



## DIOCESE OF OAKLAND

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Dear Father,

April 30, 2009

We at the chancery have begun to receive several inquiries regarding our directives during the outbreak of the so-called “swine flu” in the Bay Area.

While there certainly is no need to panic, I offer the following researched information to you as a guideline, at the present time, that you may pass it on, as you deem appropriate, to the people of your community.

“Influenza viruses are spread when a person who has the flu coughs, sneezes, or speaks and spreads virus into the air, and other people inhale the virus. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing symptoms of the flu. A person who is sick with the flu can spread viruses – that means they are contagious.” Center for Disease Control

These are the recommended ways to prevent the flu: Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too; stay home when you are sick. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing and throw the tissue in the trash after you use it. Clean your hands. Washing your hands often with soap and water will help protect you from germs. Alcohol-based hands cleaners are also effective (but these days are in short supply in stores). Avoid touching your eyes, nose or mouth.

Specifically, regarding Church ministers and the Liturgy:

- If an Extraordinary Minister of Holy Communion is feeling ill, they should not serve in that ministry during the time of their illness – neither at Mass nor visiting the homebound or sick.
- If someone is not feeling well, they should exchange the sign of peace by a bow instead of a hand shake.
- Before Mass, all ministers of Holy Communion, including the clergy, should sanitize their hands.
- While Communion under both species is still permitted, people who are feeling ill must not partake of the cup. (As a reminder, self-intinction i.e. dipping of the host that one has received into the cup, is not allowed at any time.)

It is my hope that these common sense guidelines will be sufficient for the present and hopefully the future. Please feel free to publicize them as you deem appropriate.

Praying that the Lord will spare us from any serious consequences from this illness, I remain

Yours in Christ,

A handwritten signature in black ink, appearing to read "Daniel E. Danielson".

The Reverend Daniel E. Danielson  
Diocesan Administrator