



# FLU SEASON UPDATE

## THE ARCHDIOCESE OF SAN FRANCISCO

# 1

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REMEMBER THOSE WHO DO NOT HAVE ACCESS TO FAX OR E-MAIL DISTRIBUTION.**

FALL '09/WINTER '10  
Bulletin No. 1  
October 9, 2009

THE ARCHDIOCESE OF SAN FRANCISCO  
OFFICE OF THE ARCHBISHOP  
ONE PETER YORKE WAY, SAN FRANCISCO, CA 94109

October 7, 2009

My Dear Friends and Co-Workers in the Archdiocese,

The 2009/2010 flu season will pick up speed this month, and will be compounded by the presence of the H1N1 virus, which first appeared last spring. Human Resources Director Carl Feil recently addressed the Cabinet about this matter, providing information from the Centers for Disease Control and Prevention, and information provided by the Departments of Public Health in each county of the Archdiocese. After discussing this matter with him and others, and reviewing available data, I have asked that a task force be formed to look more closely at this key issue, assisting me in my responsibilities as shepherd of this Archdiocese.

The task force has already made a presentation to employees of the Pastoral Center, and will now begin the process of communicating regularly with each of you, bringing news of the preventive measures you should be taking to slow the spread of flu in the workplace, and information on what can be done if you or your fellow employees or family members do have to spend a number of days out of the office or away from work.

Thank you for your attention to these bulletins, and for your input to the task force, if you have any ideas or suggestions that will assist their work. Know of my appreciation for all you do throughout the year. God bless you and your families.

Sincerely yours in the Lord,

Most Reverend George Niederauer  
Archbishop of San Francisco



Mrs. Lorraine Paul, principal at Saint Gregory School, uses hand sanitizer with her students (pictured from back), Joseph Buljan (4th grade), Nicole Ostrowski (3rd grade) and Ashley Edison (1st grade).

## ACTION ITEMS

Recommended by the Centers for Disease Control and Prevention (CDC):

### #1. Take time to get a flu vaccination.

The yearly seasonal flu vaccine is available now. The H1N1 vaccine is being made, and will be available to you soon. The first to receive the vaccine will be higher risk groups like children, pregnant women, and people with chronic health conditions. Call your doctor's office to find out the procedure for getting your vaccination.

### #2. Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue away. In the absence of a tissue, use your sleeve. Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially after coughing or sneezing.

### #3. Stay home when sick.

If you have symptoms of influenza-like illness, stay home until at least 24 hours after your temperature has returned to normal.

Archdiocesan Employees: call (415) 614-5539 with questions.

## For more information:

### CENTERS FOR DISEASE CONTROL AND PREVENTION:

www.cdc.gov/h1n1flu/ or www.flu.gov;  
or call: 1-800-CDC-INFO

### DEPARTMENTS OF PUBLIC HEALTH:

San Francisco: <http://www.dph.sf.ca.us/>  
San Mateo: <http://www.co.sanmateo.ca.us/portal/site/health>  
Marin: <http://www.marinflu.org/default.aspx>

### Archdiocesan Task Force for the 2009/2010 Flu Season:

**Chair:** Maureen Huntington, [huntingtonm@sfarchdiocese.org](mailto:huntingtonm@sfarchdiocese.org)  
**Members:** Carl Feil, Patrick Schmidt, Tom Hoffman, Katie Haley, Jose Leon, Anelita Reyes, Tom Burke, Patrick Vallez-Kelly, Father John Ryan, Dr. Lisa Harris, Annabelle Groh  
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