

# The Swine Flu – How to be Prepared and Prevent Panic

By Lindy Taylor

The Siletz Clinic is prepared for flu season. We are diligently working with county, state, national and international organizations in order to offer Siletz community members the highest standard of medical care.

We have access to up-to-the-minute information and guideline changes. At the clinic, we will follow the testing and treatment guidelines outlined by the Center for Disease Control and state Health Department.

Not everyone with flu symptoms needs testing or treatment for the flu. Flu medication might be able to reduce the length of time a person is sick or prevent an exposed person from getting sick.

Many factors are considered before testing or treating a patient, including their age, the length of time they have had symptoms, their temperature, their exposure to sick people and their other health conditions.

In an effort to keep our medical staff healthy during flu season, we will require

patients with any flu symptoms to wear masks while in our clinic. We will have a large supply of flu shots arriving for flu season and will hold flu clinics as soon as we can. We have an extensive flu and emergency preparedness program in effect at the clinic.

Your job in this partnership is to avoid getting sick. If you or someone in your family is having symptoms, do not go to work, school or daycare. Be wary of coughers and sneezers in public. Get rest, eat well, drink plenty of water, take a daily vitamin, avoid stress and don't panic.

## Swine Flu Facts

- Swine flu has been around since 1930.
- Swine flu is only one type of viral flu illness.
- Swine flu is not the most common type of flu at this time.
- Swine flu is defined as a pandemic because it is found in 85 countries.
- Swine flu is spread the same way as the common seasonal flu and is treated the same way as seasonal flu.

Flu shots are highly recommended for all age groups this year.

## The Spread of Flu

The flu is spread when a sick person coughs or sneezes into the air, allowing another person to breathe that infection into their lungs. It also can be spread by touching what was in contact with an infected person, but the virus has to find a way into a person's nose, mouth or open wound in order to cause infection.

The virus can live on surfaces, such as a table, for two days. A sick person can spread the flu one day before they get sick and up to seven days after they show their first symptoms.

When cleaning, products such as Lysol kill the virus on contact. Hand sanitizers can help kill the virus on your hands, although soap and water washing of the hands is preferred if it's available.

In order to properly wash your hands, lather the soap on your hands for 20

seconds prior to rinsing. The virus gets rinsed off with the soapy water; it's not killed by the soap.

Do not share paper products or towels to dry your hands.

## Flu Symptoms

- Fever of at least 100 degrees AND
- Cough, runny nose, sneezing or a sore throat

Other flu symptoms include tiredness, body aches, nausea, vomiting or diarrhea.

If you are experiencing these symptoms, help prevent the spread of virus. Do not go in public places, to work or school. Wash your hands, cover your mouth and nose when you cough or sneeze and throw away your used tissues.

The clinic will have sample thermometers to give to community members who are unsure of whether or not they have a fever.

## Tribal Head Start Opens Classroom in Lincoln City, Applications Available

Siletz Tribal Head Start is pleased to announce the opening of a classroom in the old Taft Elementary School building in Lincoln City. Class starts Sept. 2 and runs from Monday through Thursday.

Applications are available from Lori Jay-Linstrom in the Head Start office in Siletz. Please contact her at 541-444-8376 or 800-922-1399, ext. 1376; or lorij@ctsi.nsn.us.

## Open House Set for Lakeside Housing in Lincoln City

The Siletz Tribal Council and Siletz Tribal Housing Department cordially invite you to attend the open house of the newly completed Tribal housing units located on John's Avenue in Lincoln City. Shuttle service will be available from the upper parking lot at Chinook Winds Casino Resort.

The open house and ribbon cutting will take place Oct. 1 from 1 p.m. to 3 p.m. Tours of the units will be available and refreshments will be served.

The completion of the much-anticipated low-income complex will help provide needed housing to the Tribal workforce and ease existing demand for affordable housing in Lincoln City.

For more information, contact Christina McCord, housing occupancy specialist, at 541-444-8314 or toll free at 800-922-1399, ext. 1314.

Additionally, Chinook Winds will have a newly remodeled hotel suite open to view from 1 p.m. to 5 p.m.

## Elders' Council Meeting

Sept. 19 • 2 p.m. to 5 p.m.  
Chinook Winds Casino Resort

For more information, please contact Angela Ramirez at 800-922-1399, ext. 1255; 541-444-8255; or angelar@ctsi.nsn.us

## Tribal Children Need Foster Parents

Do you value Siletz Native culture and want to help preserve it? If so, please consider fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas.

If you are interested, please contact Shawna Henarie, foster care certifier, at 541-444-8275 or 800-922-1399, ext. 1275; or visit [www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html).



## Student Incentives Still Available

The Siletz Tribal Council established a Student Incentive Program to reward student achievements as they graduate from the following levels:

- Head Start/Preschool
- Kindergarten
- Elementary School
- Middle School
- High School
- Adult Vocational Training
- Higher Education

Students should submit a copy of their graduation certificate, name and mailing address to the education specialist for their area. The education specialist will submit the certificate for the student incentive and mail the incentive to the student.

## For More Information

- Portland Area Office: Katy Kaady, 503-238-1512, 12790 SE Stark St., Suite 102, Portland, OR 97233. E-mail: [katyk@ctsi.nsn.us](mailto:katyk@ctsi.nsn.us)
- Salem Area Office: Sonya Moody-Jurado, 503-390-9494, 3160 Blossom Drive, NE, Suite 105, Salem, OR 97305. E-mail: [sonyam@ctsi.nsn.us](mailto:sonyam@ctsi.nsn.us)
- Eugene Area Office: Nick Sixkiller, 541-484-4234, 2468 W 11<sup>th</sup> Ave., Eugene, OR 97402. E-mail: [nicks@ctsi.nsn.us](mailto:nicks@ctsi.nsn.us)
- Siletz Area Office and students outside of the 11-county service area: Alissa Lane, 541-444-8373, 201 SE Swan Ave., Siletz, OR 97380. E-mail: [alissal@ctsi.nsn.us](mailto:alissal@ctsi.nsn.us)

## Come to Final 2009 Cut Wood for the Elders Day on Gwee-Shut Road

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the final Cut Wood for the Elders Day of the year on Sept. 19.

The woodcut will be held at the log deck off Gwee-Shut Road in Siletz (across the road from where the new clinic is being built).

Bring your hydraulic wood splitters, splitting mauls, axes and lots of energy. Even if you don't have any of those, we can use the moral support! Lunch, drinks and snacks will be provided.

We will meet at the Tribal administration building at 8 a.m. and caravan to the cutting site. For anyone wishing to come later, directions to the site will be posted on the front door of the building.

The goal of this event will be to deliver firewood to as many Elders as possible. Elders' Program Clerk Brett Lane maintains a list of Elders who burn wood for their winter heat. People willing to haul firewood to Elders outside of the Siletz area should contact Brett at 800-922-1399, ext. 1261, or 541-444-8261 and he will pair you up with an Elder in need.

We especially need folks who can haul wood to the Eugene, Salem and Portland areas. Elders in need of firewood also should contact Brett to get their name on the delivery list.

If you have parents or grandparents who burn wood in the winter to stay warm, you need to help out at this event. This is the last planned woodcut for the year.