

ELI Weekly

What you need to know about swine flu

A never-before-seen strain of swine flu has turned killer in Mexico and is causing milder illness in the United States and elsewhere. While authorities say it's not time to panic, they are taking steps to stem the spread and also urging people to pay close attention to the latest health warnings and take their own precautions.

Here's what you need to know:

Q: What is swine flu?

A: Pigs spread their own strains of influenza and every so often people catch one, usually after contact with the animals. This new strain is a mix of pig viruses with some human and bird viruses. Unlike more typical swine flu, it is spreading person-to-person. A 1976 outbreak of another unusual swine flu at Fort Dix, N.J., prompted a problematic mass vaccination campaign, but that time the flu fizzled out.



Q: What are the symptoms?

A: They're similar to regular human flu, a fever, cough, sore throat, body aches, headache, chills and fatigue. Some people also have diarrhea and vomiting.

Q: Is it safe to eat pork?

A: Yes. Swine influenza viruses don't spread through food.

Q: How big is my risk?

A: For most people, very low. Outside of Mexico, so far clusters of illnesses seem related to Mexican travel. New York City's cluster, for instance, consists of students and family members at one school where some students came back ill from spring break in Mexico.

Q: How do I protect myself and my family?

A: For now, take commonsense precautions. Cover your coughs and sneezes, with a tissue that you throw away or by sneezing into your elbow rather than your hand. Wash hands frequently; if soap and water aren't available, hand gels can substitute. Stay home if you're sick and keep children home from school if they are.



Article from Yahoo Health By LAURAN NEERGAARD
http://health.yahoo.com/news/ap/med_healthbeat_swine_flu_q_a.html

Free Students Activities on Campus



• **International Game Night in Level 1**

International Game Night is a series of programs featuring card and table games from various nations. A different country or region will be featured each first Thursday of the month. Music from that country or region will be provided. Bowling, Billiards, Table Tennis will still be available at regular rates.

- **Date and Time:** Thursday, May 07, 7:00 PM - 10:00 PM

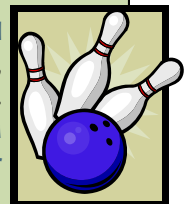
- **Location:** PSU Level 1 game Center

• **SAC presents Rock n' Bowl**

SAC presents Rock n' Bowl. Free Bowling, Billiards, and so much more. Event is free to Missouri State Students with valid MSU ID.

- **Date and Time:** Friday, May 08, 7:30 PM - 10:30 PM

- **Location:** PSU Level 1 game Center



For more events and activities, visit: <http://calendar.missouristate.edu/>

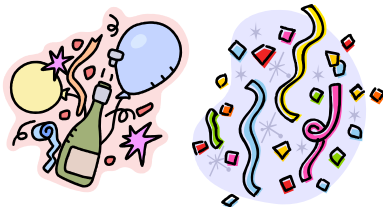
Also, ALWAYS check [the Student Activities Board](#) across from the 2nd floor Computer Lab!

Announcements

- **Final Exam Week!!!**
- Good Luck



- **ELI End Of Semester Party**
- **When:** Wednesday, May 6 at 5:30 pm
- **Where:** Kentwood Hall Crystal Ballroom



- If you are leaving the ELI forever, have a safe trip home!!!
WE WILL MISS YOU!!!



- If you are coming back to the ELI for Summer 2009, class will begin on Monday, June 8, 2009. See you then!

Weekly English Expression



Touch Base with You !!!

- A:** You're lucky to go abroad with your family.
B: I know I am, but it's just hard being away from you and my friends.
A: Do you have a number I can reach you at?
B: Not yet. I will call to ***touch base with you** this evening.
A: I will be waiting by the phone.
B: Don't wait by the phone too long. It's a 12-hour flight.

- ***Touch base with**
- make contact.



Weather Forecast

Forecast for May. 4 — May. 10

		Fahrenheit (High/Low)
Monday:	AM Clouds/PM Sun	66/46
Tuesday:	Isolated T-Storm	70/56
Wednesday:	Scattered T-Storm	71/58
Thursday:	Mostly Sunny	75/57
Friday:	Scattered T-Storm	74/57
Saturday:	Showers	72/58
Sunday:	Partly Cloudy	72/59



Weather forecasts are **always** changing, so for the most up-to-date forecast, go to: www.weather.com, or watch the local news or the weather channel.