

# Flu Vaccine Widely Available

## Vaccinations for long-lasting protection urged

Flu vaccine is widely available in the Portland and Vancouver area, and health officials are recommending everyone 6 months and older get vaccinated early.

"Some people delay getting a flu shot in the mistaken belief that vaccine effectiveness will wear off before winter, when flu season typically ramps up," said Dr. Alan Melnick, Clark County Health Officer. "Actually, you are bet-

ter off getting the vaccine as soon as it's available because flu season starts early some years. The sooner you're vaccinated, the sooner you're protected - and you'll stay protected throughout the flu season."

About two weeks after vaccination, antibodies develop and provide protection against the disease. Flu shots remain the best defense for preventing flu-related illness and missed days at school or work.

Flu can occur any time, but primarily from October through May. Flu is a contagious respiratory disease that kills more people in the U.S. than any other vaccine-preventable disease. On average, nearly 24,000 people die each

year of flu, and more than 200,000 are hospitalized. Flu symptoms can be severe, and include fever, cough, sore throat, runny or stuffy nose, headaches and/or body aches, chills, fatigue and occasionally nausea.

The Centers for Disease Control and Prevention recommends flu shots for everyone 6 months and older, with rare exceptions. Vaccination with a live, nasal-spray flu vaccine (FluMist) is an option for people between two and 49 who are healthy and not pregnant.

People at greatest risk of complications from flu are especially urged to get vaccinated. They are young children, pregnant women, people 65 and older and people with asthma, diabetes, heart disease and long-term health conditions.

To get vaccinated, call your health care provider or pharmacy.

## Week in The Review



### Kenya Mall Shooters Killed

Five men deemed Somali Islamist attackers were killed by the Kenyan military after a four day standoff at an upscale shopping mall in Nairobi. At least 67 people were killed in the siege. It was unclear how many more hostages may have died with the attackers buried in the rubble.

### Church Suicide Bombing

It's being reported that at least 78 people died and 150 were injured following a suicide bombing at Anglican Church in Pakistan on Tuesday. Christians make up less than four percent of Pakistan's religious makeup.

### Fraud Schemer Imprisoned

A Portland man has been sentenced to 78 months in prison for a fraud scheme totaling close to \$6.5 million. Jusaf Jawed, 44, previously entered a guilty plea to five federal counts of mail fraud and 12 counts of wire fraud in connection with the theft.

### Right to Dream Hearing

Commissioner Amanda Fritz announced Friday that the City Council will hold a public hearing connected with the proposed move of the Right to Dream shelter from West Burnside to a site at Northwest Lovejoy under a ramp to the Broadway Bridge. The Oct. 3 hearing with review and hear testimony on zoning regulations that apply to the site.



### Bystanders Put Out Fire

By the time firefighter arrived on the scene of a car crash in on the 1900 block of 33rd Avenue in Longview bystanders had already extinguished the fire that broke out. The driver was transported to a nearby hospital with minor injuries.

### Miss Piggy Joins Her Love

Miss Piggy is finally joining her love, Kermit the Frog, in the Smithsonian Institution's collection of Jim Henson's Muppets, and Bert and Ernie will have a place in history, too. Henson's daughter, Cheryl Henson, donated more than 20 puppets and props Tuesday to the National Museum of American History. The donation included Miss Piggy and some of her co-stars from "The Muppet Show."



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

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