

From The Merle Boyd Center

Seasonal Flu — What is the Seasonal Flu?

submitted by LaDona Johnson CHR Coordinator



Doesn't seem possible, but this year is passing fast and we're almost into the flu season.

Black Hawk Health Clinic has been offering flu immunizations for a few weeks now.

The Merle Boyd Center is having a flu immunization clinic on Thursday, October 11, in the CHR's office. If you're an adult, with a chart at BHHC, and need a flu shot, we're giving them from 9:00 a.m.-1:00 p.m.

The CHRs will be going to the Sac and Fox Multi-Purpose Building, in Shawnee, on Monday, October 8 to give flu shots. We will be there from 9:00 a.m.-1:00 p.m. for any adults that have a chart at BHHC.

Now, let's talk about the flu . . . Seasonal flu is a contagious respiratory illness caused by flu viruses. It spreads between people and can cause mild to severe illness. In some cases, the flu can lead to death.

When is flu season?

In the United States, flu season occurs in the fall and winter. Seasonal flu activity usually peaks in January or February, but it can occur as early as October and as late as May.

How does seasonal flu spread?

Most experts believe that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Who is at risk?

Some groups are more likely to experience complications from the seasonal flu, including:

Seniors

(those age 65 and older)

Children

(especially those younger than 2)

People with chronic health conditions

How can I protect myself from seasonal flu?

Get the flu vaccine as soon as it is available in your area. The 2012-2013 will be available starting in September and October 2012. You should also follow our everyday steps to keep yourself healthy.

What are common complications from the seasonal flu?

Complications from the flu include:

- *Bacterial pneumonia
- *Ear or sinus infections
- *Dehydration
- *Worsening of chronic health conditions

Each year approximately 5-20% of U.S. residents get the flu and more than 200,000 people are hospitalized for flu-related complications.

How long does the illness last?

Most people who get the flu feel much better within one or two weeks.

How long am I contagious?

Most healthy adults can infect others one day before symptoms and five to seven days after symptoms appear. Some people, especially young children and people with weakened immune systems, might be contagious for a longer period.

How many times can a person become infected with the seasonal flu?

You are unlikely to get infected with the same exact strain of flu more than once. It is possible to be infected with flu viruses more than once in a season, though, because several different strains of flu virus circulate each year. Exposure to a particular strain of flu virus may help protect you against that strain in the future. But it will not protect you from infection with other flu virus strains.

Your health provider can give you a test to determine whether or not you have the flu.

What are the symptoms of the flu?

Flu symptoms include:

- *A 100F or higher fever or feeling feverish (not everyone with the flu has a fever)
- *A cough and/or sore throat
- *A runny or stuffy nose
- *Headaches and/or body aches

- *Chills,
- *Fatigue
- *Nausea, vomiting and/or diarrhea (most common in children)

Do I have the flu or a cold?

The flu and the common cold have similar symptoms. It can be difficult to tell the difference between them. Your health care provider can give you a test within the first few days of your illness to determine whether or not you have the flu.

In general, the flu is worse than the common cold. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. People with colds are more likely to have a runny or stuffy nose.

When should I seek emergency medical attention?

Seek medical attention immediately if you experience any of the following:

- *Difficulty breathing or shortness of breath

- *Purple or blue discoloration of the lips
- *Pain or pressure in the chest or abdomen

- *Sudden dizziness
- *Confusion
- *Severe or persistent vomiting
- *Seizures

*Flu-like symptoms that improve but then return with fever and worse cough

Is the stomach flu really the flu?

Many people use "stomach flu" to describe illness with nausea, vomiting or diarrhea. Many different viruses, bacteria, or parasites can cause these symptoms. While the flu can sometimes cause vomiting, diarrhea, and nausea-more commonly in children than adults-these problems are rarely the main symptoms of the flu. The flu is a respiratory disease and not a stomach or intestinal disease.

Information provided by Flu.gov

A federal government website managed by the U.S. Department of Health & Human Services

Vegetable of the Month: The Sweet Potato

Brittany Crawford, Registered Dietitian MBC

Nutrition: The sweet potato is a nutritional powerhouse high in vitamins A and C. One medium sweet potato provides more than a day's worth of vitamin A and 35% of the daily recommended amount of vitamin C. Sweet potatoes are fat free, cholesterol free, and a good source of dietary fiber and potassium.

Storage: Sweet potatoes should be stored in a cool, dry place (not in the refrigerator) used within two weeks. When cooked, store sweet potatoes in a tightly closed container in the refrigerator.

Preparation: Before cooking, wash potatoes to remove dirt from the skin. You do not need to peel sweet potatoes before cooking them.

Cooking: To bake, brush sweet potato with oil (optional) and wrap in foil. Poke holes with a fork and bake at 400° F for 40-50 minutes. To boil, cut sweet potatoes, peeled or unpeeled and place in boiling water. Cook for 15-20 minutes then drain.

