



Important H1N1 notice on visiting patients

First, we apologize for any inconvenience, but to best protect you, as well as our patients and staff, LMH has:

- Enacted a temporary visitor restriction on children under 16;
- Limited the number of visitors for one patient to no more than two at a time; and
- Each visitor must wash or gel their hands before and after visiting patients.

Also very importantly, if you are ill or pregnant, do not visit a patient.

We very much appreciate the value family and friends play in the healing process, however in the case of the H1N1 virus, the risk is significant enough to enact these temporary limitations. They will be in place through the duration of the flu season.

The limitation may be waived for an extreme cause, such as an end-of-life situation, so please check with your nurse should you need.

Please consider:

- Obtaining an H1N1 vaccine and a season flu vaccine if you have not yet; and
- Check our flu-shot hot line, 209/339-7469 for available locations.

LMH is following the Centers for Disease Control in these guidelines and is joined by other area hospitals in this effort. The staff of LMH very much appreciate your understanding and cooperation.

Please see reverse for H1N1 symptoms, risk groups and what to do to protect yourself.

Aviso importante H1N1 sobre visitando a pacientes

Primero, discúlpennos la inconveniencia, pero para protegernos así como nuestros pacientes y el personal, LMH ha:

- Puesto una restricción temporal al visitante de niños menores de 16 años;
- Limitó el número de visitantes para un paciente a dos a la vez; y
- Cada visitante debe de lavarse o gelificarse las manos antes y después de que visitan.

También y muy importante, si esta enfermo o embarazada, no debe de visitar un paciente.

Lo mucho que apreciamos el valor de a la familia y los amigos juegan en el proceso curativo, no obstante en el caso del virus H1N1, el riesgo es bastante significativo para poner limitaciones temporales. Estarán durante la duración de la estación.

La limitación se puede renunciar para una causa extrema, tal como una situación de la fin-de-vida, satisface tan comprueba con su enfermera si usted necesita.

Considere por favor: Obtención de una vacuna H1N1 y de una vacuna de la gripe de la estación si usted no lo hizo aun; y llame a nuestra línea del gripe-tiro, 209/339-7469 para las localizaciones disponibles. LMH está siguiendo los hospitales de la región en este esfuerzo. El personal de LMH mucho aprecia su comprensión y cooperación.

H1N1 Facts

Signs and symptoms

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

How to prevent getting sick

This season, there is a seasonal flu vaccine to protect against seasonal flu viruses and a 2009 H1N1 vaccine to protect against the 2009 H1N1 influenza virus (sometimes called "swine flu"). A flu vaccine is the first and most important step in protecting against flu infection.

Who should be vaccinated?

- Pregnant women;
- People living in households with babies under six months old (since infants cannot be immunized, they must be protected by preventing illness in those around them);
- Medical personnel who are likely to be in contact with infected patients;
- Young people between six months and 24 years old; and
- Nonelderly individuals who have underlying conditions, such as asthma, respiratory illness or a compromised immune system, that put them at higher risk of flu complications.

What to do if you're ill

If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you 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 without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

For more information on the H1N1 flu, visit www.cdc.gov/h1n1flu