

## Battling the bug

Coughing. Sniffing. Sneezing.

Every winter, it seems, the incidences of flu and colds increase, especially in the workplace. That's why Ontario's doctors are ramping up a special campaign to keep these easily contracted illnesses from spreading like wildfire.

Snot's Not Hot encourages anyone who has the flu to take a sick day and stay home from work if they can. Staying home and limiting contact with others prevents the spread of the flu virus to people, who in turn, could pass it along to their friends and family.

Cold and flu viruses are highly contagious and are spread because people touch surfaces and then touch their faces, objects or individuals. It can easily spread for five to seven days after symptoms start. Some of the most contaminated sources are the surfaces people touch travelling to and from work.

According to the Ontario Medical Association, more than 60 per cent of gas pumps and more than 40 per cent of escalator rails and ATM machine buttons are highly contaminated with illness causing viruses. That's why it's so important to wash your hands frequently throughout the day to help prevent you from getting sick or spreading the illness to your family and co-workers.

Should you start feeling sick, please keep your germs to yourself and work from home or take a sick day.

"You don't need to prove anything by going into work when you are sick. In fact, going to work with the flu only proves that you are willing to make others sick," said Dr. Doug Weir, president of the Ontario Medical Association. "Staying home to rest will prevent the spread of the flu to other employees and will keep you on the road to recovery."

If staying home isn't an option for you, try reducing the risk of spreading the virus by always coughing and sneezing into your elbow, using hand sanitizer and washing your hands frequently.

Like the campaign says, Snot's Not Hot. So please, if you are coughing, sniffing or sneezing, stay home and focus on getting better instead of putting the health of your co-workers at risk.

We'll all be thankful for it.

### WEB POLL RESULTS

(Go to [www.theifp.ca](http://www.theifp.ca))

If Ontario public school teachers stage one-day 'protests', how would you view their actions?

- They would be staging an illegal strike and should bear the consequences (73%)
- It would be their legal, democratic right to do so (27%)

### The Independent & Free Press

The Independent & Free Press is published Tuesday and Thursday and is one of several Metroland Media Group Ltd. community newspapers. Editorial and advertising content of The Independent & Free Press is protected by copyright. Unauthorized use is prohibited.



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Letters must include an address and daytime phone number.

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Publication is not guaranteed.

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## Letters to the editor

### Library pricetag annoys resident

(This letter was originally sent to Councillor Bryan Lewis. A copy was made available for publication).

Hi Bryan,  
 I was very interested in your comments in today's (Jan. 10) *Independent & Free Press* (Lewis wants the status quo for library hours of operation.)

I was recently asked to donate some money to the library (they are looking for something like \$1 million in donations), and after spending approx \$14 million of taxpayers' money, I was somewhat shocked and annoyed.

I was never against a modest improvement to the library, but when the Town is seeking funds for an addition to the hospital (the first addition in over 30 years that I have lived here) and extra ice facilities, (because of the huge increase in population), I feel that the library price tag was way more than we needed to spend.

Ms. (Jane) Diamanti (Director of Library Services) is a superb saleswoman but needs to be chal-

lenged on every one of her requests for more town money!

Bill Shuttleworth,  
 Glen Williams

### Library board at mercy of council

Dear editor,

I am writing in response to the article about Councillor Bryan Lewis informing the Halton Hills Library Board he is not in favour of expanding the hours for the Georgetown Branch as will be tabled at upcoming budget discussions (last night).

The library board has surveyed its users multiple times over many years and overwhelmingly they have heard from library users that they would like to have expanded hours.

For library users, please understand that the library board shares requests for expanded hours with Town council but the board and library staff are at the mercy of Town councillors to approve an increase to the library operating budget.

If you feel strongly that you would like an increase in hours at the Georgetown branch library, continue to communicate this to

the library board, but to truly make your voice heard you need to go one step further and inform your Town councillors and mayor.

Colleen Johnson, Georgetown

### Money for rinks but not library?

Dear editor,

So, Councillor Bryan Lewis opposes the provision of improved library services at a cost of a few tens of thousands of dollars a year (*The Independent & Free Press*, January 10), but had no problem with spending tens of millions of homeowners' dollars on more ice pads!

Apparently, what's sauce for the goose is not sauce for the gander in Halton Hills. Shame!

K.R. Borkowski, Acton

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