



29 April 2009 – **Memo: Swine Flu**

The Diocese of Honolulu is closely monitoring the developments surrounding the Swine Flu. Our schools have policies in place and personnel have been trained in case further action is required. We urge everyone to keep informed of the situation, remain calm and take precautions as prescribed by the Centers for Disease Control and Prevention (CDC). Our diocesan website (www.catholicahawaii.org) will have the latest diocese-specific information. The CDC has a website dedicated to the Swine Flu (www.cdc.gov/swineflu/).

The following norms are strongly encouraged in respect to our Catholic services in schools and parishes. These norms are to be observed only during this time of heightened crisis and should be published in the Sunday bulletin, preferably on the front page:

1. If an Extraordinary Minister of Holy Communion is feeling ill, they should not serve in that ministry during the time of their illness – neither at Mass nor visiting the homebound or sick.
2. If someone is not feeling well, they should exchange the sign of peace by a bow.
3. People should be discouraged from holding hands during the recitation of the Lord's Prayer.
4. Before and after the distribution of Holy Communion, all ministers, including the clergy, should sanitize their hands.
5. While Communion under both species is still permitted, people who are feeling ill must not partake of the cup. Given the nature of schools, it is strongly suggested that Communion from the cup be suspended. Intinction (dipping of the host into the cup) is not allowed except by a priest who is self-communicating (giving Communion to himself) due to illness.
6. Those in parish and diocesan ministries and those employed by parishes, schools and the diocese are discouraged from traveling to Mexico. If people do travel to Mexico or have recently been to Mexico, please inform your pastor or principal immediately.

From the CDC: What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

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, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

We appreciate your cooperation in this matter. Working together we can help to maintain the health and safety of one another and the people we serve. Let us all join in prayer to the Lord for those who are sick, those who care for them, and that this time of challenge will quickly pass.

ILOCANO

1. Saan nga rumbeng nga agserbi iti Misa wenno bumisita iti masakit no adda sagubanit ti bagi iti maysa nga agpakomulgar.
2. No dumteng ti paset iti Misa a panagkappia ket adda sagubanit ti bagi masapul nga agtamed kay laeng iti maysa ken maysa.
3. No dumteng ti kararag nga Amami liklikan iti panag-iinnigem ti ima.
4. Agbuggo ken dalusan a naimbag iti ima sakbay ken kalpasan ti panagpakomulgar kairamanan ni apo padi.
5. Liklikan iti uminum ti kupa iti arak no adda sagubanit ti bagi. Maisardeng pay laeng iti uminum ti kupa ti arak kadagiti pageskuelaan. Maiparit met nga isawsaw ti hostia iti arak kalaksidan no masaksakit ni apo padi.
6. Liklikan ti agbiahe diay Mexico kangrunaanna kdagiti adda saad ken pagrebbenganna iti pageskuelaan, parokia ken diosesis. No adda panggepyo nga agbiahe sadiay Mexico wenno naggapu kayon sadiay rumbeng nga ipakaammoyo kenni apo padi wenno ni apo principal.

TAGALOG

1. Habang ang isang “Extraordinary Minister of Holy Communion” ay may sakit, o kaya ay may dinaramdam ay maari munang huwag mag bigay ng komunyon sa misa o magdala ng komunyon sa mga may sakit.
2. Gawin ang “sign of peace” sa pamamagitan lamang nang pag yuko kung may sakit o karamdaman.
3. Iminumungkahi na huwag munang maghawakan ng kamay habang dinadasal ang Ama Namin.
4. Kinakailangan maghugas ng kamay bago at pagkatapos magpa-komunyon ang lahat ng mga Pari at ministro.
5. Bagama’t ang pagtanggap ng alak at hostiya sa Komunyon ay pinapahintulutan, pinapakiusapan muna na ang mga taong may karamdaman o may sakit na hostiya lamang muna ang tanggapin. Minumungkahi muna na ihinto ang pagtanggap ng komunyon gamit ang kopita at alak sa mga paaralan.
6. Lahat ng ministro ng parokya at diocese, mga manggagawa sa parokya, paaralan at diocese ay pinayapayuhang umiwas o ipagpaliban ang paglalakbay sa Mexico. Kung ang paglakbay sa Mexico ay kinakailangan o kagagaling lamang sa Mexico, ipaalam lamang sa inyong kura paroko or sa kanyang principal sa lalong madaling panahon.