

Flu cases in your unit

Information for patients and their loved ones

We have identified some cases of flu (influenza) in your unit. Be assured that we have 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 flu virus are to designate a single visitor who may enter the unit. We encourage these visitors to receive a flu shot if they have not done so this year. Visitors are also invited to answer a few questions regarding their health status by checking in to the kiosk at the unit entrance.

Designated visitors are asked to:

- stay home if they are feeling ill;
- visit only their loved one (no other patient) during their visit;
- wash their hands and put on a mask upon entering the unit;
- wash their hands when leaving their loved ones room; and
- remove the mask and wash their hands again upon leaving the unit.

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

What is the flu?

The flu, or influenza, is a respiratory and lung infection that is easily transmissible among humans. Most people recover from the flu in about a week. The flu, however, can be associated with more serious complications like pneumonia, especially among children, the elderly and people suffering from chronic disease.

How is the flu transmitted?

The flu mainly spreads from person to person by coughing and sneezing. People often contract the flu by touching objects contaminated by the flu (door knobs, etc.) and then touching their eyes, mouth or nose. A person can be infectious the day before symptoms appear.

Is the flu treatable?

Certain antiviral medications, like Tamiflu, can be used to help prevent or to treat the flu. Your doctor can also treat your symptoms, should the need arise. Antibiotics are not effective against the flu. The best protection against the flu is to receive the flu shot on a yearly basis.

Your healthcare team is available to answer your questions. Thank you for your collaboration.