

Talking To Your Congregation and Staff About Seasonal Flu



**VALUE
HEALTH**
PROTECT AGAINST
INFLUENZA

Use these talking points when addressing worshippers and staff about seasonal flu and other health issues.

- Seasonal flu is serious but it is also preventable.
- Our health is a gift from our Creator.
- As a community, we have a responsibility to care for ourselves and for each other.
- We have a particular responsibility to care for the most vulnerable among us — young children, older members of our community, and those struggling with other health challenges.
- For their sake and for the sake of your own health, I urge you to take time out of your busy lives to take some simple steps to prevent the spread of flu and other diseases.
- The best way to prevent flu is to get vaccinated. *(insert information about local flu vaccine availability as appropriate)*
- Wash your hands before and after you eat and after you use the restroom, and teach your family members to do the same.
- Cough or sneeze into your arm or sleeve, not your hands, and teach your family members to do the same.
- Stay home when sick.
- If an errand can wait, consider putting it off until you are feeling better.
- If your children are sick, keep them home from school if at all possible.
- Wipe off common surfaces like doorknobs with disinfectants.
- If someone you love or a member of your community is sick, please do care for them. If you take the precautions mentioned here, it is possible to lend a helping hand without endangering yourself.