

## St. Mary's Church

### Stewardship of the Body



“I give you thanks that I am fearfully, wonderfully made” (Ps. 139)

#### The H1N1 Flu: An Update

This week the North Dakota State Health Department has announced that there have been two confirmed cases of the H1N1 Flu in Grand Forks County. According to Don Shields, Director of Public Health for Grand Forks, there are usually about 20 unreported cases (may be mild and therefore the individuals did not seek medical treatment) for every laboratory confirmed case of influenza (seen by health care providers) in a typical flu season.

This means that the “bug” is among us.

As reported previously, the Diocese of Fargo has not taken any action at this time regarding liturgical adaptations for the Mass and is not mandating any changes for the parishes in eastern North Dakota at this time.

So in the interests of protecting yourself and each other, we would repeat the precautions recommended to prevent the spread of the H1N1 virus.

- If flu symptoms occur, see a health care professional immediately as the antiviral medications have been effective in treating the flu and preventing complications but should be taken within 48 hours of getting sick.
- Cover your nose and mouth with a tissue when you sneeze or cough and immediately discard the tissue. If a tissue is not available sneeze or cough into your sleeve or elbow, not your hand.
- Wash your hands with soap and water for at least 20 seconds after sneezing or coughing and frequently during the day. Use alcohol-based hand sanitizers often. Carry a small bottle or packets with you and do not be afraid to use them.
- Avoid touching your eyes, nose and mouth as that is the primary way in which the virus invades the body.
- If you do get sick, stay home from work, school, and church to avoid infecting others.

Symptoms of the H1N1 flu are similar to other types of flu and include:

Fever, 100.5 or higher, headache, body aches, fatigue, cough, runny or stuffy nose, sore throat, and occasionally, vomiting and/or diarrhea.

By Virginia Esslinger, RN