



Spread Cheer, NOT GERMS, this Holiday Season!

Capital Health District has seen an increase in respiratory illnesses over the past week. Health Canada says that Canada is experiencing an early and more severe influenza season.

There is Influenza illness activity on 9th Floor Abbie J Lane and Unit 500 in Hants.

Please note:

- Visitor restrictions are in place; one or two designated family members per patient at a time.
- Visitors who are ill should not visit.
- Visitors are reminded of good hand washing practices both entering and exiting the unit.
- Visitors are asked to leave the building immediately after visiting.

The Flu can be a serious disease.

- **Flu is very contagious and can spread quickly and easily.** Flu virus is mainly spread through droplets from coughs and sneezes (within 6 feet of a susceptible person). Indirect contact transmission via hand transfer of influenza virus from virus-contaminated surfaces or objects to mucosal surfaces of the face (e.g., nose, mouth) may also occur.
- **You can have the flu and not know it** Adults can be contagious beginning the day before the onset of symptoms and up to seven days afterward. You can pass the flu on to others who may be at risk of serious complications.
- The flu is responsible for about 12,200 hospitalizations and 3,500 deaths per year and can affect everyone, including those who are healthy.

Infection Control Measures can prevent transmission of the flu.

Institute **droplet/contact precautions** on every patient with acute onset of new respiratory tract symptoms (***procedure mask /eye protection is required within two meters of the symptomatic client*) **Droplet Precautions policy: [IC 04-011](#)**
Contact Precautions policy: [IC 04-008](#)

Use PPE carefully: Avoid touching face when removing PPE or adjusting mask during patient care. Don't forget to clean hands prior to putting on & removing PPE.

Talk to the patient's doctor about the need to collect **nasopharyngeal (NP) swab**
NP swab policy: [IC 09-004](#)

Implement **respiratory hygiene** and **cough etiquette**. See our **Now** patient pamphlet "[Cold & Flu Season: Taking Care While You Are in the Hospital](#)"

Notify Infection Prevention and Control (at 473- 2659) of any new influenza like illness on your unit. Additional Precautions to be discontinued by IPAC.

Follow the **four moments of hand hygiene**

Prevent the Spread of the Flu at Home and Work

Get your **flu shot**. Call Employee Health for an appointment at 902-473-8416.

Clean your hands often and thoroughly

Cough and sneeze into the bend of your arm, not your hand

Stay home if you are sick

Avoid touching your eyes, nose, and mouth with your hands

Clean and disinfect commonly touched items such as light switches and door knobs