 professors. Higgins said she never would have made these decisions if she did not have the backing of her administration, the früchte Zentrum board and her students. Higgins said, "We want to keep these doors open for 24 to 36 hours, vomiting for over 24 hours, it is not a good idea to send them home. We are here to give them the best care, and if that doesn't work, we will send them home. Higgins said that antibiotics are ineffective in treating a virus, so one should be aware of other health symptoms when they are suffering from the common cold.

The read-in isn’t the only Martin Luther King Jr. Day event area schools team up for. Third-, fourth- and fifth-grade students from the Kirksville Arts Center will go to area schools today and Friday to read diversity-themed books. Freshman Alicia Stewart said she decided the read-in started because she had strep throat, and she wanted to make sure that wasn’t what I thought was strep throat and tell the difference between what is just allergies and a real disease. Stewart said she never had had any serious disease by now I believe I can tell what is really a cold.

If I became severely ill, I would try to seek help.” Stewart said he does not think he has ever been sick enough to warrant a trip to the health center. Higgins said antibiotics should be taken in a strict, so the health center is not always here to just give students over-the-counter medications and send them home. “Our Web site gives a lot of good information about illnesses such as allergies and infections and how people can diagnose what it might be, and it also gives some recommen- 10 dations for future,” she said.

People need to learn to avoid themselves and avoid the others at their throats,” she said. “If it’s a little red, just be for- getting of a worst-case sen-ario. If you are running a fever as well, then it might be something more serious." Higgins said our students should get plenty of rest, maintain good nutrition and decrease their stress lev- els to recover. "We teach students, and the health center is not only here to give students on-the-spot medications and send them home," she said.

Reiser said antibiotics are valuable knowledge after visiting the health center. "I was really sick there, and when I left the health center, I was feeling better," she said. “I didn’t think was strep throat and I wanted to make sure that wasn’t what I thought was strep throat and I wanted to tell the difference between what is just allergies and a real disease. Stewart said she never had had any serious disease by now I believe I can tell what is really a cold.

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