



Help stop the spread of Norovirus

Because of continuing raised levels of norovirus (the winter vomiting bug) outbreaks, the NHS across north London is offering advice on preventing infection and dealing with the symptoms if people contract the virus. Norovirus is highly contagious, affects people of all ages and can be transmitted through water, food, air and person-to-person contact. The first sign of norovirus is usually a sudden sick feeling followed by forceful vomiting and watery diarrhoea. Some people may also have a raised temperature, headaches, stomach cramps and aching limbs.

Prevention

Due to the frequent close contact with people that Londoners experience on a daily basis, it is important to follow this advice to help prevent the spread of the disease:

- Wash your hands frequently, or wear gloves if you are going out.
- Don't share towels and flannels. Wash any clothing or bedlinen that could have become contaminated with a norovirus.
- Disinfect any surfaces that an infected person has touched.

Treatment

NHS North Central London Medical Director Nick Losseff said: "If you suspect you have norovirus, stay at home. It's best to let the illness run its course and your body usually fights off the infection within a couple of days.

"If you are generally fit and well you shouldn't need to see your GP, but it is really important to drink plenty of water and, if you feel the need, take

paracetamol for any fever or aches and pains. People caring for ill people must be equally vigilant and keep cleaning their hands."

People suffering from norovirus are advised to:

- Try to eat foods that are easy to digest, such as soup, rice, pasta and bread. Babies should continue with their normal feeds.
- Drink plenty of fluids. This is particularly important for young children and the elderly, who are more prone to dehydration.
- Patients finding it hard to keep down fluids should try to take small sips more frequently to keep hydrated.
- Reduce the risk of passing it on to others by washing your hands regularly and staying at home until you have been clear of symptoms for 48 hours. Try to minimise contact with other people.

For more information on the symptoms and treatment of Norovirus, call NHS Direct on 0845 46 47 or go to www.nhs.uk

45 years of GLH

January marked the 45th anniversary of Greater London Hire, the minicab and despatch company. John Scott began the company in 1967. Originally, he drove his own taxi and after each journey would put coins in a telephone box to phone what was merely a hut on the High Road to ask where his next job was. The company now occupies the whole of GLH House and the yard opposite East Finchley Tube station.

GLH has many links with the local community. It was a keen supporter of the "Warning on Waitrose" campaign and was involved in planting



45 years in business: GLH managing director Robert Scott, operations director Zoe Powers, passenger manager Dan Payne and driver Ahmed Khan. Photo by John Dearing

trees at Martin Primary School. The firm also sponsors the East Finchley Festival and is sponsoring the Green Man Community Centre for the Queen's Jubilee.

John Scott passed away last year. This left a huge hole, but his son Robert is now at the helm and is hoping to continue the family business for another 45 years.

Deputy PM at fast food HQ

Deputy Prime Minister Nick Clegg visited the McDonald's UK headquarters next to the tube station in the High Road on 24 January.

He was there to meet staff trainees and apprentices as the fast food chain announced the creation of 2,500 jobs nationwide this year.



GLH House pictured in 2005. Photo by Rick Scorza

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Love is....

They say that February is the cruellest month, if only because you have crawled out from your New Year hangover, got your credit card bill and started to panic about how you are going to pay for Christmas. Chuck in a lorry load of frozen pay, crashing eurozones, snow, ice and Pro-Celebrity-Not-Quite-A-Masterchef and depression beckons. So what you need at a time like this is a reason to be cheerful. What you get is St Valentine's Day, which isn't the same thing.

St Valentine's Day used to be the day for love, restaurants, cards and florists. Now, in the hi-tech digital age, it is the day for virtual flowers, virtual cards and the Marks and Sparks eat in for a tenner promotion with added roses. This means you don't need to put up with the usual rubbishy pink balloons, pink streamers and some tatty DJ playing 'romantic muzak'.

Cards always used to be the big thing. For over 160 years we have been going out and spending insane amounts of money on flimsy pieces of card with obscene variations on messages of sugar-plum-loves-honey-bunny inside. These days, we don't bother with cards, we send Facebook messages, changing our status from single to desperate and hoping someone out there cares.

Now we come to the flowers. Everyone knows that the happiest people in London on St Valentine's Day are florists. This isn't the day for celebrating undying love, it's the day for helping florists survive the next few non-flower buying months. It's pointless to refuse; if you try to avoid the heart-shaped roses you will be cast into the outer reaches of hell where you will be continuously whipped with thorns for eternity. Claiming that it's unethical to slaughter flowers won't get you anywhere, not when the red rose brigade are after you.

If you are single the only solution is to stay in and watch DVDs because it's a fair bet that the TV channels will be cluttered with re-runs of *Bridget Jones*, *the Edge of Insanity*, trailers for some new romcom starring Hugh Grant, and whichever Hollywood star fancied a holiday in Europe. And that's before you realise that there's a special Valentine's Day episode of *Downton Abbey* that proves love has absolutely nothing to do with it.

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