

Health Bulletin

Antibiotics And Your Dentist— CDC Urges You To Be Antibiotics Aware

(NAPSA)—The Centers for Disease Control and Prevention (CDC) encourages the public to Be Antibiotics Aware by talking with their dentists about when antibiotics are needed for their oral health. While antibiotics have a role to play, they should only be used when needed. Any time antibiotics are used, they can cause side effects and lead to antibiotic resistance.

to defeat the antibiotics designed to kill them.

• When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.

• Some resistant bacteria can be harder to treat and can spread to other people.

When You Need Antibiotics from a Dentist

Antibiotics are needed for treating certain oral infections caused by bacteria—especially if fever or swelling is present. Antibiotic prophylaxis—when antibiotics are prescribed as a precaution to prevent infection—is sometimes used before a patient gets dental work. Before having dental work, talk to your dentist about any drug allergies or medical conditions that you have.

Always Take Antibiotics the Right Way

Your dentist can explain what dose needs to be taken, how long the antibiotic needs to be taken, at what times it should be taken, and if it needs to be taken with food and water. If your dentist prescribes an antibiotic, ask if it is the recommended antibiotic for your condition.



In 2016, 25.7 million antibiotic prescriptions were prescribed by dentists in the United States.

When Antibiotics Aren't Needed

Antibiotics do not work for oral infections caused by a virus, cold sores or fungal infections. They will also not cure a toothache. Your dentist must examine your mouth and determine what is causing the pain. Your dentist will decide if antibiotics are appropriate for your dental problem.

Possible Side Effects of Antibiotics

Antibiotics save lives. When you need antibiotics, the benefits usually outweigh the risks of side effects or antibiotic resistance.

When antibiotics aren't needed, they won't help you and the side effects could still hurt you.

Talk with your dentist if you develop any side ef-

fects, especially diarrhea, since that could be Clostridioides (formerly called Clostridium) difficile infection (also called C. difficile or C.diff), which needs to be treated immediately. C. difficile can lead to severe colon damage and death.

Reactions from antibiotics cause one out of six medication-related visits to the emergency department.

Other side effects from antibiotics can include:

- Rash
- Dizziness
- Nausea
- Yeast infections
- Life-threatening allergic reactions

Keep Your Mouth Healthy

You can keep your mouth healthy by:

- Brushing your teeth with a fluoride toothpaste and flossing
- Visiting your dentist regularly, even if you have no natural teeth or have dentures
- Limiting alcoholic drinks
- Drinking fluoridated water, especially if you have dry mouth
- Not using any tobacco products or quitting smoking if you currently smoke
- Managing chronic conditions

Improving the way dentists prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these lifesaving drugs will be available for future generations.

Learn more about antibiotic prescribing and use at www.cdc.gov/antibiotic-use.

999 ♦ PUBLIC NOTICE

PUBLIC NOTICE

Notice is hereby given that the Port of Siuslaw is requesting informal solicited proposals to perform exterior painting of Mo's Restaurant, located at 1436 Bay Street, Florence, Oregon, Lane County, 97439. Deadline for proposals is 5pm August 24, 2018. For more information, contact the Port of Siuslaw, 100 Harbor Street, Florence, Oregon, 97439, 541-997-3426. A copy of the RFP can be downloaded at <http://portofsiuslaw.com>.

Publication Dates: August 18, & 22, 2018

PUBLIC NOTICE

Notice is hereby given that the Port of Siuslaw is requesting informal solicited proposals to replace Signboards at Mo's Restaurant, located at 1436 Bay Street, Florence, Oregon, Lane County, 97439. Deadline for proposals is 5pm August 24, 2018. For more information, contact the Port of Siuslaw, 100 Harbor Street, Florence, Oregon, 97439, 541-997-3426. A copy of the RFP can be downloaded at <http://portofsiuslaw.com>.

Publication Dates: August 18, & 22, 2018

REQUEST FOR COMMENT

The City of Florence has received an application to close Bay Street from Kingwood to Nopal Streets, and the half blocks of Laurel, Maple and Nopal Streets just north of Bay Street, for a Chamber of Commerce Event, "Rods n Rhodies Car Show" to be held on Saturday September 8th – Sunday September 9th, 2018; as applied for by the Florence Area Chamber of Commerce. The Council will take public comment at its meeting beginning at 5:30 pm on August 20, 2018 at the Florence Events Center located at 715 Quince Street, Florence, OR 97439.

The City Council will consider whether the application meets the criteria outlined in Florence City Code 7-5-1-1. If you wish to submit comments by writing prior to the Council's meeting on August 20th, you may submit them to City Recorder, 250 Highway, Florence, OR 97439, or by fax to 541-997-6814, or via email to kelli.weese@ci.florence.or.us.

Publication Date: August 18, 2018

Public Notice

Request for Proposals – Weatherization Services
Oregon Coast Community Action (ORCCA), a non-profit corporation located in Coos Bay, OR is seeking proposals for independent licensed contractors to provide weatherization services in Coos and Curry Counties.

Proposals will be accepted up to September 28, 2018. No proposals will be accepted past 5:00 p.m. on September 28, 2018, no exceptions. Bidders may be required to comply with the Prevailing Wage Rate and the Davis-Bacon Act. ORCCA will not consider any proposal unless the contractor is licensed by the Construction Contractors Board in Oregon. Contractors must not be debarred or suspended to do business in the State of Oregon, or be federally debarred or suspended.

An optional pre-bid conference will be held September 18, 2018 at 12PM at the main offices of ORCCA.

