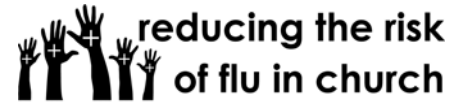


Prayers

Heavenly Father,
giver of life and health:
comfort and restore those who are sick,
that they may be strengthened in their weakness
and have confidence in your unfailing love;
through Jesus Christ our Lord. Amen.

Creator and Father of all,
we pray for those who are ill.
Bless them, and those who serve their needs,
that they may put their whole trust in you
through Jesus Christ our Lord. Amen.

May our Lord Jesus Christ,
who healed the sick and brought comfort to those in need,
by his risen presence be with all who have contracted this virus,
take from them all that harms and hinders them,
and fill them with his healing and his peace. Amen.



A quick guide for the sick or housebound



This church is working hard to reduce the risk of pandemic flu. In the next few weeks it may not be possible for people from church to visit you as often. This might be due to illness or following advice from the Health Service.

How you can help

You can help reduce the risk of spreading flu by doing some simple things. Here is a list:

- Cover your nose and mouth when coughing or sneezing, using a disposable paper tissue.
- Dispose of used tissues quickly in a bin.
- Stay at least 1 metre or 3 ft away from people.
- Wash your hands frequently with soap or hand gel to reduce the spread of germs from your hands to your face, or to other people.
- Clean hard surfaces (eg worktops, door handles) frequently, using a normal cleaning product.
- Make sure children follow this advice.

The symptoms of flu

In adults or older children the typical symptoms include: high temperature (fever), sweats, muscle pain, dry cough, sore throat, sneezing, headaches, feeling sick. It is estimated it will last for between 4-7 days. In babies and young children, symptoms can include: high temperature (fever), sweats, a cough, sore throat, sneezing, difficulty in breathing, lethargy, poor feeding.

Other viruses cause flu-like symptoms but the influenza virus is more severe. If you are symptomatic during a pandemic it is better to assume you have flu.



What to do if you have flu symptoms

- Contact your doctor, the flu line 0800 1513 513 or NHS Direct 0845 4647.
- Stay at home and rest (likely to be 7 days).
- If you have symptoms of the flu you should tell us as soon as possible as we may have to wait until you get better before we can visit. If this happens we can keep in touch by phone.
- If you need an urgent visit then your local or specially trained clergy may call.
- If the flu is active in your home then clergy may have to wear an apron and gloves.
- If you live alone call a friend, neighbour or family member and see if they can do shopping and/or collect antivirals. Others in the congregation might be able to help if you give us your details by providing a flu friend -ask if you are unsure.
- Take medicines such as aspirin, ibuprofen or paracetamol to relieve symptoms. Children under 16 should not be given aspirin or ready made flu remedies containing aspirin.
- Drink plenty of fluids.

This guide contains information drawn from the Manchester Diocesan Flu Protocols July 2009 edition For more information visit www.manchester.anglican.org/pandemic

 THE CHURCH
OF ENGLAND
Diocese of Manchester

Keep in touch

If you are ill we hope you would call your priest/minister

by ringing:

or emailing:

The church website will also carry information at:

Your details

So we can keep in touch it would be useful to have your details for church records. This enables us to call you if there is an emergency.

Name

Address

Phone

Email

If this church sets up a Flu Friend scheme would you like to help Y/N?

Do you have a car?