

Hospital board receives \$10,000 memorial gift

By Karen Krien

karen.k@nwkansas.com The board treasurer told the Cheyenne chael, architect, as a part of the strategic County Hospital Board on Thursday that a \$10,000 donation had been received.

Treasurer, Traci Neitzel, had a list of donations given to the board's memorial account, noting that Mildred "Micky" Lampe estate had left \$10,000. Mrs. Lampe, a resident of St. Francis, died July 23

The memorial money is used for special projects. In the past month, Mrs. Neitzel said there had been several donations of over \$4,000 and there were small donations, all adding up to \$11,200, not count- any action could be recommended. ing Mrs. Lampe's donation.

Hospital upgrades

Considerable time was spent discuss- mitment? ing hospital upgrades. A new kitchen is needed. The board discussed several floor plan and proforma were necessary other needs including a patient-friendly steps that would create expense, they entrance, increased outpatient/procedure would give the board enough information rooms, imaging upgrades and labor, de-

livery and nursery.

In prior discussions with Kent Carmi-Facility Improvement Plan, it was learned that these improvements will not fit in the "footprint" of the present hospital building.

Mr. Lacy had drawn up three ways the board could finance a project and all were revenue bond options that are paid as hospital operating expenses. No concrete estimates of cost were available and Mr. Lacy was quick to point out that an extensive proforma would be necessary before

Jane Young, board member, asked at what point does the board make a com-

Mr. Lacy indicated that while a stable

See GIFT on Page 9

Hazardous waste pick up is Saturday

By Karen Krien karen.k@nwkansas.com

Cheyenne County is having a household hazardous waste collection day from 1 to 3 p.m. on Saturday at the county clude empty paint cans and dried paint. landfill, 2 miles east of Wheeler.

tainer is leaking, pack it "as is" in another cal waste or radioactive waste. larger container and label it clearly.

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Keep harmful products away from children and animals until it is disposed and do not carry open containers of liquids with strong orders or spill potential in a closed vehicle. Pack containers so they won't tip, break or spill during travel.

Waste oil should not contain gasoline, solvents, degreasers, paint or antifreeze.

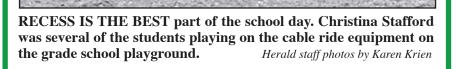
Items not taken at this collection in-These can be disposed in the household People are asked to leave all materials dumpster. Other items not taken are appliin their original containers. If the con- ances, tires, yard waste, explosives, medi-

Materials accepted

Materials accepted at the hazardous waste collection include:

• Paints, solvents, cleaners, herbicides and pesticides, aerosol cans, batteries, used oil and antifreeze.

• Automobile lead acid batteries.



Health fair starts Monday

125th Year, Number 37

The Cheyenne County Hospital and Clinic are sponsoring a fall health fair starting Monday and running through Friday next week.

lab-draw The times and dates will be from 7 to 10 a.m. Monon day through Wednesday, in the basement of

the clinic in St. Francis. No appointments are needed for the lab draws.

In Bird City, lab draws will be held from 7 to 10 a.m. on Tuesday at the Bird Citv Clinic.

'You do not need to make an appointment for blood lab draws," said Mila Bandel, county health nurse.

However, said, Mrs. Bandel, those having blood draws should fast - not eat or drink anything after midnight the night before.

"You can drink water and take your meds prior to the lab draws," she said, "In fact, you are encouraged to drink plenty of water prior to your lab draws.'

Wednesday through Friday, breast and cervical cancer exams will be conducted for women and prostrate for men in St. Francis. In Bird City at the clinic, these exams will be given from 11 a.m. to noon on Wednesday through Friday.

Appointments at the clinic must be made for these exams. Call 785-332-2682 or 734-2306 for an appointment.

The health fair lab draws and exams are conducted at a reduced price and payment is expected at that time. Check the hospital's ad on Page 2 of this issue for more prices.

Medical providers will be available to discuss lab and exam results. For more information, contact the clinic or health department, 332-2381.

Medical providers prepare for flu season

The Cheyenne County Hospital providers have serious concerns about the seasonal and novel H1N1 flu.

Influenza, better known as the "flu," is an infection of the nose,

throat and lungs caused by influenza viruses. Each year, these viruses cause illness, hospital stays and deaths in the United States.

