

Temiskaming Hospital

November 3, 2009

What Temiskaming Hospital is Doing to Help Contain the Spread of Flu and What You Can Do to Help

Temiskaming Hospital is working hard to create a safe environment for our patients, staff and visitors as we respond to the global influenza A (H1N1) outbreak. We have sectioned off our ER waiting area so that people presenting with flu-like symptoms are isolated from the main waiting room. These people are being asked to wear a mask not only for their own protection, but for the protection of others. We have also staffed up in the areas of nursing and housekeeping in order to keep up with the increased traffic resulting from the flu outbreak we are currently experiencing in the community.

There are things you can do to help:

For visitors: please **DO NOT** come to the hospital if you feel unwell or have symptoms of a cold, influenza, stomach virus or other illness. If you do come to the hospital to visit, please follow all infection control and isolation protocols as posted.

For patients coming into the ER: if you must bring someone with you to the ER, please limit this to one person. Unless it is a sick child being brought to the ER by a parent or guardian, please **DO NOT** bring children to the Emergency Department. If you have been asked to wear a mask, please **KEEP THE MASK ON** for the duration of your visit unless you have been instructed otherwise. If you are accompanying someone who has been asked to wear a mask, please also wear a mask to protect yourself.

For the general population:

If you start to experience flu symptoms, stay home from work/school until you no longer have a fever and are feeling well enough to get back to your normal activities; and avoid contact with other people as much as possible to keep from spreading your illness.. If the symptoms continue for more than five days, you should call Telehealth Ontario at 1-866-797-0000 or your family physician.

If your symptoms get worse, for example you are experiencing any of the following, you should come to the Emergency Department immediately:

- Shortness of breath, chest pain, wheezing
- Coughing up bloody sputum
- Purple or blue discoloration of the lips
- Vomiting and unable to keep liquids down
- Signs of dehydration such as dizziness when standing, dry mouth, decreased urination
- Extreme drowsiness, confusion or disorientation
- Fever that does not go away or comes back after four (4) to five (5) days

To help keep yourself and your family healthy:

- Wash your hands with soap and water thoroughly and often. Keep an alcohol-based hand sanitizer handy at work, home and in your car. It needs to be at least 60% alcohol to be effective;
- Cough and sneeze into your sleeve or a tissue, not your hand. Dispose of tissue immediately;
- Keep commonly touched surfaced and items clean and disinfected;
- Avoid large crowds of people where viruses can spread easily. Stay home when you are sick.



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