

Steps for Washing Your Hands

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.

OR Use an Alcohol Based Hand Rub

Step 1: Apply 1 full pump (quarter size) onto hands.

Step 2: Rub hands together, spreading ABHR on all areas of the hands including nails, palms, back of hands, and between fingers.

Step 3: Continue rubbing until hands until they are dry; 15-30 seconds.



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following sources:

Centre for Disease Control (March 2016). *Respiratory Hygiene/Cough Etiquette*. <https://www.cdc.gov/oralhealth/infectioncontrol/faqs/respiratory-hygiene.html>

Health Canada: Influenza Fact Sheet Retrieved January 8, 2019 from: http://www.health.gov.on.ca/en/public/programs/publichealth/flu/about_flu.aspx

Royal Victoria Regional Health Centre Infection Prevention and Control Department

201 Georgian Drive
Barrie, ON, L4M 6M2
Phone: (705) 728-9090 ext. 44555
Fax: (705) 792-3312

Influenza



Patient/Visitor Information

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What is Flu?

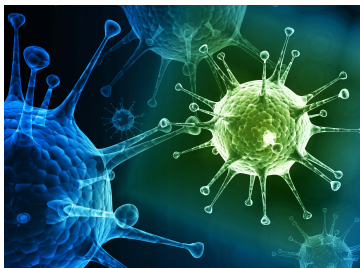
Flu is the short form for *Influenza*.

It is a **very** contagious respiratory illness caused by the Influenza A and B viruses. You may experience symptoms much like having a cold, but flu symptoms can be serious and even life-threatening for certain people (i.e. young children, older adults, and persons with a compromised immune system).

Symptoms include:

- Fever
- Chills
- Headache
- Body aches
- Weakness
- Sneezing
- Coughing
- Sore Throat
- Loss of appetite

People with the flu can be bedridden for up to 5-10 days.



How is it Spread?

Influenza is spread from person to person when large respiratory droplets are coughed or sneezed onto the mouth, nose or eyes of a susceptible person. The flu virus can survive for hours in the environment. Anyone touching an infected surface may pick up the virus on their hands and infect themselves by touching their mouth, nose or eyes. Patients at RVH who have Influenza will be placed on Droplet/Contact precautions, and all caregivers will wear protective equipment to protect themselves and other patients from getting the virus.

Important to Remember...

While visiting someone in the hospital please remember to screen yourself for symptoms. **If you have a fever or chills and/or a new or worsening cough please do not visit.**

If you are asked by a nurse to wear a mask with face shield or goggles while present in the hospital, please wear it correctly:

- The mask must cover your nose/mouth
- Change your mask if it is wet
- Keep mask on for your entire visit
- Discard your mask into the garbage when leaving

Prevention

An annual influenza vaccine is recommended for adults and children over the age of six months. Influenza vaccine is extremely important for people considered high risk. This includes the elderly and very young, persons with chronic diseases, residents of long term care facilities and those with HIV infection. It should also be given to healthcare workers and others who have significant contact with ill patients.

Individuals at risk can receive influenza vaccine at no charge from their family physician or health professional.

The best time to get a "flu shot" is in October, as flu season usually starts in November and lasts until April.

For further information about the vaccine, please contact your healthcare provider or the Simcoe Muskoka District Health Unit.

