



# Town of Pantego News Journal

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## Staying Healthy During Flu Season

Each year, the flu causes thousands of people across the country to fall ill and this year is no exception. The Centers for Disease Control confirmed that 29 states have reported high levels of flu activity with 41 states reporting widespread flu outbreaks. Fortunately, this year's flu vaccines appear to be well matched for the two strains of influenza A and one strain of influenza B that are circulating this year.

### **How does the flu spread?**

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talk can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs. People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

### **What can I do to protect myself from getting sick?**

The CDC recommends these steps to fight the flu:

1. Vaccination
2. Stay away from people who are sick
3. Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.
4. Use medication the way your doctor recommends it.

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## Town Council General Election

The Mayor and Town Council Place 4 and 5 are up for election and this year's General Election is scheduled for May 11, 2013.

Those citizens interested in running for a place on the Town Council can pick up candidate packets from the City Secretary's office during regular business hours or obtain the information on the Town's website under Elections.

The first day candidates are allowed to file for a place on the ballot is Wednesday, January 30, 2013. The final date to file an application will be Friday, March 1, 2013.



## Blackboard Connect

Blackboard Connect is a service utilized by the Town of Pantego that allows authorized Pantego staff to create and rapidly disseminate time-sensitive information to every telephone number and email stored in the notification database. It is a free service to residents and businesses that is only used in case of emergency and your information will never be sold or used in any other way.

### **How does the service work?**

Authorized officials compose and record a voice, text message, and email message. That message is then delivered to individual telephones, cell phones, and text-receiving devices in the notification database.

### **What types of messages will be sent using the service?**

Any message regarding the safety or welfare of our community would be disseminated using the Blackboard Connect service. Examples include severe weather warnings and updates, hazardous traffic or road conditions inside the town or affecting local routes, and any other situation that could impact the safety, property, or welfare of our citizens.

### **Does the Blackboard Connect service replace other systems that have been used to provide time-sensitive information to residents?**

This system is a significant enhancement to existing means of communication and is supplemental to, not a replacement for, the systems we have used in the past. Also, our town web site and Facebook account will continue to broadcast important announcements.

For more information and to sign up, please visit:  
[www.townofpantego.com/blackboardconnect](http://www.townofpantego.com/blackboardconnect)

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## Social Media

The Town of Pantego has embraced social media as a way to communicate with our citizens! Postings include important information, lost pets, upcoming events, and more! The Town utilizes several Facebook pages for different aspects of the Town including a Shop Pantego page to learn more about the Pantego business community and the PantegoFEST page. We are gearing up for PantegoFEST 2013 so make sure to check out that page for all of the latest news!

“Like” us on Facebook to learn about events happening around town and also to interact directly with staff.

Check us out at:

[www.facebook.com/townofpantego](http://www.facebook.com/townofpantego)  
[www.facebook.com/shoppantego](http://www.facebook.com/shoppantego)  
[www.facebook.com/Pantegofest](http://www.facebook.com/Pantegofest)

