

**INFORMATION FOR GRACE AND HOLY TRINITY CHURCH
Concerning the “Flu Season”**

H1N1 “At Risk” Groups

- ◆ Pregnant women
- ◆ All people from 6 months through 24 years of age
- ◆ People aged 25 through 64 years with chronic health conditions (including asthma, heart disease, diabetes, HIV, and other disorders)

Those with consistent exposure to at risk groups

- ◆ Household contacts and caregivers for children younger than 6 months old
- ◆ Healthcare and emergency medical services personnel

Healthy Habits During Flu Season (From the Center for Disease Control – CDC)

- ◆ Common Sense Cough and Sneeze Etiquette - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is unavailable, cough or sneeze into your shoulder or elbow instead of your hands.
- ◆ Wash your hands often and/or use hand sanitizer.
- ◆ Avoid touching your eyes, nose, or mouth.
- ◆ Get the seasonal flu vaccine and/or the 2009 H1N1 flu vaccine, if recommended
- ◆ Try to avoid close contact with sick people.
- ◆ Keep sick children at home.
- ◆ If you have flu-like symptoms (fever with cough or sore throat), stay home for at least 24 hours after you are free of fever without the use of fever-reducing medications.

Grace and Holy Trinity Protocols

During Soup Kitchen and Caritas

- ◆ All clients are asked to use hand sanitizer upon registration
- ◆ All volunteers are asked to follow CDC guidelines above

During Sunday School and in the Nursery

- ◆ All participants will have hand sanitizer available to them in the classrooms
- ◆ All Nursery surfaces and toys will be regularly cleaned and sanitized
- ◆ Families are urged to keep sick children at home

In Worship

The Episcopal Church has directed congregations to CDC resources which suggest that transmission of H1N1 can happen through the use of the common cup at Communion, however the risk is slight. Further, drinking from the common cup and intinction actually carry the same level of risk, which is slight. Good hygiene practices by the clergy and ministers conducting distribution are most important to reducing the risk of transmission. Thus, hand sanitizer will be used by all ministers participating in distribution, immediately prior to distribution. Those wishing to reduce their risk further or who may fall into an “At Risk” category are reminded that they may receive the Eucharist in one kind (bread only). It is best to receive in one kind (i.e. the bread) than to put others at risk by accidentally touching the wine when intincting.