

## INFLUENZA VIRUS (FLU)

According to the Centers for Disease Control and Prevention (CDC) millions of people in the United States will get the flu and some people will develop life threatening complications from the flu. People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza.

Our Pastorate and Health Ministries would like our congregation to take proactive measures to decrease the spread of the flu to our members. We suggest the following:

1. Know the symptoms – fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches. Stay away from crowds if you have these symptoms.
2. Flu is spread when a person who has flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus. Cover your nose and mouth when you sneeze or cough. Teach your children to do this.
3. The most important thing each one of us can do is proper hand washing. The CDC offers these instructions for proper hand washing:
  - Use soap and running water.
  - Rub your hands vigorously as you wash them.
  - Wash all surfaces, including backs of hands, wrists, between fingers and under fingernails.
  - Rinse well and leave the water running until after drying hands
  - Dry hands with a single-use towel.
  - Turn off faucet using a paper towel.
4. Hand sanitizers – cleansers that don't require water – are a good alternative when soap and water aren't available. We are suggesting the Deacons use this before handing out bulletins and the announcement page and after taking up the offering. A hand sanitizer will be available for your use. Hand sanitizers should have no less than 60% alcohol in them to be effective. Pumps are ideal because there is less potential for contamination.  
Tip: Soap and water hand washing is recommended if your hands are visibly soiled.  
Tip: Multiple applications of alcohol hand washing solution can build up on your hands and may feel gritty or sticky, if that occurs, use soap and water and then you may go back to it.
5. A good rule to follow is not to put your hands or fingers up to your mouth. Cover your mouth and nose with a tissue or hankie when coughing or sneezing. Cough in your sleeve if you do not have a tissue or hankie. Kleenex will be available in the restrooms.
6. Door handles, piano and organ keys, PA knobs, telephones will be cleaned with Clorox disinfecting wipes.
7. If you have a cold or any flu symptoms decline from shaking hands with people.
8. Paper cups and water will be available instead of using the drinking the fountain.
9. Those persons preparing the communion emblems should always use the CDC proper hand washing instructions.

Thank you for your cooperation.

Betty Minton, RN Community of Christ East 39<sup>th</sup> Street

### FLU SUGGESTION:

We are also beginning our educational program for preventing the flu in the church congregation. We are shutting off our common drinking fountains and providing small paper cups and a container of ice water. We are putting hand cleaner for the ushers to use before giving out programs and after taking up offerings. Our Sunday School teachers are giving lessons in hand washing for the kids. We use Clorox wipes on the equipment and door handles, organ and piano keys before each service. I would appreciate any other suggestions anyone has.

Peace and Blessings, Sharon Davids, Community of Christ, Glendale, Arizona.

[Sdavids2@aol.com](mailto:Sdavids2@aol.com)

The new posters and flyers have been posted to the CDC immunization flu site. Please go to the materials gallery for downloadable posters, etc.

[www.cdc.gov/flu/](http://www.cdc.gov/flu/)