

Learn more:
Visit buttecounty.net/publichealth/measles
for updates on the measles outbreak.

that, after several days, progresses into a cough, runny nose, rash and pink eye. Measles can prove fatal and has no treatment. At highest risk for infection and serious complications are children under 5, adults over 19, pregnant women and anyone with an immune deficiency.

"The disease is definitely of much greater risk to somebody's health than the vaccine," Lewis said.

Epidemiologists consider measles "eliminated" in the United States—getting that designation in 2000. This doesn't mean the disease has been totally eradicated, like smallpox, which doesn't exist anywhere. Rather, measles doesn't occur continuously here, only breaking out when imported.

"Most people in America have not seen measles," Lewis said. "And, so, there's this kind of notion that everybody used to get it and it's no big deal. But it can be a big deal, especially for the very young and those who are immunocompromised."

The concept of herd immunity resonates for Lewis. That refers to the percentage of the population needing to develop immunity to a disease in order to prevent its spread. For measles, that's 93 percent to 95 percent, according to the World Health Organization.

A segment of adults—and children—have no choice about vaccination because of their health. Also, immunized patients with life-threatening diseases such as cancer take medications (e.g., chemotherapy) that weaken their immune systems.

"We all have some responsibility to our community," Lewis said, "and we have an increasing number of people who are immunocompromised, because medicine has gotten better at keeping people alive with underlying conditions.... They rely on the people around them being vaccinated and interrupting transmission to protect them from measles." □

WEEKLY DOSE



Prescription for inner peace

If your stress level sits at an 11 while your energy matches that of a hibernating bear, you aren't alone—research shows that many urban dwellers suffer from a bad mix of lethargy and anxiety. But according to a new study performed at the University of Michigan, the outdoors could be a free and accessible remedy to these woes. There is even a catchy name for it: nature pills, or the "nature experience" (abbreviated as "NE"). The study focused on the relationship between two physiological biomarkers of stress and NE duration. Results showed a drop in both stress markers with just 20 minutes of quality nature time. The jury is still out on how much and how often to take your nature pill, but evidence suggests 20 to 30 minutes of sitting or walking in a place that provides you with a sense of the outdoors as a reliable dose.

Source: Health Medicine Network

Celebrating Easter In Our Community

CN&R
Chico News & Review



Easter!

PALM SUNDAY SERVICE

10:30am

EASTER SUNDAY SERVICES

8:30 and 10:30am



285 E 5TH ST, CHICO, CALIFORNIA
(530) 343-1497 • CHICOTRINITY.ORG

Easter Services at Bidwell Presbyterian Church

208 W. 1st St. in Downtown Chico
bidwellpres.org

Good Friday, April 19

7:30 p.m. "The Last Seven Words of Christ"

Easter Sunday, April 21

8:15 a.m. Traditional Service with Chancel Choir
9:30 a.m. Contemporary Service with Gospel Choir
10:45 a.m. Contemporary Service

Nursery offered at all services
Programs up to 5th grade offered at 9:30 & 10:45



FAITH LUTHERAN

Where Everyone is Welcome

Palm Sunday 8:30 & 11am

Mon - Wed 10am-2pm: Labyrinth

Maundy Thursday 7pm

Good Friday 7pm

Vigil of Easter 7pm

Easter Day 8:30 & 11am

Easter Egg Hunt for Children at 9:45am



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