



**CENTRA**  
Congregational Health

**Flu: the 3 R's: be Real, Ready and Responsive**

Toolkit  
**October, 2009**

Please consider using the attached materials for education and information for members of your faith community to support each other through what may be a challenging flu season. This year is complicated with the existence of the H1N1 (swine) flu. We have another opportunity to model good health for ourselves and others.

The materials are intended to be used in a newsletter, bulletin, and/or handout format. Information may be obtained from the following web sites:

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

<http://www.flufacts.com/symptoms/>

A power point made by Kim Price, RN, Clifford Baptist Church, will be an attachment with the accompanying email. As Centra's Director of Women's and Children's Services, she also compiled a handout for pregnant women which will also be attached. Feel free to use these materials.

Faith communities and flu:

<http://www.pcusa.org/mgbconnect/swineflu-letter-from-baltimore.htm>

<http://www.thisisplymouth.co.uk/health/Methodist-swine-flu-advice/article-1277918-detail/article.html>

<http://blogs.augusta.com/node/2693>

<http://usccb.org/liturgy/swineflu.shtml>

If you would like materials to create a display for a bulletin board, you may access a power point on the Congregational Health web site at:

<http://clergy.centrahealth.com/WebPages/conghlth.aspx>

The power point may be printed out, and pieces cut and pasted to suit a display on a bulletin board or other area.

This is another area where we can be informed about our choices. We have a responsibility, as people of faith, to be stewards of this gift of life in every aspect that we can. This includes being ready and responsive in times of potential or real crises.