



## Patient, Family, and Visitor Swine Flu Information Sheet

*Mason General Hospital is concerned about your safety. With all of the publicity about the Swine Flu, we would like you to know how we are watching out for your safety and what you can do to keep yourself and your family safe.*

### **What is the Hospital Doing to Keep Me and My Family Safe?**

- Our staff and physicians will be washing our hands as we enter the room. If we forget, please remind us by asking “Have you washed or sanitized your hands?” Hand washing is one of the best ways to prevent infections.
- Patients with flu-like symptoms are being placed in a private room and kept separate from other patients as recommended by the Centers for Disease Control and Prevention (CDC).
- We are asking family and friends who are sick with flu-like symptoms (including coughs, colds, or digestive sicknesses) not to visit patients.
- Our hospital is actively watching for any patient that might have the virus.
- We are keeping up to date with the latest recommendations from the Washington State Department of Health and the CDC.

*Answers to questions you might have about the Swine Flu:*

### **What is the Swine Flu?**

The swine flu started in pigs and is now making people sick. The swine flu has been found in several states.

### **What are the Symptoms?**

The symptoms of swine flu are fever, tiredness, lack of appetite, and coughing. Some people also have a runny nose, sore throat, nausea, vomiting, and diarrhea.

### **How is the Flu Spread?**

The flu is spread similar to other types of flu. It is spread through coughing or sneezing. It is also spread by touching something with the flu virus on it and then touching your nose or mouth. You cannot get the swine flu by eating pork.

### **How Can I Keep From Getting the Flu?**

Most important: ***Wash your hands!*** Get plenty of sleep, be physically active, minimize your stress, drink plenty of fluids and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick with the flu. If you need to be in contact with them, have them wear a mask.

### **What Should I Do if I Get Sick?**

If you become ill with flu-like symptoms, you should contact your personal health care provider. He or she will decide whether you need to be seen by a health care provider.

### **I Feel Fine, But Should I Be Tested?**

If you are healthy and feel fine, you do not need to be tested. Please do not come to the emergency room asking to be tested. The emergency room is for people who are sick or injured.

## **For More Information Visit:**

Please contact the Centers for Disease Control and Prevention at **1-800-232-4636**  
Washington State Department of Health website at: [www.doh.wa.gov/swineflu](http://www.doh.wa.gov/swineflu)