

## H1N1 Flu

### What is it?

H1N1 (Swine) Flu is a new virus making people sick. The World Health Organization has classified it as a global pandemic. It first appeared in the United States in April 2009. Much like yearly seasonal flu viruses, this new strain causes both mild and severe illnesses, and deaths have occurred.

### What are the symptoms?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Diarrhea
- Vomiting
- Dry cough
- Tiredness & weakness
- Chills
- Body or muscle aches

### How does it spread?

The H1N1 Flu virus spreads in the same way that regular seasonal flu spreads – mainly through the coughing & sneezing of people with the flu. Sometimes, healthy people may be infected by touching something with flu viruses on it, & then touching their mouth, nose or eyes.

People infected with seasonal & H1N1 flu may be able to infect others, from one day before getting sick to five to seven days after.

**For Additional Information:**

**[www.uhcc.com](http://www.uhcc.com)**

**[www.flu.maryland.gov](http://www.flu.maryland.gov)**

**1-877-MDFLU4U**



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**To Keep Our Patients Safe  
Union Hospital is  
Changing the Patient  
Visitation Policy**



**Information about H1N1 Flu  
&  
Changes to Hospital  
Visitation Policy**



*Thank you for helping Union Hospital be  
family friendly...not flu friendly*

## To Keep Our Patients Safe Union Hospital Has Changed The Patient Visitation Policy

Our first priority is the safety of our patients and staff. Due to the presence of the H1N1 flu in our community, Union Hospital began restricting visitors on October 27, 2009. The limited visitation policy is a precautionary measure, designed to ensure the safety of patients and health care workers.

We are taking 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.

We apologize for the inconvenience this may cause and understand certain circumstances need to be handled on an individual basis. Unit staff will work to accommodate these specific situations.



## Visitor Restrictions:

- Visitors under the age of 18 will no longer be allowed in patient care areas.
- Limitations will be placed on the number of visitors a patient can have and who can visit.

*Exception: Maternal & Infant Center: Father of baby or designated support person may be under the age of 18.  
Pediatrics: Parents may be under the age of 18.*

- All patients admitted to the hospital will be asked at the time of registration to designate two people who will be their assigned visitors during their hospital stay.
- The patient will receive their identification band per hospital policy and if the designated visitors are present, they will receive a purple identification band with a number matching the patient. The visitor bands are to stay on during the entire hospital stay. Only two bands per patient will be issued.
- If a designated visitor is not present at the time of admission, they may pick up their ID bands at the Front Desk in the Main Lobby. They will need to identify themselves and show ID.
- No visitor without a "purple" ID band will be allowed on the Nursing Unit.
- Visiting hours of 11 a.m. until 8 p.m. will be strictly enforced.

These guidelines are subject to change throughout the course of the flu season. The hospital reserves the right to restrict a visitor to the hospital at any time. All other visitor guidelines outlined in the approved Visitors Policy will be strictly adhered to.

## Precautions For Visitors To The Hospital Include:

- Do not visit the hospital if you have signs of possible flu (runny nose, cough, Fever of 100 degrees or above, etc.)
- Wash your hands often, especially before entering and upon leaving a patient's room. Sinks and/or waterless hand sanitizer are available throughout the hospital.
- Cover your nose and mouth with a tissue when you cough or sneeze. If you do not have a tissue, please cough or sneeze into your upper sleeve and not your hands.
- Avoid touching your eyes, nose or mouth because this allows germs from your hands to enter your body.