Ingredients:

- 4 medium sweet potatoes
- 2 Tbsp margarine
- 2 Tbsp pure maple syrup
- 1 Tbsp chili powder
- 1 tsp ground ginger
- 1/2 tsp pepper



Smashed Spiced Sweet Potatoes

Preparation:

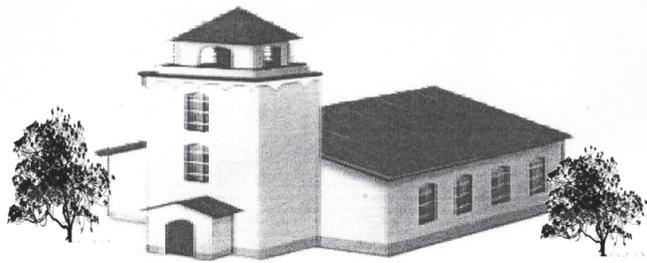
1. Preheat oven to 400 degrees F
2. Wash potatoes, scrubbing off dirt from the skin. Wrap sweet potato in foil and pierce with a fork.
3. Bake for 40-50 minutes.
4. Allow to cool until able to handle.
5. Remove foil. Slip of the skins and transfer sweet potatoes to a large bowl to mash.
6. Add margarine and continue to mash. Add maple syrup, chili powder, ginger, and pepper. Stir.

SAC AND FOX NATION

NATIVE ASPIRATIONS OVERSIGHT PANEL

Native Aspirations Oversight Panel meetings are held bi-weekly located at the Sac and Fox Nation Library from 4:30 to 5:30

Interested persons or for information you may contact
 Rosalita Saunders, President
 Karen Simmons, Co-Lead Contact
 Clarissa Littlehead, Lead Contact
 918-968-9531



Starting August 12, 2012 Sunday Worship Services At Sac and Fox Chapel

9:45 a.m. - Bible Study
 11:00 - Worship Services
 Preaching: Don Tiger
 Worship Leader: Mike Grass
 Come Join Us . . .

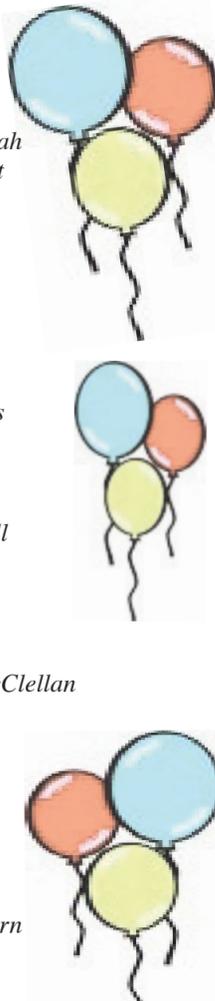
This is the day that the Lord hath made we will rejoice and be glad in it.

Happy

October Birthday

Elders!!

- Albert C. Staley
- Terry Lynn West
- Amelia Ruth Grant
- George Dan Croley
- John T. Miles
- Kenneth Keith Kahbeah
- Myrna Clarice Wright
- Walter R. Deporte
- Joyce Marie Kolpin
- Gladys P. Boyd
- Gail Ruth Harjo
- Peggy Ann Big Eagle
- Mary Dora Kaskuske
- William J. Whistler
- Clay Woodward Jones
- Betty Lou Christie
- Dagmar Seely
- Irene L. McClellan
- Richard Allen Harwell
- Jeanette Sue Walker
- Claude Longshore
- Stanley C. Trammell
- Norma Thorpe
- Benjamin Charles McClellan
- Martha L. Bouzis
- Robert L. Barlow
- Billie Mae Ellefson
- Roy Dean Cobb
- Morris Gene Warrior
- Allison H. Nave
- Harold Vernon Jones
- Jacquelyn Sue Southern
- Jane Hope Stephens
- Rosemary B. May
- Cathy Tall Charboneau
- Alvin Maybear



- Donna Kay Harris
- Rebecca J. Smith
- Charlotte Alderson
- Frances M. Knight
- Marianne Patricia Alexander
- Jerre D. Degraw
- Marion E. Miles
- Glenda G. Hodge
- Eugene Harjo
- Charley Gibbs
- Richard Eugene Rogers
- Gloria Ann Foster
- Dona Gene Gregory
- Joe York Whistler
- Dennis Ray Longshore
- Fredith Ann Blanchard
- James Ervin Taber
- Marjorie Roane
- Harry G. Franklin
- Albert Earl Lopez
- David Gene Johnson
- John Erik Christensen
- Georgina Muhareb
- Thomas Mose Wakolee
- Earnestine Mae Pettit
- Vernon Curtis Pequano
- Martha Carol Michell
- Troy Gene Shackelford
- Richard Dean Brown
- Margaret Virginia Dollens
- Virginia Mary Riley
- Pamela Jeane Beagle
- Charlotte Kay Easley
- Chloe Ann Berdina George
- Timothy E. Morris
- Quintin Dale Butler

Doneva J. Armstrong