

Precaution urged as flu season in full swing

By Judith Brown
Staff Writer

For the last two weeks South Carolina has been listed as one of the 24 states in the continental United States with widespread flu activity, and DHEC and Centers for Disease Control officials are encouraging residents to take care to help prevent cases from spreading in schools, workplaces and within families.

Traditionally, February is considered the peak month of flu activity, which is already considered at a very high activity throughout much of the nation, according to CDC. The Upstate Region of South Carolina saw yet another increase in flu cases this past week.

There have been 14 deaths confirmed to be caused by the flu or flu complications within the state.

Type A is much more common than type B this season, according to DHEC, which follows the trend of last year. Also typical is a higher number of hospitalizations and death among those age 65 and older, although one flu death earlier in this flu season was an infant.

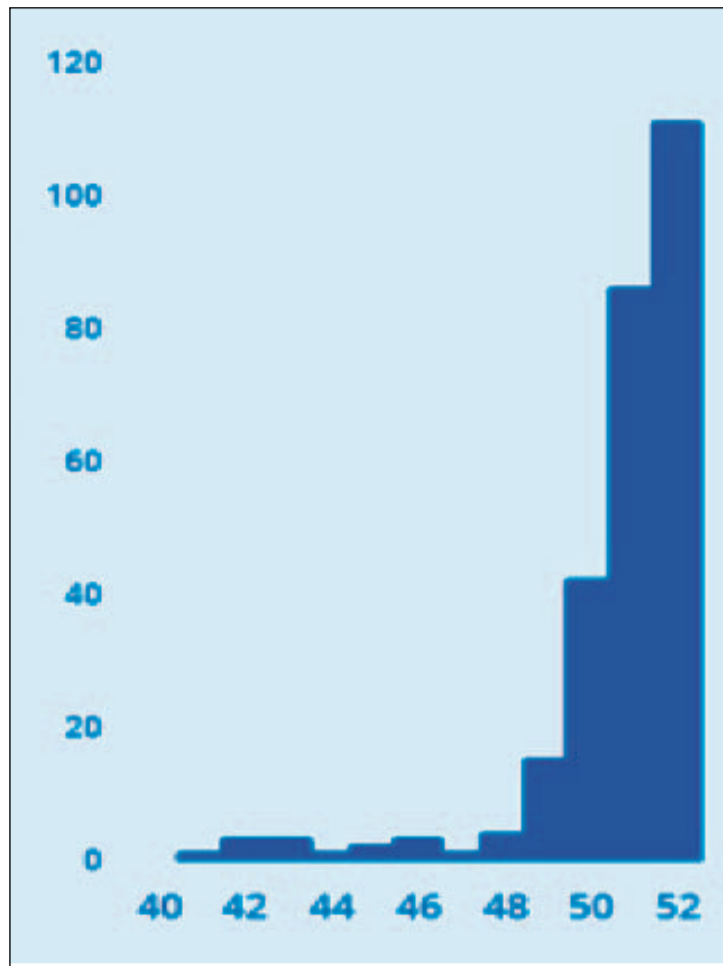
The Center for Disease explains

the best way to prevent the flu includes vaccination, which is still readily available and includes three of the strains which are circulating. CDC information provided on www.cdc.gov explains that more than 166 million doses of the flu vaccine have already been distributed this year nationwide, and the flu vaccine can reduce the risk of flu and reduce the potentially serious consequences of the flu.

Other preventive measures include frequent hand washing, using paper towels and tissue to open doors, avoiding touching your face and staying home if you begin to feel like there's a chance you have flu-like symptoms to prevent the spread to others.

Those symptoms often, but not always, include fever or chills, cough, sore throat and runny nose, headache and achy muscles and fatigue. Most people recover within a couple of weeks but complications, including pneumonia, can be life-threatening so caution should be taken, especially for high risk patients.

For more information go to www.cdc.gov.



FLU INCREASE — With increases in flu-like cases in the Upstate the last two weeks, DHEC is encouraging that residents get the flu vaccine and wash hands frequently to prevent the further spread of the virus.

LCDC to hold annual meeting, unveil new website

By John Clayton
Editor

Local industry and business leaders will gather Tuesday afternoon at Musgrove Mill Golf Club for the Laurens County Development Corporation's annual meeting.

Mark Weileman, vice president for sales and marketing at Marketing Alliance, Inc., will be the guest speaker. Marketing Alliance is a marketing firm dealing primarily with economic development. The company has worked with the LCDC on a redesign of the LCDC website, which is to be unveiled at the meeting.

LCDC Marketing Manager

Whitney Robertson said the newly designed website can be managed by the LCDC in-house, providing more flexibility and advantages in the marketing of Laurens County. "We'll be able to be more hands-on," Robertson said. "Going forward, because we're overseeing the website, we'll be saving some money by doing it in-house."

About 75 local leaders are expected to attend the by-invitation event.

Weileman, who has worked in different marketing capacities with the U.S. Army National Guard, NFL and NCAA, is expected to speak on trends in economic development and other related subjects.

AgSouth announces \$25,000 in grants to farmers markets

AgSouth Farm Credit Marketing Director Christy Smith announced on Jan. 9 that the cooperative has once again set aside \$25,000 to help community-based farmers markets promote their markets during 2019.

AgSouth's purpose in awarding these grants is to increase awareness of how choosing to purchase locally-produced foods and goods benefits each community's health and economy. Smith says that, "As part of the Farm Credit System,

AgSouth Farm Credit has been providing financial support to farmers and those in our rural areas for more than a century. This is the seventh year we have provided funds to help local markets with their advertising, and we're proud to add our Farmers Market Grants to a long list of ways we continue to support agriculture."

Fifty farmers markets in AgSouth's territory will receive \$500 to help promote their markets. All grant applications must be com-

pleted in full and received by 2019. Visit AgSouthFC.com the association by Feb. 15, for grant guidelines.

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