

Holy Communion and the Flu Season

The Lord's Table is open to everyone who either loves the Lord or desires to know the Lord. We serve by intinction, taking the bread and carefully dipping it into the cup. Beginning today, as a precaution to the N1H1 virus, the bread will be pre-sliced, with a symbolic loaf broken at the Table. We will continue to use individual cups at the 8 o'clock service and the one cup in our 10 o'clock service.

From the CDC : The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

In seasonal flu, certain people are at "high risk" of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this novel H1N1 virus have had one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

During this flu season, if you are sick, please be reminded of these precautions:

- Keep away from others as much as possible. This is to keep from making others sick. Do not go to work or school while ill
- *Stay home for at least 24 hours after your fever is gone.*
- Sneeze or cough into a sleeve, handkerchief, or Kleenex. Please dispose of your own Kleenex.
- Wash hands thoroughly with soap and water, or with an alcohol based cleaner.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Talk to your doctor.

The flu virus according to the CDC remains active on surfaces for 2-8 hours after being deposited. We will do our best to keep surfaces cleaned, especially in the kitchen, nursery, and Sunday School rooms. If you can help with this effort please speak with Pastor Lori or Cindi so that we can make sure all our rooms are cleaned.