

SAINT ANTHONY PARISH

ϕ HEALTH MINISTRY ϕ
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To: St. Anthony Parishioners

From: Sharon White, RN, FCN
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Health Ministry

RE: 2011 Flu Information and Local Vaccine Options

With our beautiful summer coming to a close, fall season just around the corner, and the kids returning to school for another year, it is important to ensure good health to enrich your child's learning environment. As we all know too well, the school classroom and campus life expose our children and the family to a whole host of ugly germs. According to the Centers for Disease Control and Prevention [CDC], the 2011-2012 U.S. seasonal influenza vaccine virus strains are identical to those contained in the 2010-2011 viral strains. With that said, the CDC recommends 5-SIMPLE steps to PREVENT the flu this season:

1. **Get Vaccinated.** Vaccination is the best way to prevent the flu. Vaccine is already available in doctors' offices and drug stores across the country. See CDC FLYER for specific information.
2. **Encourage health hygiene in your home.** Remind kids to wash their hands and cover their mouths when they cough. A Mom Tip: Try using various scented hand-soaps as a way to confirm good hand-washing is being done. The scent tells all!
3. **Keep your kids' play areas and toys clean.** Use sanitizing wipes to wipe down toys, video games, and the computer on a regular basis.
4. **If you and/or your child is sick:**
 - **STAY HOME** and keep your child home from school for at least 7 days or symptom-free for 24 hours.
 - **AVOID** close contact with people who are ill
 - **REDUCE** crowding as much as possible
5. For **FLU UPDATES** with the latest news on the flu, vaccination locations, and more health tips on how to keep your family healthy this flu season, visit:



Sacramento County Public Health: <http://www.sacdhhs.com/default.asp?woID=pub&mode>

OR

<http://www.flu.gov/>

- ❖ Vaccines are presently available at your physician's office, and at our local Rite Aid/Longs, Bel-Air/Raley's and Walgreens.
- ❖ Low-Cost 2011 Senior & high Risk Flu Clinic FLYERS available in Narthex for dates, locations and times.

- ❖ **Remember**Clean Hands**Save Lives!**
- ❖ **TAKE CARE: COVER COUGHS AND SNEEZES--**
- ❖ **AND KEEP HANDS CLEAN!**