Specifications for the work may be reviewed at the ORCCA offices between the hours of 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m. A full packet of information can be picked up at the ORCCA offices during business hours between 8/1/2018 – 8/28/2018, or information can be mailed or emailed upon request.

Small and minority businesses and women's business enterprises are encouraged to apply.

A full RFP will be posted to the ORCCA web site located at <https://www.orcca.us/> under the RFP section. All questions and comments must be in writing and directed to:

Ashley Horath
Energy Services Coordinator
Oregon Coast Community Action
Essential Services Department
(541) 435-7750
1855 Thomas Ave.
Coos Bay, OR 97420
www.orcca.us

All questions and answers will be posted to the web site within 24 hours of receiving them.

Publication Dates: August 1. & 18, 2018

www.thesiuslawnews.com

990 ♦ STATEWIDE CLASSIFIEDS

PROFESSIONAL

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 844-239-9335 or <http://www.dental50plus.com/25> Ad# 6118

SERVICES:

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-888-651-5669

Frontier Communications Internet Bundles. Serious Speed! Serious Value! Broadband Max - \$19.99/mo or Broadband Ultra - \$67.97/mo. Both Include FREE Wi Fi Router. CALL For Details! - 1-855-972-6641.

Sleep Apnea Patients - If you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More - FREE! Our customer care agents await your call. 1-855-691-5922.

DIRECTV SELECT PACKAGE! Over 150 Channels, ONLY \$35/month (for 12 mos.) Order Now! Get a \$100 AT&T Visa Rewards Gift Card (some restrictions apply). CALL 1-855-502-2578.

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months). Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-9436.

DISH TV \$59.99 For 190 Channels. \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-866-373-9175.

INVENTORS - FREE INFORMATION PACKAGE. Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-855-404-7583 for a Free Idea Starter Guide. Submit your idea for a free consultation.

MISCELLANEOUS:

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-533-9173.

DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention, & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION 1-855-252-2579.

GOT AN OLDER CAR, VAN OR SUV? Do the humane thing. Donate it to the Humane Society. Call 1-877-246-1527.

www.thesiuslawnews.com

- ✓ News
- ✓ Sports
- ✓ Obits
- ✓ Photos
- ✓ Breaking News
- ✓ e-Edition

With your e-edition subscription you can read the entire SIUSLAW NEWS online from your computer with internet access no matter where you are!

LOG ON TODAY!

Brought to you by this newspaper in partnership with Oregon Newspaper Publishers Association

PUBLIC NOTICES

Always in your newspaper:
Now in your inbox, too.

If nobody knows what's going on, nobody can do anything about it.

That's why we keep saying your local and state government should keep publishing their public notices in the newspaper.

Now you can stay informed **AND** keep those public notices in the newspaper.

Just go to publicnoticeads.com/or, sign up for the free SmartSearch service, and get all of this paper's public notices delivered to you via email.

publicnoticeads.com/or

Reduce Reuse Recycle

Reduce Reuse Recycle

Reduce Reuse Recycle

Need a Contractor? Looking for a Professional?

D-040 BLINDS / INTERIOR

The Finishing Touch

Blinds • Shades • Draperies • Shutters
We Design ~ We Install
Residential • Commercial • 30 Years Experience

541-991-3405

CCB#212784

D-070 CONSTRUCTION/CONTRACTORS

Jack Mobley CONSTRUCTION

Custom Homes
541-997-2197 CCB#164472

Remodels • Additions • Foundations & Flatwork

D-182 PEST CONTROL

SWANSON'S PEST MANAGEMENT, INC.

For What's Bugging You
Environmentally Responsible
Free Inspections
541-997-4027

CCB#79884

D-085 EXCAVATING

Ray Wells, Inc CCB# 91052

EXCAVATING • SEPTIC SYSTEMS • SUBDIVISIONS
LAND CLEARING • PAVING • TRUCKING
BRUSH & DEBRIS RECYCLING • DEMOLITION

Ph. 541-997-2054 • Fax 541-997-3499 • 1-877-201-0652

P.O. Box 3467 • 1770 LAUREL PL. • FLORENCE, OR 97439

ANGLE & SQUARE LLC

General Contractor
HOME REPAIR • ROOF REPAIR • CUSTOM CARPENTRY
QUALITY OF LIFE SOLUTIONS
Call Jeff 541-590-3400

CCB#216910
Insured & Bonded "Doing the Right Thing the Right Way"

angleandsquare345@gmail.com • www.angleandsquare.com

D-220 RV ROOF REPAIR

Jim's RV Services

Mobile RV Roof Repair

Decor® White Acrylic Rubber or White Fiber Glass Roof Replacement & Renewal. Vent & Seam Resealing & Calking.
WE COME TO YOU! 541-759-2942

Licensed & Insured • Serving Coos, Curry, Lane and Douglas Counties

D-222 REAL ESTATE

Lynnette Wikstrom – Broker
(541) 999-0786

Living in the Florence area since 1979.

COLDWELL BANKER COAST REAL ESTATE
100 Highway 101
Florence, OR 97439

D-266 WINDOWS

Yes! WE DO WINDOWS! Window Cleaning

Commercial • Residential

Connie, Bill & Mike Spinner-997-8721

Siuslaw News Yellow Directory
P.O. Box 10 • 148 Maple Street
Florence, Oregon 97439
(541) 997-3441
Fax: (541) 997-7979

Graphic Search

Here is how it works...
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Saturday's Graphic

Good Luck

LINDA OCCHI found the National Golf Month graphic on page 6B (Lost & Found Header). She won a gift certificate to The Chicken Coop.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Monday by 2:00 PM

Wednesday's Graphic