

Top 5 Flu Prevention Tips for Faith Communities

When you have communities and congregations with a culture of mutual caring and accountability, people are healthier!



Teach and model healthy lifestyles of good nutrition, stress management and hygiene.

Make sure the highest of hygiene standards are met in your place of worship and necessary supplies are easy to locate in all portions of your building.



Get an annual vaccination.

Know where your members and neighbors can find affordable vaccine and help them do so. Pay special attention to the protection of the most vulnerable.



Make vaccination easier by hosting a flu clinic.

A prayer: O Holiness within and around us, thank you for those individuals and family members, faith leaders, doctors, nurses, other health care providers, hospitals and clinics, and chaplains who help us care for our bodies. Give us strength to do our part in care for our own bodies and for those with whom we share our world. Strengthen and guide us all in efforts to offer health, wholeness, and human dignity to all.

Coronavirus 2019-nCoV : What Faith Communities Need to Know

We are hearing a lot in the news lately about cases of novel coronavirus around the world. According to the Milwaukee Health Department, the health risk to the general public from 2019-nCoV remains low, both in the U.S. and in the Milwaukee area.

There are ways to protect yourself and others from coronavirus and the flu by taking everyday common sense actions:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Get plenty of rest, exercise and good nutrition.
- Drink fluids and eat more fruits and vegetables to build your immune system.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

In your faith communities or religious services:

- Ensure that there is hand sanitizer readily available.
- Look at rituals that can increase the risk for spreading infections, such as the common cup during communion or sharing prayer rugs.
- Invite people to greet one another with an elbow bump instead of a handshake
- Wipe down children's play areas or religious education spaces with warm soap and water.

**General infection control guidance is available at
www.cdc.gov/infectioncontrol**