

'Tis the season for flu vaccinations

JULIE C. FRAZIER Staff Writer

The ringing of your alarm clock jerks you awake and adds to your already pounding headache. Not only your head aches, but your body aches. Your throat feels like sandpaper, and you have a mid-term in two hours. You've just caught the flue bug, and it could not have come at a worse time.

The flu is a viral illness whose symptoms include severe headache, body aches, fever over 101 degrees, sore throat and cough. It may also include nausea and vomiting and last about one week.

Flu season lasts from November through April, and the best time to receive a vaccination is from mid-October through mid-November.

The shot itself is a killed-flu virus vaccine, produced by inoculating eggs. The virus is injected, and the person receiving the injection will build up antibodies against the virus. Shots may cause minor side effects, such as body aches and fever, but these last only one or two days and are not the actual flu.

Each year, the flu shot has three strains of the flu in it. This year, the strains are A-Shangdong, A-Texas and

"The flue virus changes over time. That's why you need a shot every year, because it changes."

Dr. Terry King, associate director for Clinical Affairs, Thomson Health Center

B-Panama. However, the virus will change by next year.

"The flu virus changes over time. That's why you need a shot every year, because it changes," said Dr. Terry King, associate director for Clinical Affairs at the Thomson Student Health Center.

Certain people may be more susceptible to the flu and may have a greater need for the vaccine.

"People who are older or have any type of chronic disease such as lung or heart problems are more susceptible to the flu," King said.

This increased risk is not because of the actual virus but because of possible complications from the virus. The virus may lower their immune system leading to more serious illnesses such as pneumonia or bronchitis.

Therefore, complications from the virus, not the virus itself are often the greatest danger.

It takes about two weeks to build

up immunity to the virus after you receive the shot, King said. However, it is still possible to get the flu, even with the vaccine. The vaccine simply reduces your chances of contracting the virus.

"The vast majority of people are protected," King said.

King said the Health Center treated about 150 students for the flu last year. These are only the students who came in for treatment. King said the flu season is usually unpredictable.

Treatment at home for the flu involves treating the individual symptoms. This includes getting plenty of rest, drinking lots of fluids, taking cough medicine and using throat lozenges.

If there is a risk of secondary infection such as pneumonia, the health center can administer antibiotics. Another drug, Amantadine, may be used for those at risk of a secondary infection. Amantadine is administered with-

in 24 hours of the onset of flu symptoms and shortens the length of time a person will have the virus.

This drug is only used for one type of flu. It is also rarely administered because of cost and side effects, King said.

The Student Health Center is offering vaccinations again this year to students, faculty and staff.

Students may get the vaccine for \$5; faculty and staff for \$7. The vaccine will be administered to students on the first floor. Faculty and staff should go to Employee Health on the third floor.

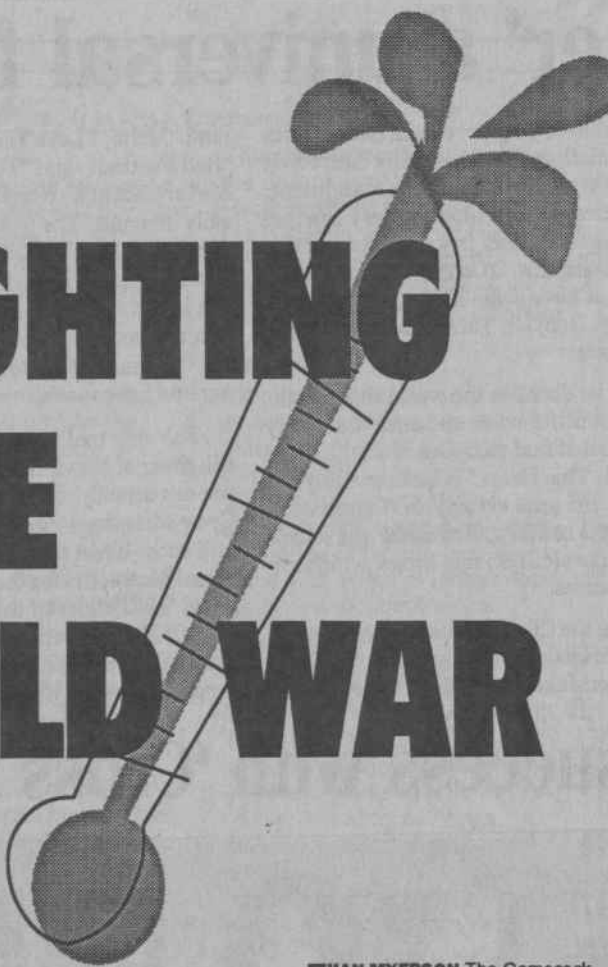
No appointment is necessary, but vaccines will not be given each day from 12 p.m. to 1 p.m. or on Fridays. The health center has ordered 1,500 doses of the vaccine.

"We're hoping to have it ready to be administered Oct. 17," King said.

The health center plans to keep administering the vaccine until they run out.

King suggests other ways to prevent the flu. These include washing your hands often, eating well, getting enough sleep and exercising.

FIGHTING THE COLD WAR



ETHAN MYERSON The Gamecock

The illustrious yet elusive world of microeconomics

It's like Cliff's Notes for your economics class.

At least that's what the Standard Deviants, a group of twentysomething comedians/teachers from the Cerebellum Corporation make it sound like when they warn you at the beginning of "The Illustrious Yet Elusive World of Microeconomics" that the videotape is only a supplement to a regular micro class.

Unfortunately, the tape comes across as more elusive than illustrious.

The Deviants' purpose is to provide a primer or companion to a regular economics class, so one would expect supplemental explanations, constructive help in understanding economics or a lighter approach to a topic that, at times, can be very heavy.

Instead of being a tool to help ease economics along, however, "The Illustrious World" is a dumbing-down of an economic class, a kind of Sesame Street for col-



CHRIS MULDROW Columnist

lege students. Very short comedy skits (10 to 20 seconds at most) interrupt the various members of the group, who are standing in front of a book shelf talking to you about economics. Every few seconds the camera will flip to another Deviant who's droning off economic facts just like...well, just like your economics professor.

Added to the mix are computer-generated illustrations of key words and phrases in economics; the pictures pop up all over the screen at random intervals.

Every couple of minutes a speaking Deviant might decide to throw in a silly face or change his or her voice like some kind of demented Roger Rabbit to somehow emphasize the point he or she was making.

I actually felt pretty foolish watching the Deviants try to preach economics. I felt like four older siblings were patronizingly explaining simple concepts that needed no explanation, and I felt like someone thought, "Hey, these Generation X kids grew up on television, so we'll take some money from them and toss some economic facts their way."

The Standard Deviants are doing the exact same thing your economics professor is doing, but they're using silly examples, funny faces and strange voices. Save your money; maybe you could use it to take your economics professor to lunch and ask him some questions about the topic, rather than learning from a videotape.

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STUFF TOOTH

WHEN THEY WERE TELLING US ABOUT THIS, IT DID SOUND LIKE IT WOULD BE MORE FUN!

SMILE, GUYS!

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