

December 2017

Church Partnerships News

Save the Date

Mount Carmel Church Partnerships Re-Launch

Sunday January 21st, 2018 from 2-4 p.m.

Mount Carmel Corporate Services Center
6150 East Broad Street, Columbus, Ohio 43213

Join us to learn of Church Partnerships' new course offerings, new resources available for your health ministry, and be the first to receive re-branded Church Partnerships' materials.

Influenza

Influenza (A.K.A. the flu) is a respiratory virus infection that spreads easily from person to person, usually by coughing, sneezing, or direct contact. There are two main types of flu viruses, A and B. Flu A and B viruses that routinely spread among people (human influenza viruses) cause yearly seasonal flu epidemics. Each year, flu vaccines are designed to protect against these types of flu.

According to the Centers for Disease Control and Prevention (CDC), flu viruses infect an average of 10 to 20 percent of the U.S. population each year. More than 110,000 people are hospitalized because of the flu and its complications. People with weakened immune systems are especially vulnerable to flu. They have a higher risk of severe complications. Flu symptoms include fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, and fatigue.

https://cris.cc.nih.gov/pptemp/pt_care/pdfs/flu_fact_sheet.pdf

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Preventative Steps to Take

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.



<https://www.cdc.gov/flu/consumer/prevention.htm>

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Who should get vaccinated?

- Everyone 6 months of age and older should get a flu vaccine every season.
- Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Flu shots are approved for use in pregnant women and people with chronic health conditions. There are flu shots that also are approved for use in people as young as 6 months of age and up.
- CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2017-2018.
- Vaccination also is important for and other people who live with or care for high risk people to keep from spreading flu to them.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.



Who Should Not Receive a Flu Shot:

- **Should not get a flu shot:** (<https://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)
 - Children younger than 6 months old
 - People with severe, life-threatening allergies to flu vaccine or any of its ingredients

Note: There are certain flu shots that have different age indications. For example people younger than 65 years of age should not get the high-dose flu shot(https://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm) and people who are younger than 18 years old or older than 64 years old should not get the intradermal flu shot(https://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm).
- **Should talk to doctor before getting a flu shot:** (<https://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)
 - People who have an allergy to eggs or other vaccine ingredients
 - People who have ever had Guillain-Barre Syndrome (GBS)
 - People who are feeling ill

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer to clean hands.

When to Wash Your Hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How to Wash Your Hands:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>



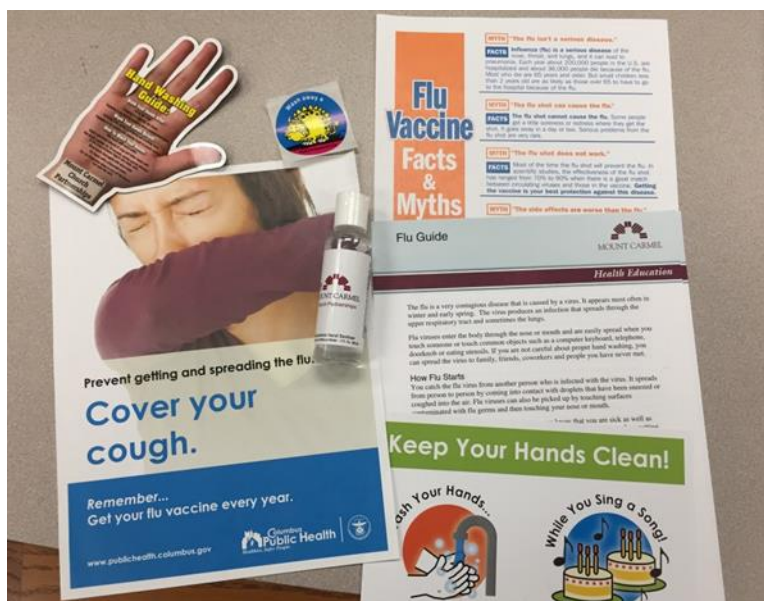
What About Using Hand Sanitizer?

- Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- When using hand sanitizer, apply the product to the palm of one hand (read the label to learn the correct amount) and rub the product all over the surfaces of your hands until your hands are dry.
- Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do *not* eliminate all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Swallowing alcohol-based hand sanitizers can cause alcohol poisoning.
- Hand sanitizers might not remove harmful chemicals, like pesticides and heavy metals, from hands.

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>



Sample of Flu and Hand Hygiene Resources Available Through Church Partnerships



Don't forget to send in photos for the "Congregational Happenings" section!

*Wishing you joy and
peace this holiday
season!*

Kate and Marcia



BECAUSE
OF YOU 
MOUNT CARMEL



Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Congregational Partners

Faith communities that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Briggs Road Baptist Church
Christ Memorial Missionary Baptist Church
Church of Christ of the Apostolic Faith
Come As You Are
Faith Lutheran Church
First Presbyterian Church
Grace Missionary Baptist Church
In His Presence
Love Zion Baptist Church
Mount Hermon Baptist Church
New Fellowship Baptist Church
Redeemer Lutheran Church
Resurrection Missionary Baptist Church
Sacred Heart Catholic Church
St. Augustine and Gabriel Catholic Church
St. Peter Catholic Church
Stonybrook United Methodist Church
United Methodist Church for All People
Vineyard Christian Fellowship – Grove City

Brookwood Presbyterian Church
Christ United Methodist Church
Clair United Methodist Church
Ephesus Seventh Day Adventist Church
First Church of God
Fruit of the Spirit Seventh Day Adventist
Harlem Road United Methodist Church
J. Jireh Ministries
Mifflin Presbyterian Church
Mount Olivet Missionary Baptist Church
New Mt. Sinai Church of God in Christ
Refuge Missionary Baptist Church
Reynoldsburg United Methodist Church
St. Andrew Episcopal Church
St. Paul A.M.E. Church, Columbus
Second Community Church
Tabernacle Missionary Baptist Church
Unity Baptist Church
Wesley Church of Hope

Partnering Community Agencies

Catholic Social Services
The Martin de Porres Center
Westerville Area Resource Ministries (W.A.R.M.)
Ohio Living

