

Flu shots avai someone who has it. It causes fever, be put into the vaccine each year.

BY DEB KILGORE

Although flu season starts during hristmas vacation, Dr. Claude B. oswick, director of Beutel Health enter, suggests students take flu nots now at the health center.

"It takes six weeks to develop immunity after receiving the flu shot, so anytime before Christmas would be a good time to take it,' Goswick said recently. "The imnunity lasts six months, so one shot senough for the school year.

this fall, we might be able to pre-vent an outbreak of flu this spring," "When students return rom Christmas holidays they bring fu to A&M, and when spring break omes they take it home

Despite the possibility of preventng a flu outbreak, Goswick said there will be no flu prevention program this year because of the unfaorable reaction to the swine flu orogram last year.
Flu is any respiratory or intestinal

nfection caused by a virus. Howver, Goswick said respiratory flu is the type afflicting most students. "Respiratory flu is airborne and

aro

aches and pains in the joints, headaches, coughing, congestion and a general blah feeling," Goswick and. The shot itself can cause some

Flu usually lasts three to five

Time and rest is the only treat-"If enough students take shots Goswick adds. 'If you don't feel better after

three days, then we prescribe antibiotics," Goswick said. "However, they are only good for the bacterial infections which often accompany a virus. People mistakenly believe that antibiotics cure flu. 'It's important to get well be-

cause pneumonia can follow flu if you aren't careful.' Goswick says flu shots are effective in preventing viruses but do not

give 100 percent immunity because the many changing strains of the viruses make difficult to predict which strain will afflict people.

The Food and Drug Administraan be contracted by contact with tion (FDA) governs what strains will

The shot itself can cause some fever and a headache.
"If you have a cold or the flu, it's

days, Goswick said, and no mot a good idea to take the shot. It medicine is effective after getting the virus. Like all viruses, flu runs a little," Goswick said. "In addition, people allergic to eggs, feathers and chickens shouldn't be given the shot ment. Going to bed the first day of sickness, taking aspirin and drinking Only if they are given a skin test for eggs and have no reaction, can they take the shot."

However, those on the basketball team not susceptible to those aller-gies are required by the coach to take the vaccine since basketball is during flu season, Goswick said. Food service workers are also encouraged to take the vaccine.

Goswick says taking a flu shot and avoiding people with flu are the only precautions against it, Goswick said. People's resistance to viruses varies, making it impossible to tell if he or she will contract flu. Goswick said there is also no way

to tell how many students contract flu each year since many do not come to the health center.



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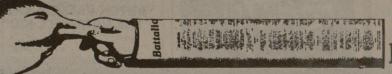
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