

Family Fact Sheet:

What You Need to Know about Flu and our Visitor Guidelines

- To protect our patients, we will now be asking all visitors to inpatient areas if they have been sick with any of the following symptoms:
 - Fever, chills, body aches, and/or fatigue (very tired)
 - Cough, stuffy/runny nose, or sore throat
 - Rash or other skin infections
 - Vomiting or diarrhea
- If you or anyone in your party has been sick with any of the above symptoms in the **last five days**, we ask that you do not visit the patient.
- If you or anyone in your party has been sick, but must accompany a child to go up to an inpatient unit, we will ask you to wear a mask and will ask you more questions on the unit.

Frequently Asked Questions:

- **Why do I see employees wearing a mask?**

At Children's National, the quality and safety of patient care is our first priority. Many research studies have shown that vaccinating healthcare providers against the influenza virus is an effective way to prevent the spread of flu among patients and staff. Therefore, all of our employees have been asked to receive their vaccine in a timely manner. For many different reasons, we have staff who cannot receive the vaccine. For the protection of our patients and visitors, we require these employees to wear a mask when they come to work to prevent the possibility of spreading flu.
- **Why can't I visit an inpatient unit if I don't feel well?**

Patients in the hospital need our help in protecting them! We ask that if you have had any flu symptoms in the last five days, that you don't visit our inpatient areas. This will help our patients in the hospital avoid unnecessary germs.
- **Should I come to visit the hospital if I don't feel well?** We encourage you to consider delaying your visit until you are symptom free if you've been sick with any of the following symptoms within the **last five days**:
 - Fever, chills, body aches, and/or fatigue (very tired)
 - Cough, stuffy/runny nose, or sore throat
 - Rash or other skin infections
 - Vomiting or diarrhea

