

As you are aware, the swine flu (H1N1 virus) is escalating in many areas of the country. Many GBC'ers have called with concern over this issue. After reviewing public policy and consulting with experts in the field, GBC will follow these guidelines and action plan:

1. Please stay home if you or your family exhibits any flu symptoms.
2. The importance of hand washing or using alcohol-based hand sanitizer is stressed after coughing, sneezing, or physical contact.
3. Tissues will be in ample supply.
4. No handshake will be employed in the Sunday services or by our greeters.
5. The children's areas of GBC will be sanitized between each service. In addition, other areas of the chapel will be sprayed with an EPA registered disinfectant between each service if necessary.
6. A professional cleaning team will be employed if someone attends who has a confirmed case of the H1N1 virus. Should this take place, attempts will be made to contact the GBC family.

ADDITIONAL INFORMATION:

Dealing with swine flu

Stay informed. The Centers for Disease Control Web site will be updated regularly, as information becomes available. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Preventing the spread:

- Cover your nose and mouth with a tissue when you cough " or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- Call 1-800-CDC-INFO for more information.