

Hand hygiene is key to infection prevention

How to wash your hands:

- Apply alcohol based hand rub
or
- Wet hands with water
- Apply soap
- Rub hands together for 15 seconds
- Rinse hands well
- Dry hands with paper towel
- Turn off tap with used paper towel

Thank you for your help and cooperation

2.4.5

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 source:

Health Canada: Influenza Fact Sheet
Retrieved March 8, 2014 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 44550
Fax: (705) 792-3312



Influenza



Patient/Visitor Information

March 2014

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 are far more serious and may be life-threatening.

Symptoms include:

- * Fever
- * Chills
- * Headache
- * Body aches
- * Weakness
- * Sneezing
- * Coughing
- * Sore Throat
- * Loss of appetite
- People with the flu are often bed-ridden 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. Flu germs can survive for hours in the environment. Anyone touching the 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.



***Wash hands frequently with
soap and water***

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, since flu season usually starts in November and goes through until April.

For further information about the vaccine, please contact your healthcare provider or the health unit.