

Health Department Offers Flu Tips

Common courtesy can help

Many people who are not high risk may wonder how they can prevent getting or spreading the flu this season if they do not get the flu shot. To address this question, the Multnomah County Health Department is mobilizing community members to spread the word about simple things everyone can do to help prevent the spread of flu.

Everyone can prevent getting and spreading the flu by washing your hands often or using an alcohol-based hand cleanser, covering your cough with a tissue or your shirt sleeve (not your hands), avoiding close contact with people who are ill and staying home when you are ill, avoiding touching your eyes, nose, or mouth.

Other healthy habits that will help you stay healthy are getting plenty of sleep, regular exercise, drinking water, and eating a balanced diet with lots of fruits and vegetables.

Using these simple steps while you are healthy can help protect you from infection. If you get sick, you can still spread flu germs up to seven days after getting sick; so pay especially close attention to these habits for a week while you are sick.



Yolanda Russell shares flu information with Jackie Haberlock, owner of Short Stop, and Aisha Campbell.

These things may sound like familiar rules that Moms have been telling their children for generations. These tried and true messages, for adults and children alike, can help make this flu season less severe.

Influenza, or the "flu," is a very contagious disease of the lungs caused by influenza viruses. With the flu, you get a cough and runny nose with a high fever and severe body aches. Symptoms usually last for a few days and then start to get better. For some people, the flu can cause very serious complications or death.

Flu season happens every year. In most years, many people who are at risk for severe complications from flu receive the flu vaccine, also called the "flu shot." Many people who are not at risk for severe complications also get the flu shot to avoid getting the flu.

This year, due to a problem with one of the United States' major producers of flu vaccine, there is a serious shortage of the flu shot. The Centers for Disease Control and Prevention, a national governmental public health agency, has issued guidelines to help assure

that those who are most high risk for serious complications due to flu have the opportunity to receive the flu shot.

FluMist may be another option for some people. The product is a flu vaccine that is sprayed into the nose. It contains live, weakened influenza virus, and is not rec-

ommended for people who are sick or elderly. Healthy people between the ages of 5 to 49, who are not pregnant, are eligible for FluMist.

More Flu Shots Arrive

Public health officials announced Monday that a limited number of flu shots are available in Multnomah County for those 65 years and older, women who are pregnant and those 12 years and older who have chronic medical conditions. The shots are offered at the following locations on a first come, first serve basis:

WEDNESDAY, DEC. 8

Ainsworth Drug, 4027 N. Interstate Ave. from 10 a.m. to 2 p.m.; Hollywood Senior Center, 1820 N.E. 40 Ave., from 1 to 4 p.m.; Bi-Mart Woodstock, 4315 S.E. Woodstock Blvd., from 11 a.m. to 5 p.m.

THURSDAY, DEC. 9

Bi-Mart Woodstock, 4315 S.E. Woodstock Blvd., from 11 a.m. to 5 p.m.

SATURDAY, DEC. 11

Bi-Mart Halsey, 12321 N.E. Halsey St., from 11 a.m. to 5 p.m.

TUESDAY, DEC. 14

Bi-Mart Halsey, 12321 N.E. Halsey St., from 11 a.m. to 5 p.m.

For information call 800-978-3040 or 503-872-6900.



At a recent high school career fair at Providence St. Vincent Medical Center, Juliet Ben-Jumbo from Tualatin High School, uses an ultrasound machine on a turkey to find a hidden mass.

Hands on Health

Local high school science students took a field trip to Providence St. Vincent Medical Center to attend "Heart Watch," where they observed a live open-heart surgery.

The program offered advanced science students a life-sized dose of medical reality. The object was to raise awareness about what it takes to save a life, the teamwork involved in surgery and to encourage healthy lifestyles at a young age.

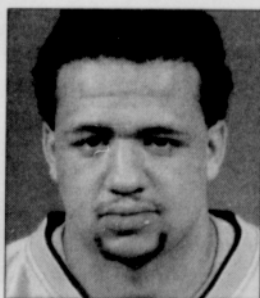
Students also got a lesson in how to use an ultra sound machine. Providence St. Vincent staff hid olives in turkeys and the students used the machines to find them to simulate the search for cysts or other masses.

Man Dies in Police Gun Fight

(AP) — A suspected car thief was shot and killed by police in southeast Portland Thursday after two officers were wounded.

Portland Police Sgt. Brian Schmutz said Willie Grigsby, 24, shot at police during a foot chase about 1 a.m. Officers returned fire, killing him.

One officer was shot in the leg and another was grazed by a bullet but their injuries were not life-threatening.



Willie Grigsby

The chase began after officers spotted a late model pickup truck that had been reported stolen in Clackamas County. Officers started chasing the truck and the suspect eventually crashed into a house at Southeast 111th Avenue and Holgate.

Schmutz says the man then fled on foot before pulling out his gun. Witnesses reported hearing numerous shots.

Lloyd Center Jewelry Heist Solved

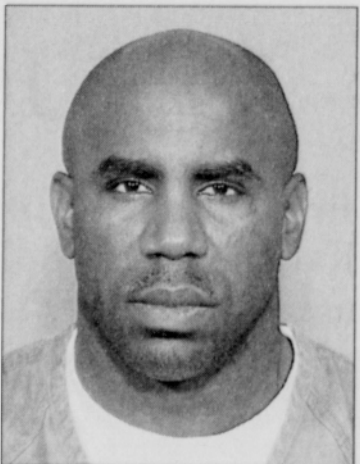
Two men police describe as professional robbers from Los Angeles were arrested Friday for an Oct. 21 jewelry store robbery in Lloyd Center in which gunfire was sprayed.

Steven Parsi, 22 and Willie Hobdy, 36 are charged with robbery and attempted aggravated murder in connection with the armed robbery of Ben Bridge Jewelers.

Parsi has been in police custody since Nov. 4 on an unrelated robbery warrant from California. Hobdy was arrested Nov. 18 in connection with an unrelated bank robbery.

Police believe that both suspects are professional robbers from the Los Angeles area who are responsible for similar crimes in other jurisdictions.

The men are accused of entering the Lloyd Center jewelry store



Willie Hobdy



Steven Parsi

wearing ski masks and dark clothing. Police said one of them was armed with a sledgehammer, the other a handgun. They're charged with breaking display cases and stealing the contents while holding employees at gunpoint.

At one point, a Lloyd Center

security guard entered the store. Detectives believe Hobdy shot at the guard as the guard fled the store. An additional shot was fired at another security guard as the suspects fled the area.

The majority of the crime was captured on security video cameras, police said.

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