



# 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

Grace Bati, RN  
Paz Cajucom, RN  
Dana Dinh, RN  
Carmela Encina, RN  
Romy Encina, RN  
Norv Latreille  
Lottie Munsayac, RN  
Judy Niedzwiedz  
Monica Parker, LVN  
Bernie Silla, RN  
Mary Uwhuba, RN

### Regular Meetings

Second Wednesday of every  
other 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 You Should Know about the 2015-2016 Flu Season



### Will the United States have a Flu Epidemic This Year?

The United States experiences epidemics of seasonal flu each year. This time of year is called "flu season." In the United States, flu season occurs in the winter; flu outbreaks can happen as early as October and can last as late as May. The Centers for Disease Control and Prevention (CDC) says the flu season begins when certain key flu indicators rise and remain elevated for a number of consecutive weeks.

### When will flu activity begin and when will it peak?

The timing of flu is very unpredictable and can vary in different parts of the country and from season to season. Most seasonal flu activity typically occurs between October and May. Flu activity most commonly peaks in the United States between December and

February.

### What should I do to protect myself from flu this season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available, if possible by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

In addition to getting a seasonal flu vaccine if you have not already gotten vaccinated, you can take everyday preventive actions like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

### When should I get vaccinated?

CDC recommends that people get vaccinated against flu soon after vaccine becomes available. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. Those children aged 6 months through 8 years who need two doses of vaccine should receive the first dose as soon



as possible to allow time to get the second dose before the start of flu season. The two doses should be given at least four weeks apart. Your child's doctor or other health care professional can tell you whether your child needs two doses. If your child does need two doses of vaccine to be fully protected, it is a good idea to begin the vaccination process sooner rather than later.

Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from flu is especially important. If you live with or care for an infant younger than 6 months of age, you should get a flu vaccine to help protect them from flu.

### What should I do if I get sick with the flu?

Antiviral drugs are prescription drugs that can be used to treat flu illness. People at high risk of serious flu complica-



tions (such as children younger than 2 years, adults 65 and older, pregnant women, and people with certain medical conditions) and people who are very sick with flu (such as those hospitalized because of flu) should get antiviral drugs.

Some other people can be treated with antivirals at their health care professional's discretion. Treating high risk people or people who are very sick with flu with antiviral drugs is very important.

Studies show that prompt treatment with antiviral drugs can prevent serious flu complications. Prompt treatment can mean the difference between having a milder illness versus very serious illness that could result in a hospital stay.

Treatment with antivirals works best when begun within 48 hours of getting sick, but can still be beneficial when given later in the course of illness. Antiviral drugs are effective across all age-and risk groups. Studies show that antiviral drugs are under-prescribed for people who are at high risk of complications who get flu.

This season, three FDA-approved influenza antiviral drugs are recommended for use in the United States: oseltamivir, zanamivir and peramivir.

### What should I do to protect my loved ones from flu?

Encourage your loved ones to get vaccinated. Vaccination is especially important for people at high risk for serious flu complications, and their close contacts.

### Where Can I Get the Flu Shot?

Flu vaccines are offered by many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even by some schools. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work. You can also visit the HealthMap Vaccine Finder at <http://flushot.healthmap.org/> to locate where you can get a flu vaccine.

Source: CDC—Centers for Disease Control and Prevention

### Upcoming Health Ministry Events and Activities:

**December 5&6— Visit the Christmas Fair and bid on one of our famous Christmas Baskets!**

**Jan 3—FREE Blood Pressure Screening, Parish Hall 8:30-12:30.**