



Hôpital  
**Montfort**

### **Influenza cases on 4A Information for patients and families**

We have identified some cases of influenza on unit 4A. In order to contain and stop the spread of the influenza virus, the hospital has taken strict control measures to protect patients, staff and visitors. These include:

- intensification of hygiene and housekeeping measures;
- restricted movement of patients admitted to the affected units;
- flu vaccinations and use of antiviral medication; and
- controlled access to the affected units.

#### **Visitor instructions**

Patients admitted to the units affected by the influenza virus are asked designate a single visitor who may enter the unit during visiting hours. We encourage these visitors to receive a flu shot if they have not done so this year. Visitors are also invited to check in at the kiosk located at the entrance to the unit in order to answer a few questions regarding their health status.

Designated visitors are asked to:

- refrain from coming to the hospital if they are feeling ill;
- refrain from visiting other patients on the unit during their visit;
- wash their hands upon entering the unit and when leaving the patient's room; and
- wash their hands upon entering and exiting the hospital.

In order to facilitate communication between patients and their loved ones, in-room telephones will be offered to patients at no charge.

What is influenza?

Influenza, or the seasonal flu, is a common respiratory and lung infection that is easily transmissible among humans. Most people recover from the flu in approximately one week. The flu, however, can be associated with more serious complications such as pneumonia, especially among children, the elderly and people suffering from chronic disease.

How is influenza transmitted?

Influenza is mainly spread from person to person via coughing and sneezing. People often contract the flu by touching objects or surfaces contaminated by the virus and then touching their eyes, mouth or nose. A person can be infectious the day before symptoms appear.

Is influenza treatable?

Certain antiviral medications, such as *Tamiflu*, can be used to help prevent or to treat influenza. Physicians can also treat the symptoms should the need arise. Antibiotics are not effective against viruses. The best protection against influenza is a yearly flu vaccination.

If you have any questions, please feel free to bring your concerns to a member of our staff.  
Thank you for your collaboration.