PREVENTING SPREAD OF FLU IN THE HOSPITAL

If a patient is experiencing symptoms of acute respiratory infection:

- A precautionary sign is placed outside the patient's room
- Patient's bed curtains remain closed if they share a room with other patients
- Dedicated commode chair at the bedside

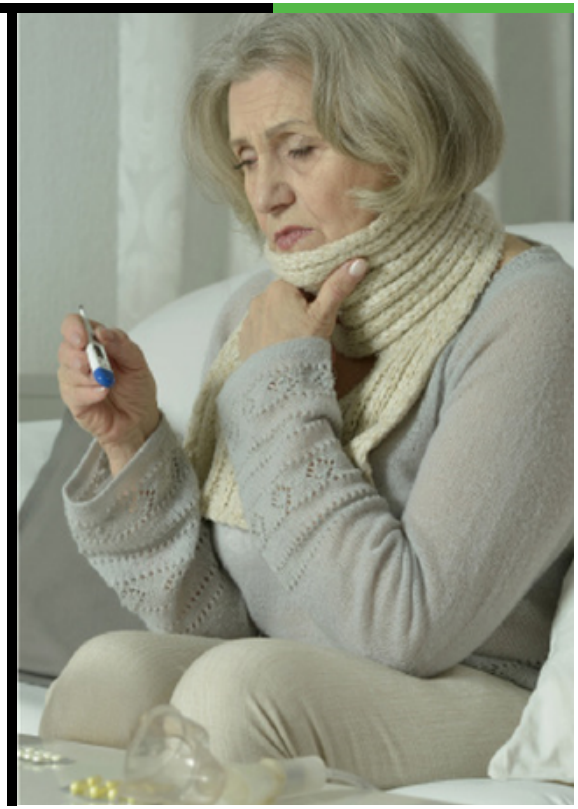


- All patient activities are restricted inside the patient room until the patient recovers
- Wearing a protective gown, gloves, a blue procedure mask and a face shield when interacting with the patient in the room or patient environment
- Practicing proper hand hygiene when entering and exiting the patient room
- Cleaning and disinfecting patient care equipment after each patient use
- Daily cleaning and disinfection of the patient room and the washroom
- Annual flu vaccination for healthcare providers and patients in the hospital is an important measure for preventing the flu and keeping influenza under control

FOR MORE INFORMATION, CONTACT INFECTION CONTROL AT 416.762.7316, EXT. 2238.

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Influenza (Flu)

RUNNYMEDE HEALTHCARE CENTRE

WHAT IS INFLUENZA?

Influenza (or flu) is a contagious respiratory illness that is caused by the influenza virus.

HOW IS THE FLU SPREAD?

The flu spreads through droplets released when an infected persons coughs, sneezes, or talks. These droplets can reach the mouth, nose, or eyes of the people nearby, typically within 2 meters.

Flu germs can survive on common surfaces like keyboards, telephone receivers, and doorknobs for up to 48 hours. You can become infected by touching a contaminated surface with your hands and then touching your mouth, nose, or eyes without washing your hands.

HOW LONG IS AN INDIVIDUAL WITH THE FLU CONTAGIOUS?

Most people can spread the flu one day before symptoms appear and up to 5-7 days after getting sick. Individuals with weakened immune systems, such as children and older adults (over 65 years old), may remain contagious for even longer periods.

WHAT COMPLICATIONS CAN DEVELOP?

Flu complications can include dehydration, bacterial pneumonia, and sinus or ear infections. If you have a chronic condition such as asthma, diabetes, or congestive heart failure, the flu may worsen these health issues.

Groups at higher risk for developing flu complications include young children (under 5 years old), pregnant women, and older adults (over 65 years old).

WHAT ARE THE SYMPTOMS?

Common flu symptoms include:

- Fever or chills
- Cough or sore throat
- Runny or stuffy nose
- Headaches, muscle and/or body aches
- Fatigue
- Vomiting or diarrhea

KEEP HANDS CLEAN

Good hand hygiene is one of the most effective ways to prevent the spread of infections.

Clean your hands regularly, particularly when entering the hospital, before and after visiting a patient's room, after blowing your nose, before eating, after using the washroom, and when leaving the hospital.



Use soap and water, or apply the alcohol-based hand rub available throughout the hospital.

DO NOT VISIT THE HOSPITAL IF FEELING SICK

If you have symptoms such as fever, runny nose, sore throat, cough, shortness of breath, nausea, vomiting, diarrhea, or a skin rash, please don't visit the hospital until you are symptom-free for 48 hours.

Visiting while experiencing symptoms may compromise patient safety and increase the risk of infection transmission to vulnerable individuals.

FLU PREVENTION THROUGH VACCINATION

The best way to prevent flu is to get the influenza vaccine every flu season.

Influenza vaccine is safe for everyone, including children 6 months and older, pregnant women, and people with chronic health conditions.

Please note that the influenza vaccine does not protect against flu-like illnesses caused by viruses other than the flu.