

— EL AVISO —

January—February 2015

Flu Cases Rising in New Mexico

You're seeing the story more and more in the national news, and flu activity is increasing in New Mexico. Over the past few weeks, more and more of us are coming down with the flu. As of January 3rd, the Centers for Disease Control and Prevention (CDC), Flu-View report showed 46 US states were experiencing "high" activity, according to the report. New Mexico is one of them.

The New Mexico Department of Health last week reported the death of 5 New Mexico residents from the flu as well as an increase in flu activity throughout the state.

The news comes on the heels of at least 26 children dying from complications of the flu nationwide during the 2014-2015 influenza season, and all of it leads to a message taking growing urgency in our state: **If you haven't gotten your flu vaccination yet, you should.**

The New Mexico Department of Health and the CDC recommend flu vaccination for everyone 6 months and older. **While some of the viruses spreading this season are different from what is in the vaccine, a single vaccination can still provide protection** and might reduce the chances in extreme circumstance.

As long as flu viruses are circulating in the community, it's not too late to get vaccinated. In addition to getting the seasonal flu vaccine if you have not already gotten vaccinated, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent others from getting sick.

Flu complications can be worse for the very young, the very old and anyone with a weakened immune system.

Symptoms include:

- Sudden onset of fever
- Muscle pain
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Nausea, vomiting, and diarrhea, more common in children than adults.

If you have a loved one who is at high risk of flu complications and develops flu symptoms, encourage them to see a doctor for possible treatment with **influenza antiviral drugs**. The state health department and the CDC recommends people who are at high risk for serious flu complications who get the flu this season be treated with influenza antiviral drugs as quickly as possible. People who are not at high risk for serious flu complications who get the flu may also be treated with influenza antiviral drugs, especially if treatment can begin within 48 hours. (Discussion of what these antiviral drugs are follows this article).

To get a flu vaccine, contact LCDN, your medical provider or pharmacist. The Department offers flu vaccinations for people without insurance or who are otherwise not able to get immunized. Those with Medicaid or other insurance who come to Public Health Offices are asked to present their insurance card.

Versión Española

En un esfuerzo para hacer que nuestros comunicados de prensa más accesible, también tenemos una versión española de este artículo disponible. Por favor, haga clic en el enlace de abajo para acceder a la traducción. [Los Casos de Influenza Van en Aumento en New México.](#)

January 14, 2015 - [Influenza Surveillance](#) - Awareness information from the New Mexico Department of Health

Can the flu be treated?

Yes. There are prescription medications called "**antiviral drugs**" that can be used to treat influenza illness.

(And even if you had the flu shot, if you think you are getting the flu, the antiviral medication can help). ⇨⇨

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

**What are antiviral drugs?**

Antiviral drugs are prescription medicines that fight against the flu in your body, (in pills, liquid, an inhaled powder form, or an intravenous solution). Antiviral drugs are not sold over-the-counter. You can only get them if you have a prescription from your doctor or health care provider. Antiviral drugs are different from antibiotics, which fight against bacterial infections.

What should I do if I think I have the flu?

If you get the flu, antiviral drugs are a treatment option. Check with your doctor promptly if you have a high risk condition and you get flu symptoms. Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Your doctor may prescribe antiviral drugs to treat your flu illness.

Should I still get a flu vaccine?

Yes. Antiviral drugs are a second line of defense to treat the flu if you get sick. A flu vaccine is still the first and best way to prevent influenza.

What are the benefits of antiviral drugs?

When used for treatment, antiviral drugs can lessen symptoms and shorten the time you are sick by 1 or 2 days. They also can prevent serious flu complications, like pneumonia. For people with a high risk medical condition, treatment with an antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay.

What are the possible side effects of antiviral drugs?

Some side effects have been associated with the use of flu antiviral drugs but are uncommon. These include nausea, vomiting, dizziness, runny or stuffy nose, cough, diarrhea, headache and some behavioral side effects.

When should antiviral drugs be taken?

Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick. However, starting them later can still be helpful, especially if the sick person has a high risk health condition or is very sick from the flu. Follow instructions for taking these drugs.

What antiviral drugs are recommended this flu season?

There are three FDA-approved influenza antiviral drugs recommended by CDC this season to treat

influenza. The brand names for these are Tamiflu® (generic name oseltamivir), Relenza® (generic name zanamivir), and Rapivab® (generic name peramivir). Tamiflu® is available as a pill or liquid and Relenza® is a powder that is inhaled. (Relenza® is not for people with breathing problems like asthma or COPD, for example.) Rapivab® is administered intravenously by a health care provider.

Resource: www.CDC.org

Please contact LCDN and your health care provider for further information.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519 / 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise
New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

**Las Clinicas del Norte Annual Meeting February 7, 2015 at
2:00 PM at El Rito Clinic Conference Room**

Las Clinicas del Norte Board Meeting - every 4th Monday,
6 pm, El Rito clinic Community Room.

El Rito Library- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm
Library Board Mtgs. - every 2nd Wednesday, 6:00 pm

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the
El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days
Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm,
located on the Plaza.

Abiquiu Fire Dept. - **DAY CHANGED** to 2nd **Sunday - 6 pm**,
at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed.
at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic,
& Saturday, 10:00 am, Abiquiu Library. **New Contact:**
Alex at 505-901-7701.

