



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Vicente Teneza
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
Ramona Parks, RN
Bernie Silla, RN
Rhonda Vrchocticky, RN

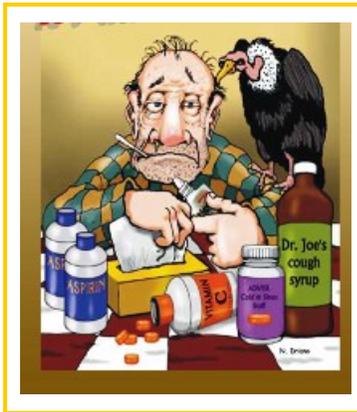
Regular Meetings

Third Monday, 6:30 pm
Campaign Office
(mobile home)
Conference Room

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.

FLU SEASON IS HERE— BE NOT AFRAID



Holy Scripture is filled with many instances of Jesus telling us "be not afraid". (See Matthew 1:20; Matthew 10:28; Luke 1:13; Luke 2:10; John 14:27; Acts 27:24 and Hebrews 13:6 . How many others can you find?)

This calming influence can perhaps give us pause to reflect upon the current situation of both the early onset and wide outbreak of influenza cases across the country.

Instead of reacting in fear, why not seek to be proactive and use preventative techniques to reduce the risk of disease?

The Center for Disease Control website states "Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older peo-

ple, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year."

Strategies to stop the spread of germs to help protect you and others from getting sick with the flu bug:

- **Wash your hands.** Frequent hand washing with soap and warm water is the first line of defense. Alcohol-based gels and wipes also work well.
- **Avoid close contact with people who are sick.**
- **Stay home from work, school, errands and worship services when ill.** This reduces the spread of disease and preserves your energy to get well.
- **Cover your mouth and nose by using a tissue when coughing or sneezing.** Throw the tissue away as soon as it has been used.
- **Avoid touching your eyes, nose or mouth** as germs spread easily from your hands into the body through these passages.
- **Don't share utensils.**
- **Reduce the spread of germs by using your dishwasher** if you have one.

Is It Too Late to Get a Flu Shot?

Flu season usually peaks in January or February, but it can occur as late as May. As long as active cases of the flu are being reported, it's not too late to get a flu shot.

Who Should Get a Shot?

The Center for Disease Control and the U.S. Department of Health & Human Services recommend that everyone 6 months of age and older should get the flu vaccine. Seasonal flu vaccines have a very good safety track record.

It is especially important to get the vaccine if you, someone you live with, or someone you care for is at high risk of complications from the flu.

Those generally thought to be at high risk include:

- Children and infants.
- Pregnant women.
- Seniors.
- People with disabilities.
- People with health conditions.
- Travelers and people living abroad.

How Should I get the Vaccine?

There are two types of vaccine, the flu shot and the nasal spray. Both protect against the same virus strains.

- **The flu shot** is made with inactivated (killed) flu virus; it is given by needle; and it is approved for use in healthy people older than 6 months and people with chronic health conditions.
- **The nasal spray** is made with weakened live flu virus; is given with a mist sprayed in your nose; and is approved for healthy people between the ages of 2 and 49, except pregnant women.

Can I Get the Flu from the Vaccine?

No, you can't get the flu from the flu vaccine. The flu vaccine protects you from the flu, not the common cold. But you may experience some side effects. Mild reactions such as soreness, headaches, and fever are common side effects of the flu vaccine.

Other Habits to Help You Stay Healthy

Other good habits will also help you stay healthy and boost your immune system in the winter and all year:

- Get plenty of sleep.
- Eat a nutritious diet rich in fruits and vegetables.
- Drink plenty of water each day.
- Engage in regular physical activity.
- Manage your stress.

Influenza is a serious disease but by following a few simple guidelines you need not be afraid. The flu can make you sick for a week or more with coughing, fever and body aches. Should you feel ill, seek medical care early, especially if you are in a high-risk group such as older people, young children, and people with certain health conditions.

For more information, visit the Center for Disease Control Website at www.cdc.gov/flu

Upcoming Health Ministry Events and Activities:

► **Sun., Feb 24, CPR class—parish hall—2:00 pm—cost \$25 pp**

► **Sun., Mar 3, Blood Pressure Screening—parish hall—8:30 am to 12:30 pm**