



Limit the Spread of Respiratory Illnesses

Residents of long-term care facilities often experience severe disease if they get the flu or other respiratory illnesses.

Please help us reduce the spread of illness by taking these steps:

Please **do not** visit this facility if you have had **any** symptoms of respiratory illness within the last 24 hours, including:

- Fever/Chills
- Sore throat
- Cough
- Congestion/runny nose
- Nausea/Vomiting
- Diarrhea
- Loss of taste/smell



Please return for a visit to the facility only after you have been healthy and fever-free for **at least 24 hours** (without the use of a fever-reducing medicine).

If you choose to visit at this time, please:

- **Use the alcohol-based hand sanitizer that has been provided** (or soap and water) to clean your hands *before and after* the visit.
- **Visit only the resident you have come to see** and then leave after your visit is over.
- **Wear a mask** during entire visit.
- **Practice good respiratory etiquette.** Always use a tissue or your sleeve when you sneeze or cough, and clean your hands immediately afterwards.

Get vaccinated with the current vaccines.

Call your local healthcare provider or your local health department to learn where you can receive the vaccines.

If you have questions or concerns, please contact infection control at ext. 207.