



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
Patti Morrow, RN
Hank Morrow, RN
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Rhonda Vrchoticky, RN

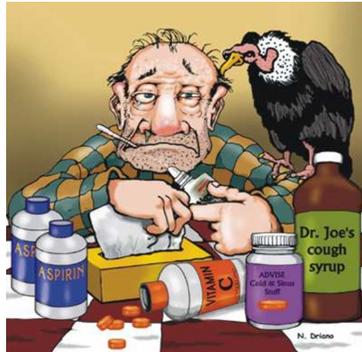
Regular Meetings

Third Thursday, 7pm
Rectory Office
Conference Room

Membership

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

IT'S ALMOST FLU TIME!



THE FLU AND YOU

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.

HOW IS THE FLU SPREAD?

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

SYMPTOMS

The symptoms of the flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, and sometimes diarrhea and vomiting. Severe illnesses and death can occur as a result of illness associated with this virus.

WHO IS AT RISK?

- People 65 years and older,
- children younger than five years old,
- pregnant women, and people of any age with certain chronic medical conditions are most at risk for the flu.

HOW LONG ARE YOU CONTAGIOUS?

People infected with flu may be able to infect others from 1 day before getting sick to 5 to 7 days after.

This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

PREVENTION AND TREATMENT

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, it is recommended that you stay home for 24 hours after your fever is gone. Keep away from others as much as possible to keep from making others sick.
- Drink plenty of fluids.
- Get lots of rest.
- Eat well.

COMPLICATIONS

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

HOUSEHOLD PREVENTIONS

Studies have shown that the virus can live on a surface and can make a person sick for up to 2-8 hours.

To help prevent transmission, all hard surfaces, such as doorknobs, refrigerator door handles, telephones, and bathroom surfaces, should be washed with soap or detergent, rinsed with water and then disinfected and rinsed.

FLU VACCINATIONS

“The single best way to prevent seasonal flu is to get a flu vaccination each year.”

—CDC — Centers for Disease Control and Prevention

Seasonal flu vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season.

The viruses in the vaccine can change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year.

About 2 weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body.

ST. PAUL ANNUAL FLU SHOT CLINIC

A flu shot clinic is offered to parishioners each year by the St. Paul Health Ministry and the Sutter VNA. This year the clinic will be held over two days in order to reach as many parishioners as possible:

- **Saturday, November 5** in church before and after 4:00 Mass, and
- **Sunday, November 6** in parish hall 8:30—2:00.

The cost of the flu vaccination is \$20 per person. Medicare acceptable unless you belong to an HMO. Financial assistance available — Health Ministry members will be on hand to assist you.

Upcoming Health Ministry Events and Activities:

- ▶ **Blood Pressure Screening Clinic** in parish hall
8:30 a.m.—12:30 p.m. FREE
—Nov 6, 2011
—No Clinic in December
- ▶ **Flu Shot Clinic**
—Sat , Nov 5 in church 3:00-5:30
—Sun, Nov 6 parish hall 8:30-2:00
- ▶ **Christmas Bazaar**
—Dec 3-4, 2011