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Health News

Viruses plague many students this term

The UO Health Center urges students to take precautions to remain healthy this winter

By Sarah Skidmore
Oregon Daily Emerald

For some students at the University the best way to start off the term is by not going to class.

"In the second week I missed three really important classes," said Lyndsey Raasina, a junior in education who was ill. "It was really positive reinforcement to help me get better. I was really sick and I am failing everything."

The University Student Health Center has been seeing an increase in the number of patients with viral illnesses in the past week, said Dr. Donna Scurlock from the student Health Center. Scurlock estimates the flux of student illnesses began Jan. 10.

"Practically everyone I know has been sick," said Katie Rose, a freshman.

Influenza is the only disease which recurs each year and affects 15-25 percent of the population, according to the Oregon Health Division. Influenza A is more severe in terms of illnesses and associated deaths, according to OHD.

"I was vomiting constantly," said Nicole Raasina, a freshman who also was extremely sick.

The illnesses that are causing students such trouble can vary, Scurlock said.

"These include non-specific viral illnesses, 'colds', and flu-like illnesses along with the usual injuries and ailments we usually treat," Scurlock said.

For the lucky few who have not gotten ill, there is no sure way to protect yourself from the viral illnesses.

However, washing hands with soap and water after being in contact with others, keeping fit and eating nutritiously can help with possible prevention, Scurlock said.

Assault

Continued from Page 1
her employee.

Brock also placed an advertisement in today's Oregon Daily Emerald that is on page 17.

"I hope that anybody that has any information would come forward," Brock said. "It's not a good situation to have our drivers be afraid that they're going to get jumped every time they go to the dorms."

"It's OK that he did that," the driver said of Brock's advertisement. "Maybe somebody knows who did this."

About 50 percent of the store's business is with students in the residence halls and surrounding campus area, Brock said.

It is common in the residence halls for students to joke with pizza deliverers that the pizzas are theirs, but the jokes rarely escalate into physical attacks, he said.

Owners encourage giving up a pizza over risking assault, he said, adding that the cost of the pizzas and the pricey hot bag is not worth the risk. In the case at Bean Complex, the victim said the assailants attacked without warning.

"The assault on the driver — I can't put any value on that," Brock said. "Your bag is not worth your life."

Anyone who has information is urged to call 343-8753 and ask for extension four.

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