

Visitors Information

St. Josephs General Hospital Elliot Lake



The influenza virus can be spread and contracted in 2 ways:

- 1) Direct contact: person-to-person contact (within a 1 meter/3 foot distance)
- 2) Indirect contact: touching of contaminated surfaces or objects, such as counter tops, door knobs, grocery carts, phones, etc.

Here are 5 things you can do to prevent the spread of influenza:

- 1) Wash your hands!!!! Do this with either soap and water, if available, **OR** with alcohol based hand cleanser.
- 2) Cover your cough/sneeze.
- 3) Be immunized and stay well.
- 4) Stay home if you are sick.
- 5) Keep your distance.

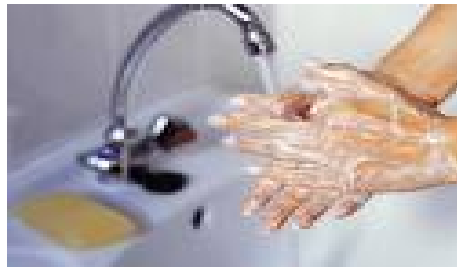


When to wash your hands:

- 1) Before touching/eating food or drinking.
- 2) After coughing, sneezing, blowing your nose or using facial tissue.
- 3) After using the bathroom.
- 4) After touching any body fluids.
- 5) After changing diapers.
- 6) After shaking hands and touching shared surfaces or objects.
- 7) Whenever your hands are dirty!!!

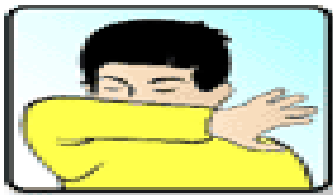
How to wash your hands:

- 1) With soap and water: wet hands, add soap, scrub for 15 seconds, rinse with warm water, thoroughly dry your hands.
- 2) With alcohol hand rub: squirt quarter size amount in palm of hand, rub hands together for 15 seconds, don't forget to rub some into your finger tips, between fingers and wrist areas.



Coughing and sneezing etiquette:

- 1) Cover your nose and mouth with your elbow/sleeve OR cover your cough with a tissue.
- 2) Dispose of the tissue in the garbage.
- 3) Clean your hands with soap and water or alcohol based hand cleaner.



Immunization:

- 1) Get a flu shot every year. This is free to all and can be obtained from your family physician's office or at a flu clinic provided by the Algoma Public Health.
- 2) Have good routine health practices such as eating well, getting enough sleep, and exercising regularly.

Stay home if you are sick!

If you have the following symptoms of influenza, stay home:

- 1) New cough or shortness of breath.
- 2) Runny nose.
- 3) Diarrhea/vomiting (mostly in children).
- 4) Fever.

Keep your distance:

- 1) Social distancing is considered to be apart by 1 meter or 3 feet.
- 2) Consider alternatives for social gatherings when ill.

For medical information, you may contact the Telehealth Center toll free at:

1-866-797-0000 24hrs a day, 7 days a week.

Drink plenty of fluids and get lots of rest. If you wish to seek medical attention, try to avoid the emergency department and see your own physician at their office. If unable to do so, the emergency department is available to you. Upon entering the hospital, please wash your hands with the provided alcohol based hand cleanser. If you have a cough or suspect you have the flu, also apply a surgical mask to cover your nose and mouth, along with the hand washing.

In your home, maintain social distance between you and your loved ones.