



WAYNE MEMORIAL
HOSPITAL

An Affiliate of Wayne Memorial Health System, Inc.

New Visitors Policy This Flu Season

Help us help our patients.

The spread this year of the H1N1 flu in addition to the seasonal flu has caused hospitals across the country to adjust their policies for the safety of their patients, visitors and staff.

Here at Wayne Memorial Hospital:

- No child under the age of 18 is permitted to visit patients on any floor. Children are prime carriers of the flu.
- Babies under 6 months cannot be vaccinated and pregnant women are very susceptible to the flu. No siblings will be allowed to visit our maternity unit, New Beginnings, until further notice.
- If you have a cough, cold, fever, diarrhea or any flu-like symptoms, please visit on another day when you are well. If you have any of these symptoms and are here for tests, please tell us. You may be asked to wear a mask while in the Hospital.

Protect yourself: Wash your hands **BEFORE and AFTER** your visit.

Cover Your Mouth when you cough with a tissue or cough into your sleeve.

Above all, **DO NOT** put your fingers into your eyes, nose or mouth.
Mucous membranes of your eyes, nose or mouth are where germs enter your body.

You may see some of our staff wearing masks,
as recommended by public health safety guidelines.

Thank you for your cooperation

For flu questions, visit www.h1n1inpa.com or www.cdc.gov/h1n1flu
or ask your primary care provider.

THE FLU AND YOU: GENERAL INFORMATION
from the Centers for Disease Control and the PA Department of Health
October 2009

Q: Is there an epidemic in northeastern Pennsylvania of H1N1 flu (so-called “swine flu”)? It seems like everyday there are new cases in the news.

A: Yes. Currently, it is considered a relatively mild epidemic. Many people are reporting flu-like symptoms. 99% of the people whose flu tests are sent for confirmation to the Centers for Disease Control (CDC) have the novel 2009 strain of H1N1.

Influenza A occurs annually, during the late fall, and strains change a little bit yearly, producing what we call “seasonal flu.” In April, 2009, we encountered a completely new strain of H1N1.

The screening test for influenza is not very sensitive and needs additional confirmatory testing by the Department of Health or the CDC to diagnose H1N1. Due to the high volume of confirmations requested, the Pennsylvania Department of Health is *limiting testings to severe cases*.

As a new strain, 2009 H1N1 is behaving differently from the seasonal flu; it is affecting younger patients at an unusually high rate, and occurring at a time of the year when we don't typically see such intense flu activity. The typical seasonal flu may still occur later in the year.

When treatment is necessary, the same medications are prescribed for 2009 H1N1 and the seasonal flu, “antivirals” such as Tamiflu and Relenza.

Q: How long can an infected person spread H1N1 flu to others?

A: People with H1N1 infection should be considered potentially contagious as long as they are symptomatic, possibly for up to 7 days following illness onset. Children, especially younger children, might be contagious for longer periods.

Q: Why does Wayne Memorial offer masks at its front door? Are they for everyone?

A: They are primarily for people who are sick. If you are suffering flu or flu-like symptoms—cough, fever, diarrhea, headache—or you are in a high-risk group susceptible to severe flu—you should avoid public places or close contact within 6 feet of other people. When contact is unavoidable, consider a mask, especially in a public setting such as this hospital.

Droplets from a cough or sneeze move through the air. Germs can be spread when a person touches something that is contaminated and then touches his or her eyes, nose, or mouth. **Some viruses and bacteria can live 2 hours or longer on surfaces** like cafeteria tables and doorknobs. Frequent hand washing will help you reduce the chance of getting contaminated from these common surfaces.

Q: How long will the visitor restrictions and the face masks continue?

A: It's unclear, but probably as long as the flu season lasts—usually from now until March.