

UPDATE



PRECAUTIONS HELP LIMIT THE SPREAD OF INFLUENZA

The Influenza Outbreak at RVH has been officially declared over. However, influenza is very prevalent in our community right now, so there is a need to remain diligent to prevent the spread of the virus.

If you are experiencing flu-like symptoms, which include sudden onset of fever, cough, shortness of breath, sore throat, muscle and joint pain and headache, please refrain from visiting patients in the hospital.

If you or a family member has the flu:

- Stay home until the symptoms lessen
- Cover your mouth and nose with a tissue when sneezing or coughing. Immediately dispose of the used tissue and wash your hands
- Use the “Sleeve Sneeze” – cough or sneeze into the upper sleeve or elbow of clothing if tissues are not available
- Avoid touching your face
- Clean commonly touched surfaces frequently
- Wash hands often with soap or use an alcohol-based hand sanitizer
- Don't visit people in hospitals or retirement/long term care homes.

Visitors and outpatients are encouraged to clean their hands often (e.g., upon entering and exiting the building, when entering and exiting patient rooms) using the hand hygiene stations throughout the hospital.

It's not too late to get your flu shot if you haven't already. Check with your local pharmacy or contact your family physician. Please consider protecting yourself and others.