



H1N1: A Guide for Our Families

Nationwide Children's is closely monitoring the H1N1 influenza virus.

We are taking precautions to protect our staff and patient families, while operating as normal.

Steps you can take to help keep yourself and your family from getting sick:

- :: Good hand washing is key to preventing the spread of germs.
 - Wash for at least 15 seconds with soap and water.
 - Turn the faucet off with a paper towel.
 - Alcohol-based hand rub is also effective.
 - Wash your hands often throughout the day.
 - Always wash your hands after using the bathroom, after you cough or sneeze, and before eating.
- :: Avoid touching your eyes, nose or mouth. Germs spread that way.
- :: Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

:: Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

:: Give your immune system a boost by:

- Getting plenty of sleep
- Getting plenty of exercise
- Eating healthy foods
- Drinking plenty of fluids

We recommend anyone with persistent flu-like symptoms with fever consult with their pediatrician or primary care provider. For the safety of our patients and staff, it is our policy to always ask visitors who are displaying flu-like symptoms to stay away from the hospital if possible.

If you have any questions, visit our Web site at www.NationwideChildrens.org/H1N1 or ask your nurse or doctor.