

August 28, 2009 Ministerial Newsletter Announcement

To Be Announced in All Churches:

The news media and responsible public health professionals have asked all organizations to implement programs to minimize the dangers posed by the recently discovered H1N1 influenza virus. As responsible citizens and Christians, it is important that we do our part.

Therefore, we would like to enlist the help of the membership in establishing the following guidelines for local services and for the Feast of Tabernacles.

- **Know the signs and symptoms of flu.** Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.
- **Self-imposed quarantine is a biblical principle.** If you are sick, stay home or at your place of residence for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).
- **The flu often lasts for several days.** If you become ill with the flu while at the Feast, you may want to consider returning home before the end of the Feast if that is possible.
- **Wash your hands often with soap and water**, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective if soap and water are not available.
- **Contact a health-care provider right away** if you are having difficulty breathing or are getting worse.
- **Please do not come to services or bring sick children to services to get anointed.** You are encouraged to call the elders if you need to be anointed. If you would prefer to not have anyone come to you, you are welcome to request an anointed cloth.
- **As responsible citizens, we should cooperate with public officials** in any way possible to limit the spread of this disease.

Thank you for your understanding and cooperation. More specific information on avoiding and treating the flu is available at www.flu.gov.