

Moments With Mila

Influenza Season Facts

Flu seasons are unpredictable in a number of ways. Although epidemics of flu happen every year, the timing, severity, and length of the season varies from one year to another.

Flu viruses are constantly changing so it's not unusual for new flu virus strains to appear each year. This year's flu vaccine is designed to protect against the influenza viruses that experts predict will be the most common during the upcoming season.

Three kinds of influenza viruses commonly circulate among people today: Influenza A (H1N1) viruses, influenza A (H3N2) viruses, and influenza B viruses. Each year, these viruses are used to produce seasonal influenza vaccine.

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of the flu include; fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and some people may have vomiting and diarrhea, though this is more common in children than adults. Please note that not everyone with flu will have a fever.

Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching

their own mouth, eyes or possibly their nose.

The single best way to prevent the flu is to get a flu vaccine each season. There are two types of flu vaccine: 1) inactivated vaccine (containing killed virus) that are given with a needle. The inactivated vaccine is approved for use in people 6 months of age and older, including healthy people, people with chronic medical conditions and pregnant women. 2) The nasal-spray flu vaccine – a vaccine made with live, weakened flu virus that is given as a nasal spray. The viruses in the nasal spray vaccine do not cause the flu. The nasal spray is for use in healthy people 2 to 49 years of age who are not pregnant and have no respiratory problems.

Some people should not be vaccinated without first consulting a medical provider. They include: people who have severe allergy to chicken eggs, people who have had a severe reaction to an influenza vaccination in the past.

Children younger than 6 months of age. People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

People with a history of Guillain-Barre Syndrome (a severe paralytic illness) that occurred after receiving an influenza vaccine should not generally receive the vaccine.

Please remember hand hygiene is one of the most important ways to prevent the spread of viruses and infections. For more information regarding the flu vaccine, contact the Cheyenne County Health Department at 785-332-2381.



TY CARMICHAEL is instructing Roy Shrader on rating his test drive for the Drive 4UR School test drive. Jane Brubaker, Mary Anne Orten and Jacob Brubaker are in the background.

Photo by The Herald staff Norma Martinez.

Program raises money for schools

Rain and overcast skies didn't dampen the enthusiasm or the success of Yost Ford's Drive 4 UR School event, held Friday at the Cheylin high school. Brent Rueb, sales manager for Yost Ford, reported that 165 test drives were completed between 8:00 am and 6:00 pm. With every qualified test drive, Ford will donate \$20.00 to the Cheylin schools.

Mr. Rueb was by the door all day to meet and greet everyone, and direct them to the registration tables, manned by members of the Cheylin Booster Club. The new Ford cars and pickups were lined up on the west side of the high school, ready to be driven.

"Most of the guys went for the trucks, like the F-250" Mr. Rueb said. "One neat feature, many of

the women commented on, was the retractable running boards on the F-150, which make getting in and out much easier. The vehicle with the most test drives was the Edge."

"I'm very pleased with the turnout, and the fantastic help we received from the booster club" he said. "We had drivers from Bird City, St. Francis, McDonald, At-

wood, Goodland and Oberlin."

Ford puts on these events nationwide, and it is a win, win, win for everybody. Ford gets the publicity, and the schools get the money.

"It's been a great day for Cheylin schools and Yost Ford. Thanks to all participants, and to the booster club for their help."

Secretary asks for emergency grazing

Kansas Secretary of Agriculture Dale Rodman has urged the Department of Agriculture to extend emergency haying and grazing. In a letter to the department secretary Tom Vilsack, Rodman urged the agency to extend emergency haying and grazing for land enrolled in the Conservation Reserve Program through Nov. 30, as was done in 2012, without incurring penalty in the form of rental payment reduction.

"While parts of Kansas have benefited from much-needed rainfall, there are many portions of the

state that remain in a severe drought situation," said Mr. Rodman. "It is incumbent upon us as public officials serving farmers and ranchers to take immediate and necessary action to provide relief in times of disaster situations, specifically the ongoing, three-year drought."

Mr. Rodman noted that there are 2.15 million acres enrolled in the Conservation Reserve Program in Kansas. Permitting farmers and ranchers to continue accessing this critical forage could very likely be the difference between maintaining a cowherd or facing liquidation.



Upcoming Promotions

For more information contact Tim Burr at:

The Saint Francis Herald
Bird City Times
 P.O. Box 1050,
 St. Francis, KS 67756 • 785-332-3162

FALL SPORTS SECTION -
Featuring Football and
Volleyball players
plus Cheerleaders
and Pom Pon



Booster Sponsors

Your name or business will be acknowledged every time we run a Booster Ad, and by being a Booster Sponsor you will be helping to promote school activities & feature team photos throughout the school year!



4-H Section

To be inserted in October.

Features a collection of articles celebrating 4-H Week and the 4-H Clubs in Cheyenne County.



Approaching age 65?



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