

To our Patients, their Families and Visitors:

Temporary Changes to our Visitor Guidelines
2009 - 2010 Flu Season

Effective Monday, November 9, 2009

We know that being with your family is important, as well as your health and safety. The health and safety of our patients and hospital staff are our highest priorities at St. Joseph's Medical Center. Since authorities declared the H1N1 pandemic in April, we have taken proactive steps to ensure our facility is prepared for and to limit the spread of the H1N1 influenza, including changes to our visitor guidelines.

For the health and safety of our patients and health care workers and in accordance with current Centers for Disease Control recommendations, we are making the following temporary changes to our visitor guidelines:

- **If you are sick, we ask that you do not visit** family members or friends who are in the hospital. If you have any of these flu-like symptoms – cough, muscle aches, fever, runny nose, and sore throat – you may worsen an already vulnerable patient's condition.
- We ask that you **limit family members and visitors to two people** at a time.
- **Children under the age of 16 are not allowed to visit** at this time.
- Pregnant women are at special risk and should not visit.
- All family members and visitors must wash or gel their hands before and after visiting patients.

In extreme circumstances such as end of life situations, exceptions may be made on a case-by-case basis. Please contact your nurse so that we may make the appropriate safety measures.

We thank you in advance for your cooperation.