

## **Help Prevent the Spread of H1N1 Influenza**

1. If you suspect you are sick, stay at home and do not attend Mass until you feel healthy. Missing Mass due to illness is not sinful; it is prudent and shows respect for your brothers and sisters. Stay home, participate in a televised Mass (e.g. 10:30, channel 6), pray devotional prayers like the rosary, make a Spiritual Communion.
2. During Mass, at the Sign of Peace, do not shake hands. Turn to those around you and offer the Sign of Peace verbally, i.e. say: "Peace be with you" without offering your hand.
3. For the time being, only the consecrated Host will be offered for the reception of Holy Communion. Reception in the hand is the best way to prevent the spread of germs. However, those who wish to receive on the tongue may do so (if circumstances warrant it, this practice will be reviewed). For those unable to receive the consecrated Host (for example, due to celiac disease) we have non-gluten hosts. Please come to the sacristy before Mass.
4. Extraordinary Ministers of Holy Communion should wash their hands with soap and water or use sanitizer prior to distributing Holy Communion.
5. Following the celebration of Mass, after the vessels have been properly purified, they should be washed with hot water and soap, then towel dried and put away.
6. While scientific evidence is inconclusive at this point in time, some health professionals recommend taking precautions when using holy water. Holy water from the fonts should not be ingested nor should it enter the body via the eyes or nose.

All are asked to practice good hygiene. Sneeze or cough into a handkerchief or tissue not into your hand or into the air. Wash your hands frequently and thoroughly (at least for 20 seconds or more) with soap and water. Above all, if you feel sick stay home.

Thanks to all for taking care of your own health, for watching out for your neighbor, and for doing all that you can to help prevent the spread of the H1N1 virus.