

Home preparations for the H1N1 flu.

As we are coming into the Fall Season Health Authorities are strongly suggesting we be prepared for what is typically the influenza season in Canada. With the addition of the H1N1 virus at the WHO Pandemic level 6 and which is likely to affect us in a deeper way in the coming weeks. **Each household would be wise to plan ahead.**

The Emergency Planning Team can help the congregational members in the areas of health education, information related to Cathedral activities and the H1N1 influenza progress in general and also in external support to households.

We will not be able to provide such things as "hands on" nursing support in the event of sickness. This area of health care continues to be under the mandate of Health Authorities and also family members.

Please think about these issues and who you would be responsible for in your household and beyond and what contingency plans should be made.

Copies of the 72hr plan are at the back of the Cathedral- but consider extending supplies for a longer period of two to three weeks.

Also a reminder that it is important to receive the regular flu vaccine we receive each year. This will be in addition to the H1N1 flu vaccine when it is available.

Please do not hesitate to call me at 450 - 7766 if you have questions.

Isabel Cutler RN

Parish Nurse.

