



## Together, we can fight the flu.

Here are ways you can lead your congregation in the fight against the H1N1 influenza virus:

- ✓ **Spread the word** to members of your congregation about what they can do to stay healthy during the 2009-2010 flu season.
  - Check [flu.gov](http://flu.gov) for updates, vaccine availability and recommendations.
  - Institute a “flu facts” or “healthy habits” section for your newsletter.
  - Download our widget for your website at [flu.gov](http://flu.gov).
  - Sponsor an event or lecture focusing on treatment and prevention of the flu virus.
- ✓ **Encourage Families to prepare for the 2009 H1N1 flu** by:
  - Practicing healthy habits
  - Keeping a updated list of medical conditions and medications
  - Maintaining a regular supply of prescription and over-the-counter drugs
  - Instituting a “buddy system” between friends and neighbors so that others can help provide necessities without the need to go out when you are sick.
- ✓ **Support vaccination efforts.** For example, you could:
  - Visit [flu.gov](http://flu.gov) to find the vaccination clinics that serve your area.
  - Encourage the congregation to get vaccinated, particularly high-risk groups
  - Help people to understand the importance of flu vaccination.

## Healthy habits to practice during the flu season:

- Get vaccinated for 2009 H1N1 influenza
- Wash your hands often or use hand sanitizer if soap and water not available.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue into the trash directly afterward. If a tissue is not available, cough or sneeze into your shoulder or elbow.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.
- Keep sick children at home.
- If you have flu-like symptoms (fever with a cough or sore throat), stay home until you are without a fever for 24 hours, without the use of medication.