

# FAITHFULLY PREVENTING THE FLU *TOGETHER*

## An Action Checklist

### You Can Promote Accurate Information about Flu Prevention

- Foster a climate of good self-care and healthy immunity-boosting practices, like getting enough sleep, eating well, managing stress, drinking lots of water, nurturing relationships.
- Share materials which explain the virus and prevention measures (vaccination, hygiene).
- Ask nurses and doctors in your community to help educate people about flu prevention.
- Post and distribute materials that are language/literacy appropriate from the Chicago Area Immunization Campaign.

### You Can Help Members Find Affordable Vaccination

- Publicize information about local flu clinics and businesses where shots are available. To find local flu vaccine clinics, go to [www.flu.gov](http://www.flu.gov).
- Consider how your care ministries can help a member travel to receive a vaccination.

### You Can Host a Flu Education or Vaccination Event\*

- Identify a promising date well in advance, ideally between September and February.
- Decide whether it is for your members only or an outreach event.
- Determine what collaboration might make sense (area health center, block club, ministerial association, etc.)
- Decide what language translation will be necessary. If possible, secure translators or work with guest leaders to provide.
- Identify the size and assets of space available for the event to describe for public health partners in advance (square footage, legal capacity, table availability, refrigeration or storage etc).

***\*Our partners at Walgreens are willing to set-up and staff local flu clinics. They will bill through insurance, Medicare and Medicaid, but free flu vaccine is available for those with no insurance. For more information about hosting a clinic, contact Melissa Ponce, Senior Project Coordinator at the Chicago Area Immunization Campaign, at 312-491-8161 x33 or [mponce@ilmaternal.org](mailto:mponce@ilmaternal.org).***

***For flu prevention resources, go to [www.chicagofaithandhealth.org/learn/resources](http://www.chicagofaithandhealth.org/learn/resources).***

