

First flu case in Washington County

With the first laboratory-confirmed influenza infection of the year for this area, public health officials have expanded Oregon's flu vaccine eligibility criteria in an effort to give more people flu shots.

This new policy allows remaining supplies of flu vaccine to be used for adults ages 50-64 years, and out-of-home caregivers and household contacts of people at risk for serious complications from flu.

These groups supplement the high-priority populations already eligible to receive flu shots:

- All children aged 6-23 months
- Adults age 65 and older
- People from 2-64 years with chronic medical conditions
- Women who are pregnant during the influenza season
- Residents of nursing homes and long-term care facilities
- Children from 6 months to 18 years on chronic aspirin therapy
- Health-care workers involved in direct patient care
- Out-of-home caregivers and household contacts of children under 6 months of age.

If you are in one of these priority groups and have not yet received a flu shot, check with your health care provider or call the Oregon flu hotline at 800-

978-3040, or 503-872-6900 in the Portland area.

In addition to vaccination, good respiratory hygiene helps prevent flu. Remember to:

- Wash your hands frequently to eliminate germs you have picked up.
- Try not to touch your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze, to avoid spreading germs.
- Avoid close contact with people who are ill.
- Stay home when you are sick.

Meningococcal disease confirmed

Public Health Officials in Washington County report one confirmed case and one presumptive case of meningococcal disease. The two individuals were admitted to local hospitals over the weekend. The case investigation is ongoing, with Washington County Health Department notifying contacts of the ill persons.

Washington County receives between four and eight meningococcal disease reports every year. Fortunately, this type of bacterium, *N. Meningitidis*, is not highly contagious. However, because this infection can result in a serious and sometimes fatal illness, preventive medication is recom-

Rainbow of humanity will honor Dr. Martin Luther King, Jr., at PCC

Portland Community College and the City of Beaverton will celebrate the life of Martin Luther King, Jr. The event will be 2-4:00 p.m. on Sunday, January 15, at Building 9 on the Rock Creek Campus, 17705 N.W. Springville Road.

The program will include presentations by the Inter-Religious Action Network, PCC District President Preston Williams, Beaverton Mayor Rob Drake, Holocaust survivor Alice Kern, inspirational speaker Debbie Wooten, and Beaverton

human rights advisory committee member James Maguire.



Entertainment will include the New Day Singers and Ballet Folklorico.

For more information, call 503-614-2127.

Immunization data must be updated for kids in public school

Oregon requires all students to be up-to-date on their immunizations or be excluded from school, and the state-imposed deadline of February 16, 2005, is quickly approaching.

Parents who have received notification from their children's school that their child is delinquent in immunizations should check the child's immunization records. It is important that the school has updated information on all immunizations received.

For more information or to make an appointment, contact your doctor or local county health department.

Libraries receive Ready to Read grants from state

The eleven public libraries in Washington County have received Ready to Read grants totaling \$75,341 to improve public library services for children. The Ready to Read Grant program was established by the 1993 Oregon Legislature to assist local libraries in helping to achieve the Oregon Benchmarks for childhood learning and development. It is administered by the Oregon State Library and is the only state funding allocated for direct public library service.

Since the Ready to Read Grant program began, library services to children have increased by 80 percent in Oregon, according to State Librarian Jim Steppe. "This program is really helping children develop early literacy skills, begin school ready to learn, and develop a lifelong love of reading," Steppe said.

Washington County Cooperative Library Services (WCCLS) include the Banks Public Library, Beaverton City Library, Cedar Mill Community Library, Cornelius Public Library, Forest Grove City Library, Garden Home Community Library, Hillsboro Public Libraries (Shute Park and Tanasbourne), Sherwood Public Library, Tigard Public Library, Tualatin Public Library, and West Slope Community Library. Two specialized libraries – the Oregon College of Art and Craft, and the Tuality Health Information Resource Center – are also open to the public and make their collections available for use through WILnet.

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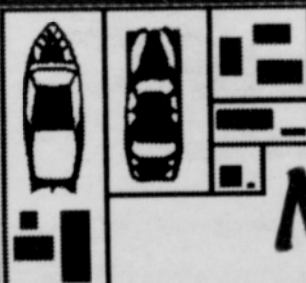
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