Most schools in county faring well with flu

Absences close CHA Tuesday

(continued from page one)

reer Technical Center (CTC) classes in Cadillac. (Cadillac High School and Manton Consolidated Schools had to close school temporarily due to a high percentage of students out sick with the flu.)

Winkler said, "so far," none of the Houghton Lake students have brought the flu back with them.

Houghton Lake Middle School Principal Leif Williams said the middle school has had "at least one confirmed case of Influenza A this year."

He said whenever these cases are reported, "we let the custodial staff know and they deep clean any room where that student attends class."

HLMS Secretary Lynette Gosney said the school is still meeting its percentage (at least 75%, in order to consider it a school day); it was at 94% Feb. 1 and 93% Feb. 6.

"We are fine," she said, adding there were twice the number of students out Monday, possibly because of the Super Bowl.

Collins Elementary Principal Amy Peterson said the GSRP (Great Start Readiness Program) was hit the hardest in late January with students and staff. Overall, though, the school has not had a large number of absences.

"Our absenteeism for our students and staff has been typical regarding the flu season," Peterson said.

She said the staff has taken extra measures to clean the GSRP classrooms.

"As always," she said, "we recommend students get plenty of rest and wash hands as often as possible. They typically return to school when the fever has broken."

Protect against the flu

According to the Michigan Department of Health and Human Services, www.michigan.gov, "Influenza (flu) is a respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes can include hospitalization or death. Some people, such as older adults, young children, and people with certain health conditions, are at higher risk for flu complications."

The Centers for Disease Control and Prevention, www.cdc.gov, recommends the following: "The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged six months and older. Making healthy choices at school and at home can help prevent the flu and spreading flu to others. Encourage children, parents and staff to take the following everyday preventive actions:

- Stay home when you are sick. If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Clean and disinfect surfaces or objects. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill."

The sph.umich.edu/flu website provides more "Tips to Avoid Spreading the Flu:"

- Wash your hands often.
- Maintain healthy habits, like getting enough sleep, exercising regularly, eating a healthy diet and drinking plenty of water.
- Shield others from your coughs and sneezes by using a tissue.

Central Michigan District Health Department has an office at 1015 Short Dr., Prudenville, where flu shot appointments are offered.

A flu shot clinic is offered once a week on Mondays from 8:30 a.m. to noon (no appointment needed). Flu immunizations are available for both children and adults. Those with symptoms should see their primary care provider or one of a walk-in clinic or urgent care center.

According to the CMDHD website, www.cmdhd.org/seasonal-flu, the health department bills private insurances Medicare and Medicaid for the full cost of the vaccine. There will be no cost with most insurances, but there is a fee if paying with cash, check or credit card: $28 for six months to age 64 and $50 for 65 and older. An administration fee of up to $22 is added, based on annual income.

MEETING THE

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By Cheryl Holladay

At the request of the R Township Fire Department, th board Tuesday approved nami station at 210 McKinley St. in retired Chief Richard P. "Dick"

Martin served the departm years, the last half as fire chief.

Supervisor Diane Randall, the motion, said the request wa tremely fitting tribute." Also ap part of the motion was a sign id the station in Martin's honor.

Approved as captain on th partment was Joshua Sinischo said he was the only applican position (left vacant upon the re of Phil Lumsden). The appointm effective Tuesday.

Winter Carnival brings 'Spirit' to Rl