

Tips for Encouraging Flu Prevention in Your Congregation



**VALUE
HEALTH**
PROTECT AGAINST
INFLUENZA

As flu season gets underway, we are asking for your help to inform your congregants that seasonal flu can be serious and that there are proven ways to prevent catching or spreading this disease. Flu can be prevented when congregants follow these simple recommendations, and they can do so while still gathering for worship, fellowship, service and other events.

You can incorporate information about flu prevention into the spiritual and communal work of your congregation or faith community in many ways. The **Value Health: Protect Against InFLUenza** campaign includes a number of materials to help you communicate about this issue:

- ✓ Questions and Answers About Seasonal Flu
- ✓ Questions and Answers About Pandemic Flu and Avian Flu
- ✓ Myths and Facts About the Flu Vaccine
- ✓ Talking points for inclusion in sermons, meetings, and other speaking opportunities
- ✓ A reproducible PSA (public service announcement) with tips for preventing the spread of the flu

Here are some things you may want to consider doing with the information in the toolkit:

1. Print the reproducible PSA as a flier and post it on a community bulletin board or in a restroom in your facility. Hand out the flier or display it during post-service refreshments.
2. Include the PSA as a program insert or “ad” in the community newsletter or bulletin.
3. Print the bookmark on heavy paper and place copies on tables near the entrance or near seating areas in your facility.
4. Use the talking points and Questions and Answers About Seasonal Flu to send out over your community listserv or email distribution list. If you have email distribution lists for parents or moms groups, it’s particularly important that these groups receive this information.
5. Post information about flu prevention on your congregation’s Web site.
6. Engage a congregant or committee member, especially if there are health care providers among them, to speak for a few minutes about flu prevention during a service.
7. Consider using space in your facility to provide free or low-cost flu shots. For information about doing this go to <http://www.findaflushot.com/contactus>.
8. Incorporate appropriate messages about health and wellness into a sermon or talk from the pulpit.
9. Share these important messages with your congregation’s daycare, nursery or school staff as well.