

Boy Scouts will recycle Christmas trees

Local Boy Scouts are collecting and recycling Christmas trees in the Sisters community on January 3. They request a donation of at least \$10 and will gladly accept any donation over that amount. All the money raised from the boys' efforts goes directly to the individual scout troops.

Your donation is used to fund local troop activities, community service projects and to replace worn out camping and other outdoor gear that the boys use throughout the year.

Call 541-385-2640 for pick-up information for Sisters.

Scouts request that you have your tree cleaned of all decorations and place it by the street where it is easily visible to scouts and drivers. They will not be checking alleys. Make a check out to BSA Troop 139. Place your donation in a plastic bag and secure it to the tree with a rubber band. The scouts will be cruising the area picking up trees starting around 9 a.m.

If you wish to make other

payment arrangements, need special assistance with your tree or have general questions, call and/or leave a message at the messaging phone number.

The Sisters pick-up is part of a region-wide program.

"We see this as a win/win situation for the community and for the local scout troops" said John Mason, tree recycling coordinator for Troop 25 of NW Bend.

Mason pointed out that the recycling project provides a service to the community; reduces the incidence of dumped trees in building lots or on public lands, reduces fire danger and teaches organizational skills and team-building to the scouts involved at all levels of the project.

"This is a boy-led and boy-managed program," Mason reported. "We estimate that these boys recycle 7,500 trees each year. A big thank-you goes out to the communities who have made this event a big success and improved the lives of so many boys through scouting."

Flu season underway in Sisters

Deschutes County Health Services is seeing an increase in flu cases in Central Oregon. The flu vaccine is the most effective way to avoid getting sick from the flu virus, and the best way to protect yourself and your community from illness. In addition to vaccination, you can take these measures to help prevent and stop the spread of flu:

- Stay home when you feel sick. Protect others at school and work by staying home at least 24 hours after a fever (100+ degrees) subsides.
- Cover your cough and sneeze.
- Wash your hands with soap and water. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean surfaces often, especially where children are playing. Flu germs can live for hours on hard surfaces.

Flu can cause mild to

severe illness, and at times can lead to death. It is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms: Fever or feeling feverish/chills (not everyone with flu will have a fever); fatigue (tiredness); muscle or body aches; cough; sore throat; runny or stuffy nose; headaches; some people may have vomiting and diarrhea, though this is more common in children than adults.

If you get sick, rest and get plenty of fluids. See a doctor if you are concerned about your illness; take antivirals if they are prescribed to you; and stay home.

The Centers for Disease Control and Prevention recommends everyone age six months and older receive an annual influenza vaccination.

Flu vaccine is available through local healthcare providers as well as most pharmacies (for people seven years and older). Talk to your healthcare provider or pharmacist to determine the right vaccine for you.

Deschutes County Health Services is also offering the flu vaccine for children six months to 18 years old. Call 541-322-7400 to schedule a flu vaccine appointment for your child.

Deschutes County Health Services begins tracking flu in October each year. The agency analyzes data from local hospital emergency departments and laboratories each week during flu season to better inform the community about flu trends. To access the weekly flu surveillance report go to: www.deschutes.org/flu.

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