

IT IS OFFICIAL: Influenza season has arrived!

2/24/14

View

By Cindy Braley, Clinic Manager & Terali Stonehocker, CEO

The community has had its first confirmed case of influenza and several patients have been seen with Influenza Like Illness (ILI) in both the clinics and the ER.

Influenza is a contagious respiratory illness caused by the flu viruses. It can cause mild to severe illness and at times lead to death. The flu differs from a cold. The flu usually comes on suddenly. Symptoms of Flu vary from person to person. Some symptoms of the flu can include:

- Fever or feeling feverish/chills
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

If you have the emergency warning signs of flu sickness, you should go to the emergency room:

In Children

- Fast or trouble breathing
- Bluish skin color
- Not drinking enough fluids (No tears when crying, significantly fewer wet diapers)

- Not waking up or interacting
- Being so irritable that child doesn't want to be held
- Flu like symptoms improve and then return with fever and worse cough

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu like symptoms that improve and then return with fever and worse cough

“Antiviral drugs” can be used to treat influenza illness and lessen the time you are sick. Antiviral medications are different from antibiotics, which fight against bacterial infections. Antiviral medications can lessen symptoms and shorten the time you are sick by 1 or 2 days.

Vaccination is the best protection against the flu. It is not too late to get the Flu vaccination. Anyone 6 months or older, who have not been vaccinated yet this season should get vaccinated. People seeking vaccination should call their health care provider and clinic.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

Ferry County Public Hospital District

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2/17/16 View

American Heart Month

By Nina Novikoff, HR Assistant Director

The month of February is dedicated to raising awareness about heart disease, the leading cause of death for men and women in the United States. At Ferry County Public Hospital District, our staff is dedicated to not only treating heart disease and related illness, but increasing our community's knowledge about prevention. We encourage you to educate yourself on the dangers of heart disease and let us help you keep your heart healthy. Some little steps that can make a big difference include:

- Scheduling a visit with your doctor to talk about heart health.

- Adding exercise to your daily routine.
- Increasing healthy eating.
- Taking steps to quit smoking.
- Taking medication as prescribed.
- Knowing your family health history.

Preventative measures can start at any age. To learn more about heart disease, please visit: www.heart.org, or schedule a visit with your healthcare provider. Together, we can reduce the risk of heart disease in our community.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>



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2/10/16 view

HOSPITAL HAPPENINGS

Medical/Healthcare Industry Education Scholarship

By Terali Stonebocker, CEO

Healthcare is one of the largest growing employment opportunities for the future. There are current and predicted shortages in several fields of medicine: Nursing, Laboratory, Medical provider-physician, physician's assistant, nurse practitioner, Physical Therapy, etc.

If you are interested in a career in healthcare, there is a scholarship opportunity available through the Graham S. McConnell Memorial Scholarship Fund. The fund was established in 2011, as part of the Ferry County Health Foundation in memory of "Doc" McConnell who was the only doctor in Ferry County, practicing in Republic from 1948 to 1961.

The mission of the scholarship fund is to financially assist people interested in serving

Ferry County in the medical and healthcare industry.

The application to apply for the scholarship is available at www.fchealthfoundation.org. The completed application can be dropped off at the hospital front reception, addressed attention: GSM Scholarship Fund Committee or mailed to:

Ferry County Health Foundation
Attn: GSM Scholarship Fund Committee
PO Box 567
Republic, WA 99166

The deadline for submitting the completed application is April 1, 2016.

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Students get a taste of career options

Submitted by Curlew School

CURLEW – Curlew School hosted a career fair Thursday, Jan. 14 with participants representing 28 different careers and educational opportunities volunteering their time. The event was attended by over 160 students, not only from Curlew but from Republic High School, Northport High School, Grace Christian Academy and Curlew Job Corps as well.

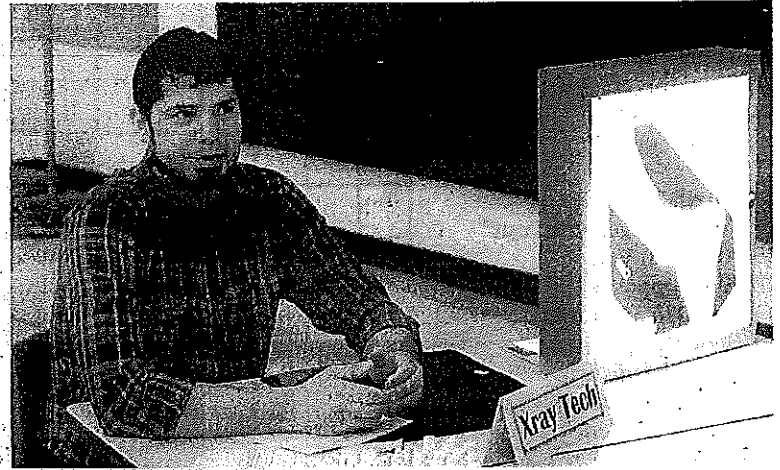
The keynote speaker was Mary Selecky, who has worked in the tri-county area for 25 years and was formerly a manager of the tri-county health department. In 1998 Governor Locke asked her to be the head of the state health department. She also worked for Governor Gregoire and Governor Inslee. Her advice to the students was to be open to all of their options and to continue to explore new careers.

Students were able to sign up for four different sessions, and spent 20 minutes at each booth listening to presenters sharing information. Most presenters offered a question and answer time, where students had an opportunity to learn even more.

At the conclusion of the fair, all students were given a survey to reflect on this

experience and give feedback on what they would like to see in the future. Some great ideas came back from the students' reflections, as well as some

them focused more on college than was fitting for my taste, but they made up for that with good discussions and interesting topics."



Ferry County Public Hospital District Radiology Manager Adam Volluz mans a booth at the Curlew Career Fair. The event brought professionals together with students to give them exposure to a variety of vocational choices.

positive comments:

"This opportunity helped me decide the direction I will be going next year!"

"It was cool because there were actually a lot of different careers here."

"It was nice to see my options and talk to people that have actually experienced it."

"Most of the presenters I went to had good presentations overall, particularly with their information. I felt that most of

"The vast majority of the students raved about the career fair," said Northport counselor Tanis Shippy. "They thought it was an extremely positive learning experience!"

Organizers are excited about moving forward as they begin planning next year's event.

If you are interested in participating next year, please call Bonnie Grumbach at the Curlew School, 779-4931.

Honor roll