

# BODY AND SOUL:

## MEADE COUNTY CATHOLIC HEALTH MINISTRY

### It's Flu Season!

Flu season is here again! According to the Centers for Disease Control and Prevention (CDC), between 5-20% of the U.S. population develops seasonal influenza each year. More than 200,000 are hospitalized and about 36,000 people die from complications from the flu. Although no vaccine is 100% effective in preventing disease, vaccination is the key to preventing the flu.

Influenza is spread through coughing or sneezing or by touching objects which carry the virus (phones, door knobs, etc.) and then touching your mouth or nose. Washing your hands is an important strategy for preventing the flu. Always cover your nose and mouth with a tissue when you cough or sneeze, and dispose of the tissue properly.

Many doctors' offices, local health departments, and pharmacies are already offering flu vaccine for seasonal influenza.

There are two types of flu vaccine: the flu shot, which is an inactivated (or killed) vaccine which is given with a needle in the arm, or the nasal spray flu vaccine, which is a live, weakened vaccine which is a spray taken up the nose. The shot is approved for use in people over six months of age, including people with chronic health conditions. The nasal vaccine is approved for use in healthy people ages 2-49 years who are not pregnant. Both types of vaccine contain the three types of influenza that scientists estimate will circulate that year. Seasonal flu vaccination does not protect against the H1N1 virus (see below).

(cont. pg.2)



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The proper way to wash your hands:

- Wet your hands with warm water.
- Scrub all parts of your hands with soap.
- Wash for about 20 seconds.
- Rinse with clean water.
- Dry with a clean towel.
- Use alcohol-based hand sanitizers when soap and water are not available.

### What is swine flu??

The 2009 H1N1 influenza virus is also known as swine flu or novel influenza A. This virus has been called a pandemic because it is affecting people in different places around the world at the same time. The H1N1 virus is thought to spread the same way that seasonal flu is spread, and symptoms are also similar—fever, cough, sore throat, stuffy nose, aches, chills, and fatigue.

Most cases have been mild, but some populations have been affected more severely than others. The following groups are recommended for vaccination for H1N1 when it becomes available:

- Pregnant women
- Young people ages 6 mos.-24 years
- Caregivers for children under 6 mos.
- Healthcare personnel
- Persons age 25-64 with certain medical conditions

### James IV 13-15

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Is anyone among you suffering? He should pray. Is anyone in good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint [him] with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.

Anyone who wishes to reduce their chances of getting the flu can be vaccinated, but it is recommended that the following groups get vaccinated each year:

- Children aged 6 mos-19 years
- Pregnant women
- People aged 50 and older
- People of any age with certain chronic health conditions
- People living in nursing homes or other long-term facilities
- People who live with or care for those at high risk for flu complications



If you are severely allergic to eggs, have ever had a severe reaction to an influenza vaccine, or are younger than six months of age, you should contact your physician before receiving a flu vaccination.

Written by Melissa D. Phillips, Community Health Educator.

## What else can I do to stay healthy?

Everyone should practice good health habits, get enough sleep, choose a healthy diet and be physically active. The following reminders will also help your family stay healthy during flu season:

- ⇒ WASH YOUR HANDS OFTEN!!
- ⇒ Avoid touching your mouth and nose.
- ⇒ Avoid contact with people who are sick.
- ⇒ Cover your cough or sneeze with a tissue and throw the tissue into the trash. Cough or sneeze into your elbow if a tissue is not available.
- ⇒ Do not share food, drinks, or eating utensils.
- ⇒ If you or a family member is sick, stay home from work, school and other public places.



## Kid's Corner

### FLU WORD SEARCH



- |        |       |
|--------|-------|
| SOAP   | VIRUS |
| SNEEZE | NOSE  |
| WASH   | COUGH |
| SHOT   | SICK  |
| FLU    | ACHE  |
| TISSUE | GERMS |

**From the Catechism  
of the Catholic Church**

**“The Holy Spirit who teaches the Church and recalls to her all that Jesus said also instructs her in the life of prayer, inspiring new expressions of the same basic forms of prayer: blessing, petition, intercession, thanksgiving, and praise.**

**Because God blesses the human heart, it can in return bless him who is the source of every blessing.**

**Forgiveness, the quest for the Kingdom, and every true need are objects of the prayer petition.**

**Prayer of intercession consists in asking on behalf of another. It knows no boundaries and extends to one’s enemies.”**

C S O A P N O S E  
O W A S H I Z S S  
U G E R M S S N I  
G A C H E F H E C  
H T S U A L O E K  
A U U H E U T Z O  
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