

Influenza, the H1N1 Virus and the Liturgy

GENERAL GUIDELINES FOR ST. JAMES CATHEDRAL

We have received numerous requests for guidance concerning the flu and the H1N1 virus, especially with regard to the liturgy. We are recommending the following practices at St. James Cathedral.

FOR EVERYONE

Follow the best standard hygienic practices!

- Stay at home when you are sick.
- Wash hands frequently, with soap and water when possible.
- Use an alcohol-based sanitizer when water is not available.
- Cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- Avoid touching your face, nose, eyes, etc., with your hands.
- At the Sign of Peace, you may choose simply to say “Peace be with you” without offering your hand. Or you may use a pocket hand sanitizer after sharing the gift of peace with others.
- To prevent the spread of germs, it is recommended that you not hold hands with others during the Our Father and that you receive the Body of Christ in the hand, not on the tongue.
- Avoid receiving from the cup if you are not feeling well.

FOR YOUR INFORMATION

- Our Extraordinary Ministers of Holy Communion use an alcohol-based hand sanitizer immediately before and after distributing communion.
- Our E.M.s distributing Holy Communion from the cup always follow these standard practices:
 - Pinch and wipe thoroughly the rim of the cup with the purificator.
 - Rotate the cup after each communicant receives.
 - Regularly reposition the purificator to a clean section with each new communicant.

ADDITIONAL SANITARY MEASURES

- We have established a regular schedule for frequent cleaning of high-touch surfaces (pews, doorknobs, bathrooms, elevator buttons, etc.)
- We have made tissues and hand sanitizer available in the vestibules, restrooms, and public areas.