

Flu: To deter the virus, wash your hands and limit hospital visitations



Providence Seaside Hospital
**Infection preventive nurse
Graham Seaton.**

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In general, however, most people do not clean their hands or disinfect household surfaces and items as much as they should, Seaton said. “Something can get on your hands when you don’t expect it and we’re dealing with a microscopic world,” he said. People cannot know the source of germs, which is why it’s important to frequently wash hands and sterilize high-touch surfaces at home, in schools and at places of employment. Another issue that adds complexity to the flu prevention effort is

the virus can be spread even when people are not symptomatic. Seemingly healthy adults can spread the flu a day or so before and about five to seven days after initial symptoms manifest, Seaton said. According to the Centers for Disease Control and Prevention, children and people with weakened immune systems can pass the virus for longer than seven days. **Visiting the hospital** The hospital has a role to play in preventing the spread of flu internally, as well as throughout the community, Seaton said, adding, “You can’t detach one from the other.”

Not only do health professionals emphasize safe practices and sterilization to deter the virus from spreading within the hospital, but they also promote flu prevention methods to patients and remind them that vaccines are available. One measure for deterring the flu and other infections from spreading is implementing visitation restrictions, which “are put in place to protect people who are vulnerable,” Seaton said. The hospital requests visitors who are sick do not visit their loved ones in the hospital, except under extreme circumstances, although they are encouraged to still see a

health care provider if they need a diagnosis. The hospital has no way of enforcing visitation restrictions, but people are generally “compliant and respectful” of the request, communication manager Mike Antrim said. In terms of who should seek medical care to deal with the flu, there is no concrete answer, Seaton said. There are different thresholds depending on each patient and their individual risk factors. As a nurse, he said, “I encourage people to seek health care when there is concern or they wish to seek a diagnosis or they are dealing with something that isn’t changing.”

Band: Wide participation is key to success

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by the time students attend high school, he is familiar with how they play and their skill level on a particular instrument. “We have an incredible cross-section of the student body, and people are here for different reasons,” Dahlgren said. “At the end of the day, we all come together and try to be as amazing as we can be as a group.” One of the draws of being in band is that “it’s not standardized,” senior Nick Mace, who plays the euphonium, said. Students typically don’t get access to making the majority of their own decisions until after graduation. “To be able to choose to play an instrument and do something that’s extremely recreational but in school is why a lot of people like and benefit from it,” he said. Sophomore Sean Olea, a clarinet player, added that participating in band offers a valuable source of stress-relief and a positive distraction from other stressors from school or their personal lives. Plus, since band meets during first period, “it’s a nice start to the day,” junior



Katherine Lacaze
Seaside High School students practice a song during band class, which is held during first period throughout the year.

Briana Boyd, who plays flute and piccolo, said. **Opportunities** In addition to the symphonic band, Seaside also has a pep band and jazz band, which involves the same students playing different types of songs. The jazz band includes 17 dedicated students who commit to attending practice at 7:15 a.m. throughout the week. They are introduced to different techniques and a style that incorporates more improvisation and soloing.

“That part to me is very fun, to see people get more confident doing that kind of thing,” Dahlgren said. The jazz band plays at various community functions in addition to the school’s concerts. They were featured artists at the Seaside Jazz Festival in the past, and in January of this year, they performed a joint concert with the North Coast Big Band at the Times Theatre. The pep band attends games, assemblies and other activities where school spirit

is highlighted, playing popular songs and familiar movie soundtracks. That band’s focus is “trying to add to the atmosphere of the event,” Dahlgren said. The students like the varied types of ensembles offered. Boyd enjoys playing the different styles of music. While the competition pieces are more challenging, pushing her to work harder and reap a greater sense of achievement, the pep band songs are fun and familiar. “They’re enjoyable in different ways,” she said. “You feel the reward when you’re doing the hard stuff, but when you’re doing the easier stuff, it’s just fun to play.” Mace also doesn’t feel daunted by challenging songs but appreciates the process of taking steps to improve. That persistence and commitment is something encouraged by Dahlgren and his style of instruction, which facilitates “the idea of not being good at something and being okay with that, because you can make a roadmap,” Mace said, adding, “That’s an enjoyable thing to be around and in class with.”

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