



It's flu season!

Protect yourself from influenza and other wintertime "bugs"

How to protect yourself from the flu:

GET A FLU SHOT It's not too late to get your flu shot.

Wash your hands, wash your hands, wash your hands!

Wash with warm water and soap. Hand sanitizers are OK in a pinch, but they don't replace hand washing.

Symptoms of influenza:

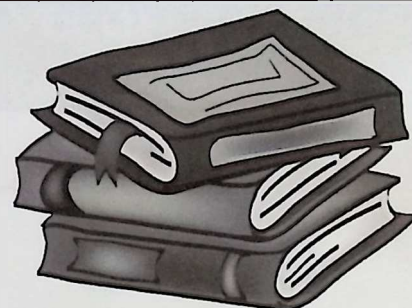
- High fever, body aches, headache, cough, sore throat, very fatigued.
- Some people get diarrhea and vomiting, usually kids.
- Seek medical care if you have difficulty breathing or are becoming confused.

If you do get sick:

- Stay at home until you have had no fever for 24 hours.
- Drink plenty of fluids to replace those lost by fever.
- Cough into your shirt sleeve, or cough into a tissue, throw the tissue away and **wash your hands afterwards.**
- Don't share hand towels or dishes at home, sanitize a sick family members dishes.
- Influenza travels on tiny saliva droplets in the air, extending a few feet from you. Covering your cough can prevent the spread of all sorts of viruses, including colds and flu.



Friends of the Library BUTTE Falls



The Butte Falls Library storage building (aka "THE SHED") is bursting at the seams with lots of books that need good homes...new books, withdrawn library books and everything in between - also CDs , DVDs and VCR tapes *To bring order to the chaos*
"THE SHED" will be open every second Thursday of each month for a

Used Book
SALE

...mark your calendar for these dates:

February 13, March 13, April 10,
May 8 and June 12

***The hours are 1-5pm at "THE SHED" located behind the library and
the cost of the items is whatever you wish to donate....with the
proceeds from any sales being used for special programs at the library***

Also remember that the library is open
every Tuesday from 10am to 2pm and every Thursday from 1pm to 5pm.
Call 541-865-3511 for more information.