

# We care for your health

La Porte Regional Health System would like to remind the community about valuable measures for the prevention of the flu, including new procedures for reducing the spread of flu inside the hospital.

For the safety of loved ones in the hospital, and the medical professionals caring for them, La Porte Hospital officials are restricting visitation of those 17 years old and younger, strongly discouraging the visitation of individuals in the hospital and recommending no more than 2 visitors per patient, effectively immediately.

“The La Porte County Health Department has indicated that there is an increase in the number of local flu cases reported, which means we know people are spreading the flu to one another. It is our goal to remain proactive and keep the flu from infecting patients and caregivers. The best way we can care for patients is to protect them, and to stay healthy ourselves as patient care providers,” said Lorea Harris, Infection Control Nurse at La Porte Hospital.

Individuals who feel it is necessary to visit a loved one in the hospital should be completely symptom-free of flu or cold-like conditions. This includes but is not limited to any of the following: coughing, runny nose, sore throat, fever, vomiting and diarrhea. Visitors to the hospital will be asked a series of simple questions to help determine if it is safe to visit patients.

“We understand that it is important for individuals to stay connected with loved ones in the hospital. We hope the community understands that quality and safety are our top priorities, and our staff is working hard so patients also understand this,” Harris said.

The Maternal Care Center (OB Unit), the Intensive Care Unit, and the Cardiovascular Intensive Care Unit are areas of particular focus. Reducing the amount of outside visitors to this area greatly reduces the chance that flu and other germs will spread.

La Porte Hospital officials are continuing to assess flu information and will decrease or increase visitor interaction accordingly as new information becomes available.

## **WASH YOUR HANDS**

Local officials as well as the Centers for Disease Control and Prevention continue to inform people that one of the most important ways to prevent the spread of the flu virus is to WASH YOUR HANDS frequently. Complete hand washing fliers and instructions are available for free download at [www.laportehhealth.org](http://www.laportehhealth.org).

## **COVER YOUR COUGH**

Flu is transmitted when droplets from a cough or sneeze come in contact with the mouth or nose of person nearby. When coughing or sneezing, cover your mouth and nose, preferably with a disposable tissue, or the elbow area of your sleeve. To download a free printable Cover your Cough flier in English or Spanish, visit [www.laportehhealth.org](http://www.laportehhealth.org).

## **IF YOU ARE SICK, STAY AT HOME**

Unless it is an emergency, do not visit others or go to work if you are sick with the flu. If you think you need to see your doctor, please schedule an appointment or visit a walk-in clinic. It is best to NOT use the Emergency Department for flu care, as this puts others at risk in the hospital, and increases wait times for those who are experiencing a true emergency. If you need a doctor, or for information about Convenient Care hours at Horizon Center of La Porte Regional Physician Network, visit [www.lrpn.org](http://www.lrpn.org)

For more information locally about flu vaccine, prevention and information, visit [www.laportecounty.org](http://www.laportecounty.org) or [www.laportehhealth.org](http://www.laportehhealth.org)

Wash your Hands

Cover your Cough

Stay Home When Ill

[www.laportehhealth.org](http://www.laportehhealth.org)

[www.laportecounty.org](http://www.laportecounty.org)



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This is intended to be general disease prevention information, and is not a substitute for professional healthcare. Consult your healthcare provider before undertaking any medical treatment or adopting new health practices.