “For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic heart disease may experience a worsening of this condition triggered by flu.”

Don’t try to just power through the flu, or try to get back into the game before you’re ready. That can lead to a setback or invite complications. Get plenty of rest and fluids — and stay away from others. We don’t want it!

Recreational pot shops licensed in Oregon

By Andrew Selsky
Associated Press

SALEM (AP) — Oregonians can now buy marijuana for recreational use at shops intended for that purpose.

The Oregon Liquor Control Commission announced on Sept. 30, it had approved licenses for 26 retailers around the state, meeting a key deadline almost two years after voters passed a ballot measure legalizing pot.

“It’s a pretty exciting day for the OLCC,” Steven Marks, the executive director of the commission charged with regulating recreational marijuana, said in a conference call with journalists. He said 12 recreational retailers can start operating.

October had been set as the month in which retail store licensing would start under an OLCC timeline. Medical marijuana stores have been permitted to sell recreational marijuana since last October. Such dispensaries won’t be allowed to sell to recreational users after December 31.

The commission has also licensed dozens of recreational producers.

Ten testing laboratories have also been licensed, Marks said. Recently, the head of the agency that accredits labs that tests pot for pesticides, potency and other elements complained that the agency was overburdened and at the point of collapse.

Marks said those issues seem to have been resolved and that the Oregon Environmental Laboratory Accreditation Program, known as ORELAP, made a “heroic effort” in dealing with lab accreditation applications.

Marijuana sold legally in Oregon had been tested before, but now the labs must be accredited, and the packaging labeled with the lab results.

Products previously bought by retailers and sitting in back rooms and on shelves can be sold through March 2017. But items that shops buy after October 1 must be tested under the new, more regulated system, Marks said.



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