

# Compass Church: Response to H1N1 (Swine Flu)

On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway. The CDC (Centers for Disease Control and Prevention) is predicting that we will see the rapid spread of swine flu starting up again in the fall.

Although we as church leadership do not want to promote panic or suggest families stay home from church for the duration of the flu season, we do want to be proactive in minimizing the spread of this flu. Therefore, beginning in October, and continuing throughout the flu season, we have established and clarified the following procedures.

## **Worship Center**

- Pre-packaged communion elements will be used for communion.
- Hand sanitizer units have been mounted in the lobby. Please be sure to utilize these frequently throughout your time on the church campus.
- We will serve prepackaged food items in our Compass Café.

## **Nursery and Classrooms**

- Hand sanitizer bottles will be stationed at each door. Upon entering a classroom, every person will be asked to use the sanitizer or wash their hands with soap and water.
- Children will be encouraged to use the hand sanitizer or wash their hands with soap and water periodically during the service time as well.
- Workers will wipe the hands of babies and toddlers with a disposable wipe upon entrance to the nursery and periodically throughout the service.
- A Quaternary Sanitizer is used to wipe down tables and clean toys. This sanitizer air dries.
- Any toy used by a baby or toddler is removed and cleaned with the Quaternary Sanitizer immediately after the child puts it down.
- The doorknobs to each classroom are wiped down daily.

*Great Beginnings Preschool follows the same cleaning procedures throughout the week.*

## **When to Keep Your Child at Home**

Please do not bring your child to church if any of the following applies:

- A fever of more than 100 degrees within the past 24 hours
- Cold or flu symptoms
- A persistent or heavy cough, colored nasal discharge, or sore throat
- Vomiting or diarrhea
- A contagious rash of any type
- Any communicable disease

*If any of the above symptoms appear during the service time, parents will be paged to come and take their child out of the classroom or nursery.*

# Some Common Questions About H1N1 Flu

## ***What are the symptoms?***

Fever	Chills
Sore Throat	Fatigue
Cough	Diarrhea
Body aches	Vomiting
Headache	

These symptoms are characteristic of many of the influenza viruses. Not all symptoms need to be present in each person. If symptoms appear, seek medical advice to determine the likelihood of the presence of the H1N1 virus. Seek urgent medical attention if any of the following symptoms occur:

### **CHILDREN**

Rapid or labored breathing  
Bluish or gray skin color  
Not drinking enough fluids  
Severe or persistent vomiting  
Not waking up or not interacting with others  
Irritable, resistance to being held  
Flu symptoms improve, but then return with fever and worsened cough

### **ADULTS**

Difficulty breathing or shortness of breath  
Pain or pressure in chest or abdomen  
Sudden dizziness  
Severe or persistent vomiting  
Confusion  
Flu symptoms improve, but then return with fever and worsened cough

## ***How long is an infected person contagious?***

People infected with seasonal and novel H1N1 may be able to infect others from 1 day before getting sick to 5-7 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.

## ***What can I do to protect my health?***

- Get vaccinated against the flu.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Alternatively, you can cough into the crook of your arm.
- Clean your hands often with soap and water or hand sanitizer, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.
- If close contact cannot be avoided, consider wearing a surgical mask.
- *If you are sick with flu-like symptoms*, the CDC recommends that you stay home for at least 24 hours after your fever is gone. Exceptions can be made to get medical care or for other necessities. Your fever should be gone without the use of fever-reducing medicine. Keep away from others as much as possible to keep from making others sick.

***Please be considerate of others...if you or your child is sick, please stay home.***

**If you miss a service, please remember that you can order a CD of the message or you can listen to a podcast of the message online at [www.compasschurch.info](http://www.compasschurch.info).**

**For more information on H1N1 (swine flu) please go to [www.cdc.gov/h1n1flu/qu.htm](http://www.cdc.gov/h1n1flu/qu.htm)**