

# Flu bug bites ACHS, nation

By Tai Jaranson

The Lake County Health Department/Community Health Center (LCHD) states that since the beginning of February doctors have been seeing a frenzy of the flu.

Lake County and Illinois residents have been experiencing a drastic increase in influenza and influenza-like illnesses. According to physicians that report sentinel flu data, Illinois has a fourfold increase in the number of patients seen with influenza symptoms compared to January.

In Lake County, flu season is normally toward the end of the winter. It is more common in winter months because the virus prefers colder temperatures and low humidity, and people congregate inside because of the colder weather, thus helping spread that virus even more.

In addition, this season has been complicated by an unexpected change in the viruses which decreased the flu vaccine's protection.

According to Ashley Voinovich, "I have had the flu this year, but this year seemed different. It was like I was more sick than I have ever been in my life. And it just hits you really hard and it's hard to recover from."

The Health Department is encouraging residents to prevent contracting or spreading the flu bug to others. Many of these methods of staying healthy and not spreading flu are basic things that everyone should be doing normally.

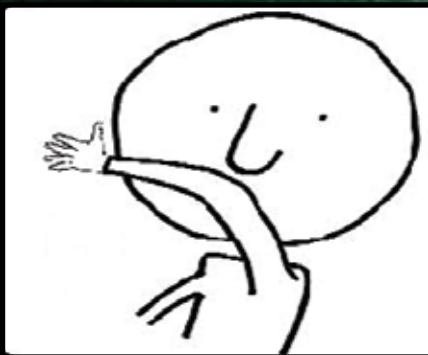
As well as protecting yourself from the flu, doing these simple tasks will also prevent or lessen the effects of staph infection that has been circling throughout the surrounding counties.

The three separate types of flu; Avian flu, seasonal Influenza, and Pandemic Flu, have been seen in the United States and currently two of them have vaccines.

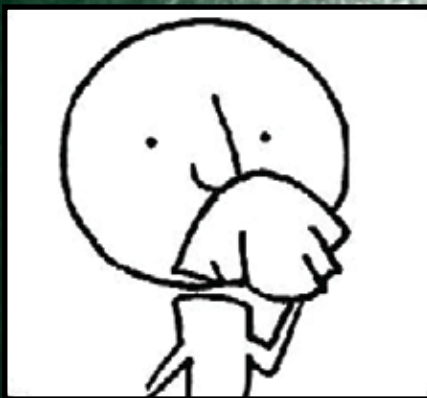
The Pandemic Flu is a new strain of flu that humans have no natural resistance to and could potentially mutate and jump from person to person.

According to the Center for Disease Control (CDC), on average, 5 to 20 percent of the United States population gets the flu each year, and more than 200,000 people are hospitalized from flu complications, and of those 200,000, approximately 36,000 die from flu and MSRE illnesses.

LCHD urges you to stay home when you are sick with cough, fever, sore throat or other serious symptoms. Get lots of rest, drink plenty of liquids and avoid



Cough or sneeze into your arm or shoulder to prevent aerosols from spreading.



Be sure to wipe your nose with tissues and dispose of them properly.



Be sure to keep your hands clean with plenty of soap and hot water.



Use an alcohol-based soap or disinfectant when taking care of household items.

alcohol and tobacco. Cover your mouth and nose with a tissue when coughing or sneezing.

Avoid touching your eyes, nose, and mouth. Clean your hands often, and avoid close contact with vulnerable people, such as elderly people, pregnant women, infants and people with compromised immunity.

ACHS sophomore Sarah McHugh stated, "It is easier to stay healthy than to get sick. You just have to wash your hands and take care of yourself. It isn't like it's not a daily routine."

For more information on the flu, vaccination facilities, remedies, and symptoms, visit the Lake County Health Department's website at <http://www.co.lake.il.us/health/> or for further information visit the Center for Disease Control at [www.cdc.gov](http://www.cdc.gov).

Graphics courtesy of [cdc.gov](http://www.cdc.gov)

## No one steps up to prevent post prom cancelation

By Tai Jaranson

As the prom draws closer, Antioch Community High School (ACHS) students may have come to realize that there will be no post-prom held this year.

The reason for this is that there is simply

“ [Post-prom] keeps some people away from situations where they can get into trouble.

-Ron Herout  
ACHS senior

no one who wanted to take the responsibility of putting up the money and the time for a post prom.

“What a lot of people don't realize is that the administration doesn't plan the post-prom; it's all by parent volunteers,” said ACHS principal Mike Nekritz.

Besides the fact that there are no parent volunteers, there was also no student help offered which put the final nail in the coffin for the hope of having a post-prom this year.

“I don't really think it's that big of a deal if there isn't a post prom. I mean I plan to just hang out with my friends afterwards,” said ACHS junior Kyle Sonnenberg.

Not all kids just want to hang out with their friends though, as prom is one of the biggest teen drinking nights of the year.

Since the passing of harsher teen drinking laws involving parents that allow their teenagers to drink in their residence, it is most certain that the areas surrounding and including Antioch will be buzzing with police activity for the sole purpose of protecting teenagers from serious trouble.

“Post-prom is a good thing in that it keeps some people away from situations where they can get into trouble,” stated ACHS senior Ron Herout.

Although the cancellation of post-prom has its downsides, there is some good that can come out of it as well.

“Not having a post-prom this year will save us a lot of money, especially because the junior class hasn't been raising enough money,” stated Nekritz.

Since post-prom is so expensive to have, if a small group kids show up, that would be a lot of money wasted that could be used for more important things.

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