

### Flu Season Peaks Over Next Two Months

Each fall and winter the Kent Fire Department RFA responds to many 9-1-1 calls where people report "flu-like symptoms". Here are some flu facts:

The influenza (flu) season typically peaks during the months of January and February. Poor weather generally keeps people indoors and closer together where it is easier for the flu to spread.

According to the Centers for Disease Control and Prevention (CDC), the flu is a virus that infects the respiratory system (nose, throat, lungs, etc.). Unlike many other viral infections, the flu can cause severe illness and life-threatening complications in many people.

Each year, 5 – 20% of the U. S. population contracts the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. It is estimated that there are between 3,000 and 49,000 flu-associated deaths annually, 90% of those deaths are in people 65 years of age or older.

People at highest risk include:

- Older people – especially those with medical conditions such as heart disease
- Very young children
- Pregnant women
- Prior illness such as pneumonia, bronchitis, or ear infections

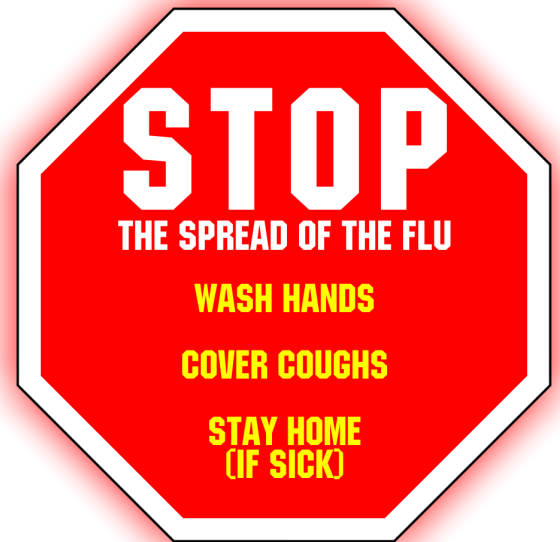
The symptoms of influenza include:

- Rapid onset
- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle aches
- Headaches

What can you do to prevent you or a family member from contracting this potentially deadly virus?

- Get a flu vaccination. This year's vaccine treats four different strains of the flu
- Avoid anyone who potentially has the flu and stay away from others if you are infected
- Wash your hands regularly
- Disinfect commonly touched surfaces in the home (door knobs, phones, handles, etc.)
- Cover your mouth and nose with a sleeve or tissue when coughing or sneezing

You can learn more about influenza and other health-related topics at [www.cdc.gov](http://www.cdc.gov).



## Website Links

[Home Page](#)

[Event Calendar](#)

(click Event Calendar link for upcoming meeting agendas)

[City Council Actions](#)



[ClicknRequest.CityofSeaTac.com](http://ClicknRequest.CityofSeaTac.com)

(click the logo to submit a request or report a problem)

## How to Recycle Your Holiday Tree

After the holidays are over, there are easy options for recycling your tree!



Recology CleanScapes will collect un-flocked, undecorated, natural trees in lengths up to 4 feet. Customers that already subscribe to food & yard waste collection can put the tree out on their every-other-week collection day. They will also collect properly prepared trees for composting from all households in the SeaTac service area during the first two full weeks of the new year (January 5-9 and January 12-16) for no charge. Contact customer service at 767.1166 or at [seatac@recology.com](mailto:seatac@recology.com) by Friday, January 9 to schedule a tree collection on the day when the food & yard waste truck is in your area.

Flocked trees are not accepted in food & yard waste collection because the flocking can often contain non-compostable materials including adhesives, flame retardant, or additives to make the flocking glitter and shine. Flocked trees have to be dumped as garbage, and are not accepted at tree recycling facilities.

Un-flocked, undecorated, natural trees can also be dropped off for recycling at the following locations for a fee:

[Pacific Topsoils – Tukwila](#)  
5900 S. 129th Street, Seattle

[Bow Lake Transfer Station](#)  
1880 Orillia Road S, Tukwila

A handwritten signature in black ink that reads "Gwen M. Voelpel".

Gwen Voelpel, Assistant City Manager

