



What you need to know when your child is in the hospital for Influenza (Flu)

Maintain Your Own Good Health

- Consider getting a flu shot
- Wash your hands with soap and water, or use hand sanitizer frequently.
- Hand sanitizing stations are located throughout the hospital. If you cannot find a sink or sanitizer, ask a staff member for help.

Don't Be Alarmed by Staff Wearing Masks

- Your child's doctors, nurses, and other caregivers may wear yellow gowns and masks when examining your child. They must wear these items to protect themselves from getting the flu and from spreading it to other patients.

Other things to consider:

- Avoid bringing young siblings of your child to visit while in the hospital.
- Relatives that do not live with the child or who have not been in recent contact could get the flu if they visit. Discuss this with family members before allowing them to visit.

To protect our patients and staff, we ask you to:

- When coughing or sneezing, cover your mouth with a tissue and throw it in the trash after use. If you do not have a tissue, cough or sneeze into the inside of your elbow, not your hand.
- Wash or sanitize your hands when entering and leaving your child's room.
- It is ok to remind your child's caregivers to wash their hands before examining your child.
- Notify your child's caregiver immediately if you develop the following symptoms: fever, headache, chills, and fatigue. Some people may also have vomiting and diarrhea.

If you have questions, contact your child's primary care physician. Visit www.childrensnational.org/flu for more information.

Reviewed and Revised by educators of The Goldberg Center and APS for patient/family education and Infection Control.