



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

Robert W. Graham, D.O., MPH
Medical Director

Mary L. Kushion, MSA
Health Officer

Main Office
2012 E. Preston Ave.
Mt. Pleasant, MI 48858
Administration 989-773-5921
FAX 989-773-4319

Branch Offices:

Arenac County
3727 Deep River Rd.
Standish, MI 48658
989-846-6541
FAX 989-846-0431

Clare County
225 W. Main
P.O. Box 237
Harrison, MI 48625
989-539-6731
FAX 989-539-4449

Gladwin County
103 N. Bowers
Gladwin, MI 48624
989-426-9431
FAX 989-426-6952

Isabella County
2012 E. Preston Ave.
Mt. Pleasant, MI 48858
989-773-5921
FAX 989-773-4319

Osceola County
4329 220th Avenue
Reed City, MI 49677
231-832-5532
FAX 231-832-1020

Marion Human Services
502 E. Main Street
P.O. Box 39
Marion, MI 49665
231-743-9877
FAX 231-743-2140

Roscommon County
1015 Short Drive
P.O. Box 739
Prudenville, MI 48651
989-366-9166
FAX 989-366-8921

To: Faith Based Organizations
From: Central Michigan District Health Department
Date: September 16, 2009
RE: Recommendations for flu season

As we move into fall and the start of flu season, the Central Michigan District Health Department would like to take the opportunity to educate you and your congregation on the ways to help reduce the amount of illness in our communities of both the seasonal flu and the novel H1N1 virus.

Congregations can be a communication network – a wonderful source of information – especially for people who may not be connected to other health information sources. We are encouraging the churches in our communities to help get the word out about the novel H1N1 virus and the precautionary measures families can take to help prevent the spread. Please take the opportunity to share the following information with your members:

Steps to protect your health

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Don't go to work, school or church if you are sick. The CDC recommends that you limit contact with others to keep from infecting them.
- Cover coughs and sneezes. Cover your cough or sneeze with tissues or by coughing into the inside of your elbow. Dispose of used tissues properly, and then thoroughly wash your hands.
- Wash hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Get a seasonal flu shot. Regular (seasonal) flu vaccine is available now at local pharmacies, doctors' offices and health departments. Although the seasonal flu shot will not protect against the novel H1N1 flu, it will help minimize the chance that your child, parent etc., may take the flu home to their families.
- Consider developing a family emergency plan, if you haven't already, to be used for any type of emergency. This should include storing an extra supply of food, medicines, facemasks and other essential supplies (Sources: www.ready.gov and www.redcross.org).

In the extraordinary event of a flu outbreak that risks public health in your community, your congregation may wish to alter certain ceremonies. I have enclosed a sample notice for you to use in your bulletin or church newsletter. Please feel free to amend the recommendations and suggestions to best fit the needs of your congregation and religious practices. The suggestions are exactly that...suggestions. However, we are hopeful that reducing person to person contact during the flu season will result in a reduction of people infected with the flu.

We thank you in advance for working with us during flu season to help keep our communities healthy. For more information about the novel H1N1 virus, visit our website at www.cmdhd.org or contact your local health department branch office.

Please visit us at our website www.cmdhd.org

Samples for Church Bulletins/Newsletters

Changes in Worship Today

Reports by the media on the outbreak of the novel H1N1 flu virus in the United States raises concerns about contracting the virus when gathering in public places. We are making some changes in our worship service to minimize the chance of disease transmission.

- We are asking people to ‘spread out’ a bit today and to sit in alternating rows or in small family groups.
- We are asking that you please refrain from shaking hands or hugging during the passing of the peace as these actions increase the chance of spreading the virus.
- Some changes have been made in the manner of receiving the sacrament, during communion. These will be explained during the service.
- Celebrants will be taking extra precautions to avoid the possibility of transmitting the virus during the serving of the elements. Please don’t be offended.
- Hand sanitizer and masks are available for individuals who want to take those precautions. Please ask one of the ushers for assistance.

These changes are being done to ensure the safety and comfort of the whole congregation during the flu season.

Flu Season – Is Your Family Ready? The ABC’s of Prevention

Avoid touching your mouth, nose or eyes with your hands.

Be sure to wash your hands often.

Cover your coughs or sneezes with the crook of your elbow or a tissue.

Don’t go to work or school if you are ill.