

Together, we can fight the flu.

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

- J **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 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.
 - Sponsor an event or lecture focusing on treatment and prevention of the flu virus.

- J **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.

- J **Support vaccination efforts.** For example, you could:
 - Visit 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.