

WASH YOUR HANDS



PROPER HAND HYGIENE HELPS PREVENT THE FLU FROM SPREADING

GENERAL GUIDELINES DURING THE INFLUENZA SEASON

- Those who are ill or suspect illness should refrain from receiving from the chalice; Christ is fully present in each species.
 - At this time, we share the Sign of Peace using the second option, a bow, instead of shaking hands. In the dioceses of Canada, the sign of peace is given by a handshake or a bow. However, it is appropriate that each person offer the sign of peace only to those who are nearest and in a sober manner. (The General Instruction of the Roman Missal no. 82)
 - Extraordinary Ministers of Holy Communion should practice good hand hygiene through frequent handwashing with soap and water and/or the use of alcohol-based rub (ABHR) and find a replacement for themselves if they are not feeling well.
 - All the faithful are encouraged to practice good hand hygiene for the sake of others.
 - The obligation to attend Sunday Mass does not apply to those who are ill, especially those who suffer from a contagious illness; those with flu-like symptoms may choose to remain at home in order not to spread the virus to others. While televised Masses do not fulfill the Sunday obligation, those who are ill are dispensed from the Sunday obligation.
- The Diocese of Calgary has been monitoring the current situation in Alberta through updates from Alberta Health Services.

A MESSAGE FROM THE



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