

November Pulse article for Health Ministry section

Flu Season is Here!

Prompted by an expected H1N1 Influenza outbreak this fall and winter, the Health Ministry Team, in collaboration with the Pastors and congregation leadership, has developed a St. Andrew Infection Prevention Plan. A major concern throughout the plan is to protect those who are vulnerable to serious or life-threatening complications from influenza. Details of the plan and recommendations for which vaccinations you should get are posted on the St. Andrew website and are available in the library.

Whether or not the threat of flu exists, there are infection prevention practices we should all follow all the time. They include:

- ◆ Washing your hands frequently and thoroughly with soap and water, especially after you cough or sneeze. Alternatively, alcohol-based hand cleansers may be used.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze; throw the tissue away after use. If tissues are not readily available, cough or sneeze into your sleeve.
- ◆ Avoid touching your eyes, nose, or mouth because these are entry points for germs.
- ◆ If you get sick, stay home and limit contact with others to keep from infecting them.

For ongoing information about the status of H1N1, go to the following websites:

www.cdc.gov

www.sccgov.org

www.flu.oregon.gov

For questions or concerns, contact a member of the Health Ministry Team.

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