There

Dr. Miller are

many different flu viruses and sometimes a new virus emerges. Novel H1N1 flu is a new and very different virus that is spreading worldwide. This new virus was called "swine flu" at first because, in the past, it had pieces of viruses found in pigs. However, the novel H1N1 virus has not been detected in U.S. pigs.

Influenza is unpredictable, but scientists believe that the new virus may cause a lot more people to get sick in the upcoming flu season.

Flu can be very serious, especially for younger children and people of any age who have one or more chronic medical conditions, said Dr. Mary Beth Miller, physician at the Cheyenne County Hospital.

These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders.

Symptoms of the seasonal and novel H1N1 flu, Dr. Miller said, include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some from person to person through people may also have vomiting and diarrhea.

of the flu shed virus may be able to getting sick to five to seven days nose. after symptoms occur. This can be longer in some people, Dr. Miller get a seasonal flu vaccine for



DR. MARY BETH MILLER listens to Gerri McCurry's heart during a check up Wednesday afternoon. Dr. Miller urges all residents to be aware of the N1H1 flu virus.

said, especially children, people yourself and your children to help with weakened immune systems and those infected with the new flu virus.

Both the seasonal and new flu are thought to spread mostly lard, physician the coughs and sneezes of people who are sick with influenza. Peo-People infected with either type ple may also get sick by touching something with flu viruses on it infect others from one day before and then touching their month or

"Community members should

protect against

seasonal flu virsus," said Dr. Rebecca Alat the hospital. "You should take everyday steps to prevent

the spread of all Dr. Allard flu viruses.'

There will be a vaccine to protect the public against novel H1N1 See FLU on Page 9



lactic treatment

to family mem-

bers of those

testing positive

for the flu vi-

"Due to the

With flu almost season here, physicians and physician assistants at the Cheyenne County Hospital are prepared to help their pa-**Kristle Raile** tients with spe-

physician assistant.

"These drugs can make people

feel better and get better sooner,"

he said. "But, they need to be pre-

scribed by your medical provider

and work best when started during

However, the Centers for Dis-

ease Control and Prevention is

limiting the use of these anti-virals

during this flu season, he said. Re-

ports have already surfaced of an-

ti-viral resistant flu strains and the

overuse of these anti-virals could

Anti-virals will only be pre-

scribed to pregnant women, those

with severe flu symptoms, hospi-

talized patients and those at high

risk for complications from the flu

virus

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increase the incidence of this.

the first two days of illness."

cific drugs.



Tyler Raile

restrictions on There are anti-viral drugs that these drugs, we cannot offer that can treat both seasonal flu and the this year," he said. The only people new H1N1 flu, said Tyler Raile, who will be offered prophylactic treatment are those at high risk for complications and who have come in contact with a person confirmed with the virus."

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Children with flu-like symptoms

If an otherwise healthy individual, ages 5 or older, gets flulike symptoms, Kristle Raile, physician assistant said, consult your medical provider if needed and make sure the ill person gets plenty of rest and drinks enough fluids. Symptoms include a fever and cough and/or sore throat.

Use over-the-counter medications as needed to help alleviate symptoms.

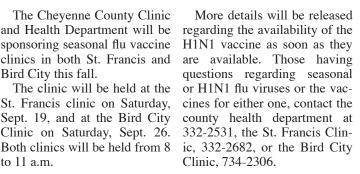
While it is important to consult a medical provider, she said, a visit to the clinic is not always neces-

In the past, Cheyenne County sary or recommended. In fact, one

Vaccination clinics set

The Cheyenne County Clinic clinics in both St. Francis and Bird City this fall.

Sept. 19, and at the Bird City Clinic on Saturday, Sept. 26. Both clinics will be held from 8 to 11 a.m.



Clinic provid- of the key factors in slowing the ers have ofspread of the disease is the isolafered prophytion of the sick person.

"All people with flu-like symptoms should stay home from daycare, school, work and other public See DRUGS on Page 9

Prevent spreading flu viruses

There are everyday steps to preventing the spread of all flu viruses. They include:

• Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after it is used.

• Wash handsw often with soap and water, especially after coughing or sneezing. If soap and water are not available, alcohol-based hand cleaners are also effective.

• Avoid touching eyes, nose and mouth. Germs spread this way.

• Throw tissues and other disposable items used by sick people in the house in the trash.

· Avoid having close contact (about 6 feet) with sick people, including anyone in the house who is sick.

• Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters, door knobs and toys clean by wiping them down with a household disinfectant (follow the directions on the label).

• Teach children to take these actions, too.