Flu season is October through April and during this time we need your help to prevent the spread of illness!

- **Cover your mouth and nose** when you cough or sneeze.
- **Clean your hands** often – especially before entering and after exiting the hospital room.
- **Ask for a mask** as soon as you arrive if you are coughing or sneezing and are here for care.
- **Avoid** touching your eyes, nose, or mouth.
- **Get your flu shot**: The best way to prevent the flu and spreading illness is by getting vaccinated each year.
- **Caring may mean not visiting today** if you are sick:
  - If possible, please stay home.
  - Don’t share drinks or eating utensils.
  - Don’t touch others or shake hands.
  - Don’t visit newborns, anyone with a weak immune system or anyone with an illness such as flu.

For your convenience and safety, stations with tissue, hand sanitizer and masks are available at public entrances and common areas.

If flu cases go up during the season additional precautions may need to be put in place including but not limited to visitation restrictions.