

2. IF YOU ARE UNWELL.

- i. “Flu Friends”: it is important that you arrange **now** a number of “Flu Friends” (up to 5) who would be willing to pick up medicines or food supplies for you if you became ill.
- ii. If you are experiencing flu symptoms, then please stay away from church or meetings until you are better.
- iii. There will be a contact list published soon so that you will know who you can contact by phone to ask for practical help. The parish is being divided up into geographical areas with a parish representative in each area. This should be the person you call in the first instance and he or she can arrange help for you.
- iv. Clergy and pastoral care visitors will be advised not to visit you in order to avoid further spread of the illness but will try to keep in touch by phone.

3. COMMUNICATION

- i. all normal communication methods will be sustained as far as possible
- ii. if you have the internet please check for regular updates from the NHS, the diocese and the parish (www.hthq.org.uk)
- iii. there will also be prayer and worship resources on the web site
- iv. contact lists and prayer resources will also be available soon on paper in the church.

HOLY TRINITY HEADINGTON QUARRY

PREPARATIONS FOR POSSIBLE FLU EPIDEMIC

Holy Trinity offers a very warm welcome to all visitors to the church. However, in seeking to be caring and responsible, this leaflet offers guidelines for good practice if or when the situation demands it.

GENERAL COMMENTS

A group of church members met recently to discuss what responsibilities we feel we have as a church community both to help to avoid the spread of flu if it does arise in our area and also how to care for people both physically and spiritually if people become ill or unable to meet together.

The group included: licensed clergy, parish wardens, a local GP, a local community nurse, pastoral care co-ordinator, parish administrator and our web master.

The advice to church members resulting from this meeting is in this leaflet but it is important to note that:

- a. the situation imagined may well never happen – indeed much of the advice contained here is expressly intended to prevent it from happening
- b. although some of the advice may seem rather radical and a major departure from what we value in church practice, we are offering such advice as an expression of our love for one another and our responsibility under God, to care for one another by reducing the risk to an absolute minimum of passing on the flu.

We are reminded that, so far, the current flu pandemic is not generally lethal, but there will be vulnerable people who are particularly at risk. Love calls us to do all we can to protect them.

GENERAL ADVICE

1. PREVENTION OF SPREAD

The following policies are ready to be put in place at a moment's notice when it becomes necessary. Please note, though, that the right time will be before we start experiencing an epidemic in Oxford as they will be far more effective for prevention before the event rather than after "the horse has bolted".

- a. Sunday worship
 - i. we will share the peace differently without physical contact. We will still wish one another the peace of Christ but without a handshake or kiss. In an epidemic situation this is the way for our actions to express the intentions of our words.
 - ii. we will receive the wine differently: instead of everyone sipping from the same cup, the priest will dip a piece of bread in the wine and place it in the communicant's hands.
 - iii. alcohol rub will be available in church for clergy, chalice administrators, wardens and sidespersons to use before service
 - iv. the person who assists people going up and down the chancel step will also use alcohol rub and generally take elbow rather than hand.
- b. Home communions and other meetings
 - follow same principles as above
 - mainly: non-contact and staying away if unwell.