



September 30<sup>th</sup> 2009

**To all parishes of the Diocese of Valleyfield :  
To all the pastoral staff :**

Health tips to prevent the A H1N1 influenza virus

Parishes are requested to abide by the following rules :

- Install antiseptic liquid dispensers at the entrance of the church and other public places for parishioners and visitors;
- Avoid handshaking before celebrations and during the exchange of peace (after communion);
- Be sure to disinfect your hands before the celebration and before giving communion;
- Do not give communion on the tongue or under two species;
- Remove the holy water from the fonts as it could be a source of contamination and spread the virus;
- Ask people not to attend celebrations if they have flu symptoms and avoid house calls;
- Only the president of the celebration should drink from the chalice.

These measures should be put into effect immediately. An ounce of prevention is worth... We do not wish to create a feeling of fear or panic but our goal is to protect the health of people around us and our own.

A crisis management committee has been created at the Diocesan Center in case the Ministry of Public Health should call for emergency measures. Its members are André Lafleur, v.g., Lise Lapointe, and Suzanne Crête who would, each in their own field, make the appropriate decisions (eventual closing of public places, instructions concerning celebrations...), management (finance, insurance, emergencies...) and internal and public communications.

We suggest that each community or organisation appoint such a committee to plan the needs in case of a crisis (credit margin, maintenance, security, personal support, emergencies...) and ensure that they are met.

Should we encourage people to receive the flu shots? It is not for us to make a stand on that issue. Each individual must come to his own decision based on his health condition and doctor's recommendations.

We are also sending you leaflets from the Quebec Health and Social Services which should be distributed to your employees and volunteers, the rest can be made available at the entrance of the church or other public places.

[http://www.msss.gouv.qc.ca/sujets/prob\\_sante/influenza/index.php?influenza\\_A\\_H1N1](http://www.msss.gouv.qc.ca/sujets/prob_sante/influenza/index.php?influenza_A_H1N1)

WE STRONGLY SUGGEST that each of your employees and volunteers complete the attached LIST OF IMPORTANT NUMBERS and keep it close to the phone at home. It can be useful for you or people close to you if you are sick.

It would be advisable to inform Bishop Cyr or Suzanne Crête (communications) if you plan to be absent or on a trip for any length of time ( in order to avoid the worries lived at the time of the ice storm).

For more information, visit the Web site :

<http://www.pandemiequebec.gouv.qc.ca/fr/actualites/actualites.shtml>

Let us stand together « for the good of everyone » and specially those in greater need of our help.

A handwritten signature in blue ink that reads "André Lafleur, ptre". The signature is written in a cursive style and is positioned above the printed name and title.

André Lafleur, ptre  
Vicar general

**KEEP NEXT TO YOUR PHONE**

**LIST OF IMPORTANT NUMBERS**

C.L.S.C. :

Doctor :

Hospital :

Medical clinic :

Drugstore :

Ambulance :

First respondents :

Fire department :

Police : 9-1-1

City Hall :

M.R.C. :

Bank or Caisse :

Grocery store :

Parish :

Diocesan Centre : 450-373-8122

FAMILY : (relatives to be contacted in case of emergency)

Name : \_\_\_\_\_ Relationship \_\_\_\_\_ Phone# \_\_\_\_\_

Name : \_\_\_\_\_ Relationship \_\_\_\_\_ Phone# \_\_\_\_\_

FRIENDS

Name : \_\_\_\_\_ Phone # \_\_\_\_\_

Name : \_\_\_\_\_ Phone # \_\_\_\_\_