



## PLANNING TIPS FOR CHURCHES SEASONAL AND H1N1 (SWINE) FLU

As Fall nears, efforts toward flu prevention kick into high gear. This year, these efforts take on additional importance because of the H1N1 Flu Pandemic. Since flu is an illness easily passed from one individual to another, there are important issues to consider if either or both types of flu become widespread. Steps that can be taken now to help the congregation prepare for flu season include:

- **Make hand sanitizer and tissues available for use at church.**
- **Consider altering “common cup” practices.**
- **Make a church plan for calling off services if flu becomes widespread. Flu spreads very easily from person to person and limiting social contact may be recommended to decrease the spread of illness.**
- **Identify those who may need assistance should they become ill with flu.**

Individuals can help prepare themselves by doing the following:

- **Wash hands frequently** and have hand sanitizer available.
- **Cover your cough** with a tissue or your sleeve.
- **Stay healthy**--get enough rest, drink plenty of fluids, reduce stress, eat nutritious foods
- **If you have flu-like symptoms** (fever, sore throat, cough, body aches), **stay home from church...or work** for at least **24** hours after the fever is gone.
- **Get your flu shot--seasonal and H1N1.** Because the viruses are different, it is possible to catch both, which could make the illness much more severe.



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