

1956-2011

Dial Tones

November 2011



Protecting Yourself, Protecting Others

Know the Difference between a Cold and Flu Symptoms, including the H1N1 (swine flu)

Symptom	Cold	H1N1 Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu. PLEASE DO NOT GO IN PUBLIC FOR A FULL 24 HOURS AFTER THE FEVER IS GONE! A FEVER MEANS YOU ARE CONTAGIOUS AND CAN SPREAD THE EPIDEMIC...
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough). PLEASE COVER YOUR COUGH WITH THE INNER PART OF YOUR ARM, OR THE INSIDE OF YOUR SHIRT! Do NOT cough directly into your hand!
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

The only way to stop the spread of the epidemic is to spread the awareness. PLEASE COVER YOUR COUGH, WASH YOUR HANDS & USE HAND SANITIZER!!

Dial Tones is published monthly for members of Dell Telephone Cooperative, Inc., a member-owned cooperative since 1956. Proud to serve Dell City, Desert Haven, Guadalupe Peak, Mile High, Timberon and Queen.

Volume 17 Edition 11 Board of Directors

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DELL TELEPHONE'S 1st ANNUAL WALK FOR THE CURE

WE INVITE YOU AND/OR YOUR BUSINESS TO BECOME A PARTICIPANT OF AN EXTRAORDINARY EVENT



DELL TELEPHONE WALK FOR THE CURE WALK - A -THON

SATURDAY, NOVEMBER 5, 2011
THIS EVENT WILL TAKE PLACE AT THE DELL CITY FAIR GROUNDS
TIME WILL BE AT 8:00 AM - NOON



T-SHIRTS WILL BE SOLD \$5.00 FOR ADULTS AND \$3.00 FOR YOUTH
PLEDGE FORMS ARE AVAILABLE AT THE DELL TELEPHONE OFFICE
OUR MISSION IS TO RAISE MONEY TO BENEFIT CANCER PATIENTS
WE WOULD APPRECIATE YOUR SUPPORT! ANY QUESTIONS, PLEASE CONTACT
MARCY GUILLEN 432/940/5266 OR ANGIE BORREGO 432/940/4440

PAY ONLINE!!!!!!

**Please Remember To Vote:
November 8th Election Day!**



If you have any question or need assistance please contact the Business Office at Dell City, TX
Phone — 915-964-2352.

Conosca la diferencia entre los sintomas de un resfrio y la influenza, incluyendo el H1N1 (influenza porcina)

Sintoma	Resfrio	H1N1 Influenza
Fiebre	Fiebre es raro con un Resfrio.	Fiebre usualmente se presenta con la influenza en hasta un 80% de todos los casos de influenza. Una temperatura de 100 grados F o mas alta por 3 o 4 dias es asociada con la influenza. POR FAVOR NO ANDE EN PUBLICO POR LAS 24 HORAS DESPUES DE QUE LA FIEBRE SE HAYA IDO! UNA FIEBRE SIGNIFICA QUE USTED ESTA CONTAGIOSO Y PUEDE DESPARRAMAR LA EPIDEMIA...
Tosiendo	Una tos con flema es frecuentemente presentada con un Resfrio.	Una tos sin flema es usualmente presentada con la influenza (a veces conocida como tos seca) POR FAVOR CUBRA SU TOS CON LA PARTE DE ADENTRO DE SU BRAZO O LA PARTE INTERIOR DE SU CAMISA! NO tosa directamente en su mano!
Dolores	Dolores leves en el cuerpo pueden ser parte de un resfrio.	Dolores severos en el cuerpo son comunes con la influenza.
Nariz Mormada	Nariz mormada es comunmente presentada con un resfrio y tipicamente se va espontaneamente en una semana.	Nariz mormada no es comunmente presentada con la influenza.
Escalofrios	Escalofrios no son comunes con un resfrio.	60% de las personas que tienen la influenza experimentan escalofrios.
Cansancio	Cansancio es muy leve con un resfrio.	Cansancio es moderado a severo con la influenza.
Estornudando	Estornudando es comunmente presentado con un resfrio.	Estornudando no es comun con la influenza.
Sintomas Repentinicos	Los sintomas de el resfriado tienden a desarrollarse en algunos dias.	Los sintomas de la influenza son mas rapidos se desarrollan en 3-6 horas. La influenza pega fuerte e incluye sintomas repentinicos como fiebre alta y dolores.
Dolor de Cabeza	Un dolor de cabeza no es comun en un resfriado.	Un dolor de cabeza es muy comun con la influenza, se presenta en 80% de los casos de influenza.
Dolor de Garganta	Dolor de garganta es comunmente presentada con un resfriado.	Dolor de garganta no es comunmente presentada con la influenza.
Molestia en el Pecho	Molestia en el pecho es leve a moderado con un resfrio.	Molestia en el pecho es frecuente severa con la influenza. El unico modo de detener el esparcimiento de la epidemia es esparcir el conocimiento. POR FAVOR CUBRA SU TOS, LAVASE LAS MANOS Y USE LIQUIDO HIGIENICO!!

You're Invited to a Picnic!!
 Join us as we celebrate
 National Cooperative Month
Thursday, November 10, 2011
 5:00 p.m.

NEW LISTINGS—October 2011

Acosta, Santos 964-2326
Chacon, Martha 964-2492
Baray, Connie 964-2560
Western Refining 964-2651
Western Refining 964-2656

November 2011
MARK YOUR CALENDARS

November 6 Daylight Savings Time
Ends
November 8 Election Day
November 11 Veterans Day
November 24 Thanksgiving Day

The Board of Directors, Management and Employees of Dell Telephone would like to Wish You and Your Family a Wonderful Thanksgiving.
 Please Note:
 In Observance of Thanksgiving our offices will be closed Thursday, and Friday November 24th, and 25th.

DAYLIGHT SAVING TIME ENDS
 (TURN YOUR CLOCKS BACK 1 HOUR.)
 November 6, 2011

Remember Those Who Serve