

## Personal and Family Flu Preparedness

### Plan for a pandemic

Store a two week supply of water and food.

Check your regular prescription and non-prescription drugs to ensure a continuous supply in your home.

Get a copy of the Red Cross sheet entitled Home Care for Pandemic Flu at [http://horrycounty.redcross.org/panflu/HomeCareEng\\_20060310.pdf](http://horrycounty.redcross.org/panflu/HomeCareEng_20060310.pdf)

### Take these everyday steps to protect your health:

When you cough or sneeze cover your nose and mouth use a tissue or use your sleeve if a tissue is not available. Dispose of the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand sanitizers are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Allow a 1 meter separation between you and another person. Avoid or minimize close contact with sick people.

Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

### Get a Flu Shot!

For more information go to  
<http://pandemicflu.gov/individualfamily/index.html>  
<http://www.er-d.org/PlanningforPandemicInfluenza/>  
<http://www.ecww.org/H1N1.cfm>

## Flu Season Worship Guidelines

### Mild Outbreak

Request those who feel ill stay at home until they are symptom free for at least 24 hours

Have hand sanitizer readily available at the altar and in the congregation. Prior to distribution of communion clergy and altar party should use.

Remove, drain or cover baptismal founts and Holy Water founts

Ensure adequate supplies of disposable tissues are in pews

Encourage verbal exchange of the peace avoiding physical contact

Insure proper common cup and purificator procedures are followed. In lieu of intinction recommend communion in one kind

Limit amount of personal contact by parishioners and clergy by not shaking hands or hugging when greeting or exiting

### More Severe Outbreak

Institute the recommendations above plus the following

Request the peace be passed verbally or through gestures and minimize moving about in the church

Cease use of common cup and institute communion in one kind

Clergy and congregation respect the 1 meter rule for personal separation and not shake hands or hug

Communion rails, pews and surfaces commonly touched are wiped with disinfecting clothes between services

Where possible cease hospital and home pastoral visits until after the outbreak has passed

### ALWAYS USE COMMON SENSE

For more information relative to worshipping during a pandemic go to  
<http://www.manchester.anglican.org/pandemic>  
<http://www.er-d.org/PlanningforPandemicInfluenza/>  
<http://www.ecww.org/H1N1.cfm>