

## **FLU Precautions**

With the recent news about the Swine Flu, if you have not yet been, you will likely be bombarded by suggestions from concerned parishioners about the celebration of the liturgy. The same reaction occurred with the SARS epidemic in Canada a few years back.

Currently, the Centers for Disease Control (CDC) has not issued any new directives. I would like to reiterate the directives the CDC has given the United States Conference of Catholic Bishops in the past (*see **bulletin insert** available at Office of Worship webpage at [www.dosp.org](http://www.dosp.org)*).

- **Communicate in pulpit & bulletin announcements:**
  - Stay home when you are sick.
  - Cover your mouth and nose with a tissue when coughing or sneezing.
  - Clean your hands regularly with water and soap or an alcohol based anti-bacterial wash.
  - Avoid touching your eyes, nose or mouth.
  - Refrain from the Communion cup if you are feeling sick or at risk for infection.
  
- **Stress with your Extraordinary Ministers of Holy Communion the following steps:**
  - Stay at home if sick.
  - Wash their hands before Mass or use an alcohol based anti-bacterial solution before distributing Holy Communion.
  - Open the purificator fully and use a clean portion of the purificator to wipe the inside and outside rims of the cup after each communicant has received.
  - Give the cup a ¼ - ½ turn before presenting it to the next communicant.

It is helpful to note that people will be exposed in many more places than church to the flu virus. If you take the appropriate steps now you will eliminate many concerns even though there will still be many for whom only the complete elimination of touching and Communion from the cup would satisfy.