



A Gift From The Heart

Since 1989, caring Klickitat PUD customers have given generously to KPUD's Operation Warm Heart Program.

Their gifts help other PUD customers in genuine need who are having problems paying their electric bills.

Neighbor helping neighbor is a proud Klickitat County tradition. You can be part of Operation Warm Heart with a tax-deductible contribution of any amount.

There are three easy ways to give:

1. Have a small amount added to your monthly KPUD bill. Most people give just \$1 or \$2 a month.
2. Make a contribution of any amount. All gifts are welcome.
3. Place your bill on Operation Round Up, which rounds up utility bills to the nearest dollar, and places the difference into the Operation Warm Heart fund to help needy families.

If you wish to participate, call KPUD at (800) 548-8357 or (509) 773-5891.

Thank you for supporting Operation Warm Heart.



Proactive Health Care

Klickitat County offers immunizations clinics for seasonal flu

In an effort to thwart seasonal flu among residents through the winter and spring, the Klickitat County Health Department is holding immunization clinics Wednesdays in White Salmon from 1 p.m. to 4 p.m. and Thursdays in Goldendale from 1 p.m. to 4 p.m.

The health department offers seasonal flu shots for \$20 and accepts Medicare and Medicaid.

A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu.

According to the Centers for Disease Control and Prevention (CDC), between 5 percent and 20 percent of the U.S. population develops seasonal influenza each year. More than 200,000 people are hospitalized from its complications and about 36,000 people die.

Annual flu vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, older adults and people with chronic health conditions, such as asthma, diabetes or heart and lung disease.

Most people recover from the flu within one to two weeks, but some develop serious complications.

A seasonal flu vaccine will not protect people against 2009 H1N1 influenza. The CDC anticipates that H1N1 flu will co-circulate with the regular seasonal flu. A new vaccine against H1N1 flu is being produced and will be available in the coming months as the best option for prevention.

The symptoms of H1N1 flu include

fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

If you have severe illness or are at high risk for flu complications, contact your health care provider or seek medical care immediately.

The Klickitat County Health Department recommends the following health practices to prevent both the seasonal flu and H1N1 flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- Employees who are well but who have an ill family member at home with H1N1 flu can go to work as usual. If you become ill, you should notify your supervisor and stay home. ■

To schedule an appointment for a seasonal flu shot, contact the health department in Goldendale at (509) 773-4565, in White Salmon at (509) 493-1558 or toll free at (888) 267-1199.