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Andrea Miller, executive director of the Causa, a Latino immigrant rights organization in Oregon, testifies before the Multnomah County Commission in support of 'sanctuary county' resolution reaffirming the local government will not cooperate with federal enforcement of immigration laws.

## Sanctuary County

### Board on notice for welcoming immigrants

BY CHRISTA MCINTYRE  
THE PORTLAND OBSERVER

Multnomah County has reaffirmed its commitment to serving all residents regardless of immigration status by passing a resolution making it an official 'sanctuary county.'

Joining hundreds of other counties, cities and states across the

nation, the county board voted unanimously Thursday to adopt a sanctuary resolution meant to build trust with immigrants by assuring them that the use of county services like health clinics, libraries and other services will not be used against them in the enforcement of federal immigration laws.

President-elect Donald Trump joining hardline Republican lawmakers in Congress are threatening to pull federal funding from any county, city and state which adopts similar measures. The President has the power to divert

funding, but it would take measures passed by Congress to cut off federal funding to states, cities and counties, officials said.

Commissioner Loretta Smith, commented: "I have no idea what the repercussions are, but when you are standing for the right thing, and to do the good thing for your community, you always are on the right side of policy, and politics, as well."

There is no precise legal definition of "sanctuary," but it has its roots in Jewish, Christian and Common Law. The United States' Sanctuary Movement

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## Flu Hits Oregon Strong and Early

### Still time for flu shot protection

Influenza cases are rising in Oregon, and although the increase is expected this time of year, Oregon Health Authority officials say it shows flu season is off to a strong and early start. Most of the cases have been influenza A, this season's predominant flu type.

Hospitalizations for flu-like illnesses have jumped sharply in recent weeks.

"While this is shaping up to be a heavy flu season, this uptick during this time of the year is fairly typical," Dr. Paul Cieslak of the Oregon Health Authority said. "Flu season doesn't usually peak

until late February or early March, so people can and should get their flu shots."

Flu is a virus that causes mild to severe respiratory illness. The virus kills thousands of people in the U.S. each year. People who are at higher risk of severe illness or death include children, adults older than 65, pregnant women and those with chronic medical conditions or weak immune systems.

The flu vaccine is the best protection against flu. It can take up to two weeks to become effective, so getting it earlier in the season is ideal. That said, it's not too late, since flu season usually lasts until spring. Vaccinations are recommended for everyone 6 months and older.

Other ways to help prevent flu

includes staying at home and limiting contact with others if you are sick; that includes staying home from work or school when you are sick. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue out when you are done.

Wash hands with soap and water. Use an alcohol-based hand rub if soap and water are not available. Avoid touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may have flu germs on them. Avoid getting coughed and sneezed on.

Flu vaccine is available from health care providers, local health departments and many pharmacies. To find a flu vaccine clinic, visit [flu.oregon.gov](http://flu.oregon.gov).