

Trinity United Church Newmarket ON. H1N1 Flu Disaster Preparation Plan.

First Line of Defence:- Take every day actions to stay healthy. Follow the directives given on posters placed in wash rooms and other areas about hand washing and using sanitizers frequently. Cover your nose and mouth with tissue whenever you cough or sneeze. Put away tissue in trash can after use. Stay home if feeling ill and for another 24 hours after having a fever. Follow all other precautions. Avoid hand shakes as much as possible.

Second Line of Defence:-

Get immunized as soon as vaccine is available in your area. Keep up to date with the information of the flu activity. Advertise in church weekly bulletin the places and time where immunization can be had.

Third Line of Defence:-

Have list of health care providers and other members of the congregation who can be called upon to volunteer in the event of any church member or adherent is quarantined or isolated at home and need our help.

Make up a fan out plan:- Divide the list of health care providers and other volunteers into three sections alphabetically. Section #1 a health care provider or other volunteer will be responsible to call the names of those with surnames from (A- I) #2 (J-R) #3 (S-Z). This is to inform them of the necessity of help needed and if they are able to respond.

Seek medical attention when any of the above fails.