

HEALTH MATTERS

When a Flu-Like Illness Hits

Guide tells when medical care is necessary

As the flu season intensifies, many people with flu-like illness are visiting doctors' offices and emergency rooms.

Some of these visits are essential for people to receive care that prevents complications and saves lives. Many other visits, however, aren't necessary because most people can safely recover from flu at home without the need for outside medical care.

"We want people to get medical care when they need it," said Dr. Gary Oxman, Multnomah County health officer. "We're also concerned that when people unnecessarily visit doctors' offices and hospitals, they can decrease the ability of healthcare providers to get care to people with severe flu or other conditions."

Health officials in Oregon and Southwest Washington have developed a decision chart to help people decide when to seek medical attention

for flu-like illness. The chart includes the following guidelines:

Adults and children with flu



Dr. Gary Oxman

symptoms (fever, sore throat, cough, headache, muscle aches) who also exhibit any of the following warning signs should receive emergency care as soon as possible and call 9-1-1 if necessary: Confusion or can't be woken up; difficulty breathing; pain or pressure in chest or abdomen; blue lips or skin rash; or unable to drink or



A child reacts as he receives the H1N1 swine flu vaccine in a nasal spray.

keep liquids down.

Additionally, children with these symptoms need immediate emergency care: Fever in an infant under 3 months old; or excessive irritability.

The following people should contact their healthcare provider right away if they have flu symptoms: Pregnant women; anyone age 65 or older; anyone with one or more of the following conditions: cancer; blood disorders; chronic lung disease like asthma or emphy-

sema; diabetes; heart, kidney or liver disease; nervous system or muscle diseases; weakened immune system; obese (over 250 pounds for women, 300 pounds for men); and if flu-like symptoms clearly improve, then worsen.

People with flu-like illness who don't have warning signs or any of the medical conditions listed above can stay home and rest, drink plenty of fluids, and treat fever with acetaminophen (Tylenol) or ibuprofen (Motrin,

Advil). Do not use aspirin for fever control in children under age 18. If symptoms improve and then worsen, seek medical attention.

The following prevention measures can help prevent the spread of flu, colds, and other diseases and should be observed by everyone at all times of the year: Wash your hands frequently, Cough or sneeze into your arm or elbow rather than into your hands, and stay home if you are sick.



Denise Revels Robinson

Child Welfare Advocate Named

An African-American leader in child welfare issues has been named Assistant Secretary for Children's Administration in the state of Washington.

Denise Revels Robinson brings 40 years experience working for children and families, most recently as executive policy advisor at the Wisconsin Department of Children and Families.

She also served for five years as the director of the Family and Children's Services Division of the Minnesota Department of Human Services, where she led and directed state public child welfare programs across a county-administered human services system.

"Denise is clearly a passionate and proven leader in child welfare," Gov. Chris Gregoire said. "Our employees and communities throughout Washington will come to know her as a leader who believes in them and who will work with them on behalf of the children and families we serve."

Fighting Obesity Early

Day Care next frontier in prevention

(AP) -- Grilled chicken replaced the hot dogs. Strawberries instead of cookies at snack time. No more fruit juice — water or low-fat milk only. This is the new menu in a movement to take the fight against obesity to pudgy preschoolers.

Day care is the next frontier: New Harvard research shows few states require that child-care providers take specific nu-

trition and physical activity steps considered key to keeping the under-5 crowd fit.

And while years of work now have older kids starting to get healthier food in schools, more and more kindergarteners show up their first day already overweight or obese.

This isn't about putting youngsters on a diet. It's about teaching them early, before bad habits form, how being active and eating healthy can be the norm — and that junk food, including the chicken nuggets-type fare that we call "kid food" — should be a rare treat.



Jean Carlos Rubell, 3, helps himself to grapes during preschool lunch at the Latin American Community Center in Wilmington, Del. (AP photo)

Food Choices for Mom, Kids

Local mothers and their children will have access to healthy new food choices under the new supplemental nutrition program for Women, Infants and Children.

The menu includes fresh fruits and vegetables, whole grain breads, brown rice, tofu and soy beverages and baby foods in jars. WIC will continue to provide low fat milk, cheese, eggs, peanut butter, legumes, breakfast cereals and infant formula.

"This is great news for our clients," said Tricia Mortell, WIC program manager for Clark County in Vancouver. "More fruits and vegetables as part of a healthy diet can help reduce the risk of chronic diseases, and studies show that people who eat whole grains reduce their risk of heart disease, Type 2 diabetes, digestive cancers and stroke." As part of this effort, WIC will continue to promote breastfeeding.

Lottery Dollars Help Restore Fish Habitat In Hood River.

It wasn't long ago that the waters of the Pacific Northwest ran clean and pure. And in those mighty rivers there were fish, lots of fish. But then people moved here, and more people moved here, doing what people do, which isn't always the best thing for fish. So fish populations suffered. But Oregon wouldn't be Oregon without fish, which is why Lottery dollars are being used to restore fish habitat. One example is Hood River, where with the help of Lottery funds, good old fashioned hard work, and business cooperation, the vital tributary of Neal Creek has been restored. Spawning grounds were cleaned up, improved, and returned to more natural conditions to create the cool, clear, sediment-free waters fish need. The result is miles of more healthy water for endangered Coho Salmon and Steelhead populations to grow. Restoring vital habitat to endangered fish species, it's just one of the many ways Lottery dollars help give back to Oregon.

It does good things.



To learn more visit www.ItDoesGoodThings.org. Lottery games are based on chance and should be played for entertainment only.

