

Health Center suggests immunization against flu

■ **PREVENTION:** Vaccine will help students avoid symptoms like fatigue, fever and aches and pains

By Doug Irving
Community Reporter

There's an epidemic on the horizon and it's quickly making its way to Eugene.

The flu season will hit early this year, and it will probably be worse than usual, said the Center for Disease Control and Prevention.

"After a few lighter years we kind of get hit really hard," said Susan Belknap, a clinical nurse in the University Student Health Center. "They are expecting an earlier, heavier season."

The Student Health Center began offering flu vaccines last week. This is about two weeks ahead of schedule, Belknap said.

THE FLU

■ **SYMPTOMS:** Body aches, fatigue, high fever, raspy cough

■ **REMEDIES:** Tepid Baths, cold cloths or ice on the forehead, Advil or Tylenol

■ **VACCINES:** \$3.50 at the Student Health Center

Each shot costs \$3.50 and protects for about six months.

"This is the earliest I can remember that we've been giving them," she said.

The flu season usually starts in December, Belknap said. Because of this, the optimum time for immunization is between October and mid-November.

The Lane County Office of Public Health does not keep statistics on the flu, said Sandy Mowrer, the clinic services supervisor.

However, there were 81 clinically proven cases of the flu in Oregon last year, said Chris Van Beneden, a spokeswoman for the Oregon Health Division. This was up from 11 cases in 1994-95, but nowhere near the 182 cases in 1993-94.

Students especially should be vaccinated because of their lifestyle, Belknap said.

"You're around so many other people and you live in communal situations, so you have a little more exposure possibility than others," she said.

The first symptoms of the flu appear 24-72 hours after exposure. They include body aches, fatigue, a sore throat and fever.

The fever can go as high as 104 degrees as the body tries to burn off the flu bug, Belknap said.

"Each virus has a certain temperature that it dies at," she said. "The body can take a higher tem-

perature than you think."

Because of this, people may consider letting the fever burn itself out if there is not too much discomfort, Belknap said. Allowing the fever to run its course may destroy the virus earlier, she explained.

A dry, raspy cough will appear a few days after the first symptoms. The victim will also get very tired as the body tries to fight the illness. This can last up to two weeks, Belknap said.

Although there are no cures for the common flu, people can take steps to decrease their discomfort. Belknap suggested tepid water baths and cold cloths or ice on the forehead to calm the fever. Advil or Tylenol might also soothe the body aches, she said.

However, flu sufferers should never take aspirin, Belknap said. Aspirin taken during a viral illness can cause Reye's Syndrome

— a complication that can end in a coma.

Other complications were more common a century ago, Belknap said. For example, the flu can lead to pneumonia or can weaken the body and leave it vulnerable to other diseases, she said. Although better health care has minimized these risks, they are still possibilities, she said.

The Food and Drug Administration recommended the 1996-97 vaccine include three strains of the disease: A/Texas, A/Wuhan and B/Beijing.

In America, A/Wuhan will be replaced with A/Nanchang and B/Beijing will be replaced with B/Harbin because of their growth properties.

"A' flus are usually the worst kinds of flus," Belknap said. "I understand from what I'm hearing that it's going to be a nasty season."

City council discusses extending dog and skateboard ban

■ **CONTROVERSY:** Drug dealing has decreased in the area affected by the ban, but the problem isn't gone

By Jennifer Schmitt
Community Editor

The controversy concerning the dog and skateboard ban on E. 13th Avenue continues as city councilors discuss city ordinances to extend the ban area.

The Eugene City Council discussed passing an ordinance expanding the dog and skateboard ban on E. 13th Avenue to the east corner of Pearl Street Wednesday but had reservations that the ban was being used to target the wrong people.

The city council rejected the original ordinance proposed by Eugene Public Safety, which recommended extending the ban to cover all the area from Alder Street to Willamette Street and from E. 12th Avenue to E. 14th Avenue.

"The current ban was created to relieve congestion in the area resulting from dogs

and skateboards," said city councilor Tim Laue. "The proposed expansion was just too large in my opinion."

The council voted to consider an ordinance extending the ban but did not want to take official action until they had a chance to discuss alternatives to the ban extension.

"I would really like to see if the police department can present another tool to deal with the drug use problem instead of using the dog and skateboard ban," said city councilor Nancy Nathanson.

Some of the councilors expressed concern that the ban was being used to solve problems it was never intended to address.

"I was really naive and actually believed we were trying to solve the problem of congestion," said city councilor Barbara Keller. "It appears the police are trying to use this ordinance to bust drug dealers, and that is not what the council intended when we passed this ban."

The city ordinance banning dogs and skateboards on E. 13th Avenue from Kincaid Street

to Ferry Street was passed on August 8 and enacted August 12. The goal of the ban was to alleviate the danger and congestion in the high traffic area near the University.

"As a result of the ordinance, there was a drastic reduction not only in the amount of dogs and skateboards but also in drug deals," said Lt. Becky Hanson, a Eugene public safety officer. "Drug dealing has disappeared from that area."

The response from the community regarding the ban has been very positive, Hanson said. However, the problem with drug dealing has just moved down the street, she said.

"Some of the drug dealers have left the area," Hanson said. "But there are a lot of drug dealers who have moved down to High Street and Mill Street. Now people on Mill and High streets are calling and asking us for the same help."

The ordinance to extend the ban will be voted on at the city council meeting on Oct. 28. A public forum will be held at the meeting to give citizens a chance to voice their opinions.



MATHEW STIFFLER/Emerald
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