

# THE FLU HAS ARRIVED.

## To Keep Our Patients Safe AAMC Has Changed the Patient Visitation Policy

The influenza season has begun very early this year and continues to spread in our community. AAMC is taking several steps to assure that our patients have every chance to heal. We ask your help and cooperation to minimize the potential spread of the flu in the hospital.

There is a surge of influenza every year, but this year the flu is expected to affect primarily children and young adults. The best way to reduce the exposure of our admitted patients to influenza is to temporarily restrict children from our facility during the peak of the flu season. We are grateful for your cooperation and understanding during this period.

**Effective immediately, children under the age of 18 are restricted from visiting the patient units.** Exceptions will be made on a case-by-case basis.

**Please do not visit a patient if you have any flu-like symptoms.** This includes fever, body aches, chills, fatigue, cough, runny or stuffy nose, and sore throat. Some people may have vomiting and diarrhea.

### The Centers for Disease Control Recommends the “Take 3 Plan”

- **Step One: Get the flu vaccine.** Vaccines can protect against many types of the influenza virus. The influenza vaccine does not cause the flu.
- **Step Two: Take everyday preventative actions.** Cover your nose and mouth when you cough or sneeze, wash your hands often, and avoid close contact with sick people. For those in a health care setting, if you are sick with flu-like symptoms, stay home for at least 24 hours after your fever has subsided.
- **Step Three: Take flu antiviral drugs only if your physician recommends them.** Most healthy people with the flu do not need antivirals or other prescription medications to get well.

**Visit [www.aahs.org](http://www.aahs.org) for online information on the flu.**  
Thank you for your help and cooperation to give our patients the best chance to heal.

