

Kill the flu bug; Get your sleep on



MALIA KALUA
Editor-in-Chief

If you're feeling funky by the onset of flu season, get ready. Old-fashioned remedies may be all students have to keep them out of bed this flu season.

According to the FDA, maker of the flu vaccine Chiron Corporation the vaccines normally provides up to 48 million doses of the flu vaccine. This will reduce the typical U.S. supply by almost half because vaccines are contaminated.

"If you are young and healthy then don't have a flu shot!" said President George Bush.

Those considered as high risk



Senior citizens stand in line for flu vaccinations. Since the vaccine is in short supply this flu season the public should expect long lines wherever the vaccine is available.

Photo courtesy of fda.gov

are senior citizens, transplant patients, pregnant women, children and teenagers. Most available flu shots are being shipped to nursing homes, pediatricians and obstetri-

cians for appropriate administration to patients according to the FDA.

Most students at Methodist College are left out of the vaccine circle and we should take steps to keep well. Here are some basics for flu season survival:

1. Wash your hands as much as possible. Every time you leave your dorm room or apartment, you are possibly coming into contact with the flu virus. When you return home, always wash your hands before you do anything else.

2. When you are out, keep your hands away from your face and out of your mouth. Carry a bottle of no-rinse hand sanitizing gel available at your local grocery store or pharmacy.

3. Cover your mouth when you sneeze or cough. Then wash your hands afterwards.

4. Keep your room or apartment clean. Living in a messy home lowers your immune system by spreading germs and making you more susceptible to getting sick. Also cleanliness helps to keep your roommates well which can help you to stay well too.

5. Avoid crowds if you are feeling sick. The flu is dangerous because it is so contagious. Slowing the spread of disease enables us all to feel better. Do not visit with older people or children if you do not feel well.

6. Do not share food, cups, drinks or eating utensils. If you are

sick no need to share.

8. Do not touch water spouts when drinking out of the fountains. Avoid touching bathroom fixtures and doors after you wash your hands. Use a paper towel to assist you.

9. Get plenty of regular exercise. Exercise increases blood flow and boosts your immune system. We can all exercise on a more frequent basis for great health results especially during flu season.

10. Drink plenty of fluids and sleep regularly. If your body is not strong enough to fight off the flu, it may be because you are run-down and dehydrated. Going to bed on time, getting plenty of sleep and staying on schedule will keep you stronger and healthier.

Keep well and address any flu symptoms immediately. Symptoms of the flu are headache, fever, chills, dry cough, tiredness, sore throat, nasal congestion and body aches. Influenza is different from a cold in that its onset is faster. Most people who contract the flu recover within two weeks. But some cases of flu can develop into life-threatening problems like pneumonia. About 36,000 Americans every year die from the flu.

If you would like more information, see your family doctor or Sandy Combs in Student Health Services in the basement of West Hall. Stay informed and get your sleep on this flu season!

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Correction Box

In the 10/7/2004 issue of smallTALK the Soccer Roundup story on page 13 was written by Toni Carpenter not Remille Shipman.

In the centerfold spread article "Where do the candidates stand on the issue?" Toni Carpenter cowrote the article with Laura Phillips.

Front page article "NC State Fair opening for fun times" was written by Hannah Hamer not Norma Bradshaw.