



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Joyle Martinez
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Eleanor Banya, RN
Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Rose George, RN
Norv Latreille
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Chinnamma Uralil, RN
Mary Uwhuba, RN

Regular Meetings

Second Wednesday of each
month, 6:30 pm
Religious Education Bldg,
Rm #3

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 916-689-3932 or the rectory at 916-381-5200.

WHAT DO YOU FEAR— FLU OR EBOLA?

You may be wondering why we're even talking about the flu when there's so much in the news about Ebola and other viruses.

It's easy to be overwhelmed with the plethora of panic-inducing information available. If you were forming your opinions about viruses only from what you've seen or heard lately you might be more afraid of getting Ebola than the seasonal flu. For most of us that's just not the case.

We aren't saying the other viruses aren't a risk, or that you shouldn't be aware of them, but we do think you need enough information to be able to make good decisions. Most of us are more likely to get the flu than any of the other viruses. Let's take a look at what we know about the four most talked-about viruses on our radar this year.

SEASONAL FLU VIRUS

What Are the Symptoms? Symptoms include fever, feeling feverish or having chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Children also might have vomiting and diarrhea.

How Do You Get It? People with the flu can spread it to others by talking, coughing or sneezing. The droplets can travel up to 6

feet. It is contagious. You also can get it by touching surfaces that someone with the flu has touched.

What's Your Risk? Of the four illnesses, you are most likely to get the seasonal flu. **Each year on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized and about 3,000 die.**

How Can You Prevent It? Get a flu shot. Wash your hands frequently, stay away from people who are sick, stay home if you are sick, cover your nose and mouth when you cough or sneeze. Disinfect frequently used surfaces.

WEST NILE VIRUS (WNV)

What Are The Symptoms? Most people will not have any symptoms. Others will experience fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Extreme symptoms can include stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis.

How Do You Get It? WNV is spread by the bite of an infected mosquito. Mosquitoes are WNV carriers that become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to human and other animals when they bite.

What's Your Risk? Anyone who is bitten by a mosquito is at risk. Peo-

ple over 50 have a higher chance of getting sick and are more likely to develop serious symptoms. **1,444 cases of West Nile Virus have been reported so far this year.**

How Can You Prevent It? Stay indoors when mosquitoes are most active. Use a repellent containing the active ingredients DEET, Picaridin, or IR3535 before going outdoors. Dump or drain standing water.

ENTEROVIRUS (EV-D68)

What Are the Symptoms? Fever, runny nose, sneezing, cough, skin rash, mouth blisters, body and muscle aches. Some victims have reported accompanying paralysis.

How Do You Get It? Having close contact with an infected person, touching objects or surfaces with the virus on them, changing diapers of an infected person.

What's Your Risk? In general, infants, children, and teenagers are most likely to get infected with enterovirus and become ill. Children with asthma may have a higher risk for severe respiratory illness. **938 people have been confirmed with EV-D68 this year.**

How Can You Prevent It? Wash your hands frequently with soap and water, avoid

close contact with people who are sick. Clean and disinfect frequently touched surfaces.

EBOLA VIRUS

What Are The Symptoms? Fever of more than 101.5, severe headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain, unexplained bleeding or bruising.

How Do You Get It? Having contact with the blood or body fluids of someone already infected, having contact with objects such as needles, syringes, or clothing that have been contaminated, or having contact with infected animals.

What's Your Risk? Your risk is low unless you meet the very specific contamination criteria—primarily having traveled in West Africa where there is an outbreak or you have had contact with a contaminated person. **There have been fewer than 10 cases of Ebola virus in America and only 2 of them were exposed to the virus in the United States.**

How Can You Prevent It? Do not travel to the West African countries of Liberia, Sierra Leone or Guinea. Avoid contact with an infected person and his or her blood and body fluids.

So, during this flu season, be familiar with this information, know the symptoms, know how to reduce your risk, and what you need to do (or not) to prevent getting any of these viruses.

Most importantly this year, get your flu shot. The risk for most of us is highest for the seasonal flu than any of the other viruses. This is not to diminish the threat of the other viruses, especially for those who work in the health field. Let us keep all of them in our most fervent prayers.

For additional information you may wish to visit:

U.S. Centers for Disease Control and Prevention: cdc.gov

California Department of Public Health's West Nile page: west-nile.ca.gov

U.S. Department of Health and Human Services flu information page: Flu.gov

Upcoming Health Ministry Events and Activities:

No Blood Pressure Screening Clinic in December

Dec 6 & 7— Visit the Christmas Fair and bid on one of our famous Christmas Baskets!

Jan 11—FREE Blood Pressure Screening, Parish Hall 8:30-12:30.