Fending off the flu [1]

Week of:
Sep 13, 2019

Should I get a flu shot? [2]

Dear Alice,

Since winter is approaching soon and it is the time for sniffles and sneezing, what do you think about getting a FLU SHOT as an ounce of prevention?

— Achoo, cough, cough

Read more [2]

Do I have a cold or the flu? [3]

Hi Alice,

I've been wicked sick all week with a really bad runny nose, face pain, cough and now my right ear is hurting. I can't think!! And I am trying to study for exams!!!

My mom told me I have the flu and should go to a doctor to get medicine to treat it. But I think it's just a wicked bad cold. Can you tell me the difference?

Thanks,
Faucet Nose

Read more [3]

HIV positive and wondering about flu shots [4]
Dear Alice,

I'm HIV positive, very low viral load & great t-cell count (not on meds). I've been reading recently that flu shots aren't all they're cracked up to be. What are the dangers of a flu shot, and if my immune system is already doing well, should I still get a flu shot?

Read more [4]

**What's up with FluMist?** [5]

Dear Alice,

I have heard numerous reports in the media where they make mention of the "live flu virus" in the flu vaccine, specifically "flu-mist." This is mentioned in conjunction with a warning to avoid contact with this and that (yadda, yadda) for a certain time period. This confuses me. I was under the impression that the flu vaccines contain dead viruses and that it was not possible to catch the flu from the vaccine. Which is it?

Read more [5]

**Soap and water: Proper handwashing fodder** [6]

Dear Alice,

I live on a college campus and have noticed many people do not wash their hands after going to the bathroom! I was so shocked, I confronted one of my friends. She replied: "If I don't get anything icky on my hands, I just rinse them WITHOUT soap. If my hands do get 'dirty,' I wash them with soap." Is her handwashing philosophy correct? Does rinsing your hands WITHOUT soap do any good?

Read more [6]

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