

# Health and Fitness

## Three strains of flu virus making rounds

By ROB SAVAGE  
Toronto Bureau  
Thomson News Service

TORONTO - Got the flu? Want to know who you caught it from? It may not be as easy to spot the guilty person as you think. That coughing co-worker who had to make desperate sprints to the bathroom may have had a different strain than the one that has

laid you low. There may be three strains of the flu virus making the rounds this year. Medical officials are providing immunization for all three. Those flu strains are A/Taiwan, A/Shanghai and B/Yamagata, all of which were prominent in many parts of the world last spring.

Each contains the common elements of the flu. Any one and possibly more of the flu strains could hit Canadians this winter.

All of these flu strains are relatively new. A/Taiwan was first identified in 1986, B/Yamagata in 1988 and A/Shanghai last year.

The flu strains are named after the locations where they were first identified.

Their symptoms aren't unlike other flu strains most people are familiar with. They cause fevers, sore throats, coughing and that tired feeling.

A/Shanghai produces another symptom often associated with the flu. That strain is more likely to cause a stomach flu, leading to nausea.

Fortunately, it's possible to be vaccinated for all three at the

same time.

Medical officials are urging everyone in high-risk categories to get a vaccination shot.

These categories include:

- 1) People with chronic diseases.
- 2) People in nursing homes or chronic-care facilities.
- 3) People age 65 or older.

The number of reported cases in Ontario fluctuates, although it

has been decreasing in recent years, says health officials (1989 statistics are still being compiled).

David Jensen, also of the Ministry of Health, said the spread of flu strains seems fairly even throughout the province. A strain that is a problem in one region is generally a problem in most regions.



**Focus on Fitness**  
by Laurie Burns  
Exercise Physiologist

Do you find yourself saying "Thank goodness Christmas only comes once a year?" I am referring to all the pressures and stresses we put on ourselves.

If this sounds like you, then maybe you should practice some time management skills that will help you organize your time better.

Everyone wants more time. We never seem to have enough, yet we have all the time there is. Everyone has the same number of hours each day. The problem is not a shortage of time, but how we choose to spend the time.

The use of time is the result of our habits. Good habits bring good results, poor habits bring poor results. Since habits control 80 per cent to 90 per cent of everything we do, try to make the following time management techniques a part of your everyday routine. These techniques can be applied for your personal life as well as your work life.

**GOALS AND PLANS:** How you spend your time depends on what you want to accomplish. 1. Make a plan of action. 2. List the steps required to reach your goal. 3. Set a target date for accomplishing your goal. 4. Break large projects down into smaller units.

**PRIORITY LIST:** Each day write a list of all activities to do. Ask yourself, "How important is this activity toward reaching my goal?" "Which activity will give the highest payoff?"

**TAKE ACTION:** Do highest payoff items first. At the end of the day any item not done is transferred to tomorrow's list.

**DELEGATION:** makes it possible to multiply your efforts through other people. It is one of the most powerful tools for effective use of time.

**SPECIAL CHRISTMAS TIME SAVING TIPS**

1. Plan each day of the season and break it into manageable pieces. i.e. Start Christmas cards in November and write 2-3 daily.
2. Make plans to visit friends in November and January as well as December.
3. Set a family day aside for getting your house ready for Christmas. (They can help with cleaning too, not just decorating).
4. Have a Christmas cookie exchange. Why not just bake your specialty, have your friends do the same, exchange them and look at the variety you now have for the holidays.
5. Check prices out before you go out shopping. Let your fingers do the walking...
6. Know what you are looking for before you set out.
7. Most of all enjoy the excitement and spirit of Christmas, and maybe next year you'll be anxiously awaiting Christmas just like the children do.



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