

SWINE FLU PREVENTION AT MQP

Dear People of Mary, Queen of Peace,

In light of the widespread concern regarding the Swine Flu, the following measures are being adopted at MQP in an effort to prevent the spread of the H1N1 virus here at the parish, particularly in conjunction with our celebrations of the Mass. Parishioners are encouraged to observe these practices, and to take any other reasonable precautions to ensure the well being of yourselves and others. And please remember, common sense, care for one another and a spirit of charity are meant to guide us in all things and at all times.

General preventative measures:

- ❖ Wash your hands often and carefully using soap and water.
- ❖ Carry an alcohol-based liquid hand sanitizer with you, and use it frequently. We have placed hand-sanitizer dispensers in the vestibule, sacristy and other prominent locations throughout our facility. Please use these to sanitize your hands when you come to the parish.
- ❖ If you feel sick, or if you have symptoms of illness—for example, cough, fever, congestion, etc.—please stay home and avoid the risk of passing illness to others. Remember, it is not sinful to miss Mass for serious reasons, and illness qualifies as a serious reason.
- ❖ If you need to cough or sneeze, do so into the crook of your elbow, or into your shoulder, rather than into your hand(s). Covering your cough or sneeze with your hand(s) simply transfers the germs to your hand(s), and the germs are then transferred to anything or anyone you might subsequently touch. As much as possible, avoid touching your face, especially your mouth, nose and eyes.
- ❖ Practice other measures to maintain good health and to prevent illness. Eat a healthy diet, get sufficient rest and exercise, take vitamins supplements and drink plenty of fluids.

Norms and guidelines regarding the Mass:

- ❖ Holding hands during the Lord's Prayer is optional. Each person is free to decline holding hands with others. Individuals may wish to pray with hands folded, or to imitate the priest by extending your hands in the *orans* posture as he does.
- ❖ Shaking hands at the Sign of Peace (or at any other time connected with the Mass) is also optional. Instead of shaking hands, individuals may wish to simply bow to those around you as you say, "Peace be with you." or "The Peace of Christ." Here too, people may imitate the priest by extending both hands towards others as you verbally wish them peace.
- ❖ Drinking from the Communion Cup is optional. Christ is received whole and entire—body, blood, soul and divinity—by receiving either the consecrated host (Body of Christ) or the consecrated wine (Blood of Christ). The practice of "intinction" (dipping the host in the wine) by the laity is forbidden. Those receiving Holy Communion are not permitted to do this under any circumstances.