Abiquiu Al-Alon - will return in late-spring.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El
Prado Convenience Station at the Rural Events Ctr. For in-
formation call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm
Ojo Caliente Fire Dept.

Recycling Station - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

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2015 RIO ARRIBA COUNTY 4-H

**Come see what 4-H has to offer. Open to youth
ages 5 years and up to age 18.**

If you are interested in joining the 4-H adventure, contact the
Rio Arriba Cooperative Extension Service at 575-588-7423 or
505-685-4523; or visit our website rioarribaextension.nmsu.edu. Don't forget to "like" us on Facebook.

With 17 4-H Clubs in the County, we're closer than you think. The 4-H youth development program provides opportunities to learn life skills, gain knowledge while having fun, and make contributions in such areas as environmental education, community service, and current youth issues.

EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

PUEBLO DE ABIQUIU LIBRARY*And Cultural Center*

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com

Library Hours: 1 pm to 6 pm, Sunday - Thursday

New Director Hired

We are happy to announce the hire of Krysta Kavanaugh as the new Library Director. Ms. Kavanaugh was a Managing Editor to Editor-in-Chief for twenty years for Marriage Magazine. Since 1983, she also is a speaker, trainer, coach, and facilitator for The Cochran Company who designs and delivers professional development workshops. Ms. Kavanaugh will be commencing her duties in early March of 2015. In the meantime, Christine Trujillo will continue as Director until the new Director arrives.

STEM to Read Program

A **FREE** pre-literacy program for 0-5 toddlers, with an emphasis on 3-5 year old toddlers began on October 14th. We meet every Tuesdays and Thursdays from 10:00 to 11:30 am and will continue with the program until May 14, 2015. It is **never too late to enroll your toddler** or come by on the days we have the program and have your child check us out. Singing, playing, learning, reading and snacks are part of the curriculum!

First El Rito Obituary Book Completed

We would like to thank all the community members who brought in their obituaries and memorial cards so that this book could be here at the El Rito Library for perpetuity. We hope that you enjoy this book. We alphabetized the list in ascending order by last name. You should be able to find a copy of the person you are looking for in the Excel list. A second book will be done if more obituaries and memorial cards come in - there are still so many missing. If you would like to include an obituary or memorial card, please bring it by the library and someone will make a copy and you will get back your originals. Many, many, hours were put into making this book. We hope that it is as accurate as it can be. We verified date of births and date of deaths for those who are doing genealogy research. For the El Rito Community - may you enjoy it for many years! Book was made by Elizabeth (Liz) Lucero and Christine Trujillo.

Thank you Donation Letters

All 2014 donors should have received a letter indicating the amount of their donations and dates. This letter should be used for your tax preparation. If you have not received one, please contact the library. The Board of Directors and the staff would like to thank all of you for all your donations to the El Rito Library and for your continued support.

March 15th Read-a-thon and Draw-a-thon:

Join us for an all-day reading from ***Four Square Leagues: Pueblo Indian Land in New Mexico by Malcolm Ebright.***

Twenty readers will read for fifteen minutes each and artists will draw during the reading. Drawings will be collected in our ***Annual Read-a-thon Artists' Book.*** The library will supply colored pencils and paper. Sponsor a reader or an artist @ \$50 per person. We welcome full or partial sponsorship. Come by the library to sign up to read or draw or to sign up as a sponsor and come on Sunday March 15th 1-6pm and enjoy the all day reading. We will be serving refreshments. This is a reading race to support our library programming. Join us.

February 8th David Grant Noble:

David Grant Noble will be at the Pueblo De Abiquiu Library & Cultural Center on Sunday February 8, 2015 at 2:00 pm. Come and listen to Noble read from his latest book **Living the Ancient Southwest.** The new anthology contains 18 essays addressing interesting topics about the deep indigenous history and culture of the American Southwest. Enrich your understanding of living in the Ancient Southwest. We will serve refreshments and have a discussion period after the reading.

Art books:

Come browse in our fine and growing collection of world art books. The art books have moved to an easy location for browsing, on a lower shelf near the windows, and we will shortly also have a selection of fine art books available for check out as well as reference. We want to thank the Georgia O'Keeffe Museum for their numerous donations of a wide selection of art books.

Stem to Read Is Starting Again:

Our early literacy program will be resuming shortly. We welcome pre-school age children and their parents to participate in this program to help prepare your child for reading. Come by the library for more information and to sign up.

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

MEDICAL:

MON and TUESDAY 8:00 am– 6:30 pm
WEDNESDAY THRU SATURDAY 7:30
am 5:00 pm.
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028

MON thru FRI 8:00 am– 6:00 pm;

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD to all clinic visits

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.
Honorary Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp.

Donations - listed for one year - Las Clinicas would like to thank the following donors

\$ 100 - Annabelle X. Gutierrez Sisneros (4-13)
\$ 175 Each—Dr. Anthony Garcia, Dr. Aine Malone, Dr. Ed Trujillo (02-14)
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\$ 1,000 - Sam R. & Isabel E. Jewell (12-14)
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\$ 1,500 - Andy R. Lopez (01-15)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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El Rito, NM 87530

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