

ARE YOU PREPARED FOR PANDEMIC FLU?

With the threat of swine flu approaching, here are some things to help keep you and your loved ones safe this Flu season. It is **everyone's responsibility** to be prepared at the workplace, church, school, and at home.

Statement from Archdiocese of New Orleans:

The Archdiocese has received a number of inquiries regarding what people should do to protect themselves from the possibility of catching Swine Flu while attending Mass. Most of the inquiries are in regard to the sign of Peace and receiving the Blood of Christ from the chalice. All are reminded that they should use their own discretion in this matter. If any person wants to be cautious, a bow or some other gesture is appropriate at the Sign of the Peace. **All Catholics are reminded that Christ is fully present in each species when the bread and wine have been consecrated into His Body and Blood. No one is ever under any obligation to receive both species.**

How does the flu spread?

- Tiny Droplets in the AIR from Sneezing or Coughing
- Direct Contact with an Infected Person's Germs
- Indirect Contact with a contaminated surface or object



What are the signs and symptoms of Swine Flu?

- Fever, cough, sore throat, body aches, headache and fatigue, vomiting and diarrhea

What can you do to stay healthy?

Cover your cough

- It is important to remember to cough into a tissue or your clothing (i.e. the sleeve) rather than into your hand.

Acquire supplies

- If you or your loved ones become sick you will need to have a 7 day supply of food, water, medicine, masks, gloves, and hand sanitizer available.
- Get your flu shot!! Flu shots are available at most local pharmacies in your area.

Stay home when sick

- When you are feeling sick, it is important to stay away from all social settings where spread of the flu is possible. This includes work, school, grocery stores, etc. It is important to have a plan and be prepared ahead of time!!

Hand wash regularly

- Washing your hands for 20 seconds or singing the Happy Birthday song to yourself twice is the first line of defense in preventing the spread of Flu!

When should you see a Doctor?

- Troubled or painful breathing
- Fever for 3 or 4 days with no improvement or sudden decline
- Constant sleepiness
- Bad earache
- Preexisting health condition
- If you are ever worried about your symptoms



STAY INFORMED: Information is constantly being updated at www.flu.gov

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