Be a HERO!

KNOCK OUT the FLU!

- Influenza (flu) is a contagious respiratory illness that can be serious, sometimes resulting in hospitalization and death.
- Flu vaccination is the best way to prevent the flu and potentially serious flu-related complications.
- The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older get a flu vaccination every flu season.

Seasonal Influenza Visitation Restrictions are now in place hospital-wide until at least March 31, 2017

How the Flu Spreads

- People with flu can spread it to others up to about 6 feet away
- Flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk
- Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

You may be able to pass on the flu to someone else before you know you are sick!

Patient Care with Seasonal Influenza

- Room Turnover: Terminal Clean when discharged.
- Transporting: Mask patient when transporting out of room.
- Providing Care for Duration of Illness*: Practice proper Hand Hygiene; Contact & Droplet Precautions for children and infants; Droplet Precautions for adults.

*Immunocompromised patients require special care; see the Transmission Based Precautions Policy Addendum for more info!
Everyone 6 months and older should get an annual flu vaccination, usually around October.

Avoid close contact with sick people; avoid touching your eyes, nose, and mouth, cover your coughs and sneezes.

If you become sick, limit contact with others as much as possible. Cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

If you get the flu, antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia.

Wash your hands often!!

Lead by example and practice good HAND HYGIENE!

Use soap and warm water, and be sure to wash in between the webbing of all fingers. Clean and disinfect surfaces and objects that may be contaminated with flu viruses.

NEWLY APPROVED and/or RELATED POLICIES

- Employee Seasonal Influenza Vaccinations, #832
- Hand Hygiene, #1093
- Transmission Based Precautions, #929
- Work Restrictions, #299