

Staying Healthy in Faith and Community

Influenza Season—Caring for Ourselves and Each Other



As we enter the season when influenza (the flu) is more common, we are reminded that our bodies are gifts from God, “temples of the “Holy Spirit” (1 Corinthians 6:19). Part of our discipleship is caring for ourselves and protecting one another so that we may continue to worship, serve, and share God’s love in community.

Influenza is a contagious respiratory illness that can affect people of all ages, causing fever, cough, sore throat, body aches, and fatigue. With prayerful care and practical steps, we can help keep ourselves and others well.

Prevention is Key

- Wash your hands often with soap and water.
- Cover coughs and sneezes with your elbow.
- Avoid close contact with those who are ill.

Consider Vaccination

- Annual flu vaccination is recommended for most people, especially the very young, the elderly, and those with chronic health conditions
- Speak with your healthcare provider about what is best for you and your family.

Upcoming Opportunity

- **Event:** Influenza Vaccine Clinic
- **Date:** Sunday, October 12th
- **Time:** 9:00 AM – 10:30 AM

Caring for Each Other

- If you are experiencing flu-like symptoms, please rest at home and seek medical guidance needed. Staying home protects your brothers and sisters in Christ here at Redeemer.
- If you know of someone who is unwell, reach out with a phone call, a prayer, or an encouraging note. These small acts of love remind us that we are one body in Christ.

A Spiritual Reminder

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” – 3 John 1:2

As we take steps to protect our physical health, may we also nurture our spiritual health through prayer, scripture, and acts of compassion. May this season be filled with God’s peace, joy, and healing presence in our homes and congregation.

Blessings to you and your families,

Jodi Hellickson, Parish Nurse and Kathy Zarling, Parish Nurse