

# Flu Tips for Faith-Based Communities

Flu season is at its peak nationwide, and it is on the rise in California. In Santa Clara County, we are entering the peak weeks of the flu season, and the Santa Clara County Public Health Department wants to share some tips on protecting the health of our community. Flu is easily transmitted in places where people congregate, so our communities of faith can play a large role in reducing the spread of flu and other contagious diseases.

Our basic advice: get (and encourage others to get) vaccinated against the flu, wash your hands thoroughly and often, and cover your cough. Ask those under your care to stay home if they feel sick.

Take action to protect yourself and others from the flu! Visit [www.sccphd.org](http://www.sccphd.org) and click on Flu Info.

## Get Vaccinated

This is the first and most important step. If you have not already, get vaccinated as soon as possible to protect yourself and everyone you come into contact with.

## Stay Home When Sick

It's important to take care of yourself so that you can take care of others. If you or your children become ill, make sure to stay home until after the fever is gone for at least 24 hours without the use of a fever-reducing

medicine. Encourage others to rest and recover at home to prevent others from catching the flu.



## Wash Hands Often, Consider Modifying Some Traditions, and Keep Facilities Clean

Wash your hands frequently with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. If your faith community practices traditions such as communion or giving a sign of peace that involve touching, consider offering alternatives during the flu season. Surfaces that people frequently touch should be cleaned and disinfected at home, work, school and anywhere people gather.

## Cover Coughs and Sneezes

Set a good example for others to follow! Cough or sneeze into your upper sleeve or elbow, or use a tissue and throw it away immediately and wash your hands. Never cough into your hands.

You can help prevent flu by helping spread the word about responsible practices. Share flu prevention tips with your congregation **and with any communities you're a part of.**

For more information, go to [www.sccphd.org](http://www.sccphd.org) or [www.cdc.gov/flu](http://www.cdc.gov/flu)

## Vaccination Information:

[www.cdc.gov/flu/about/qa/misconceptions.htm](http://www.cdc.gov/flu/about/qa/misconceptions.htm)

## Stop the Spread of Germs:

[www.cdc.gov/flu/protect/stopgerms.htm](http://www.cdc.gov/flu/protect/stopgerms.htm)

[www.cdc.gov/ounceofprevention/](http://www.cdc.gov/ounceofprevention/)

[www.cdc.gov/flu/school/cleaning.htm](http://www.cdc.gov/flu/school/cleaning.htm)

[www.cdc.gov/flu/protect/covercough.htm](http://www.cdc.gov/flu/protect/covercough.htm)