

# **B** BLESSING HOSPITAL

## **Information about H1N1 to help protect you & your loved ones**

Our main priority is your health. Blessing Hospital is concerned about the recent escalation of H1N1 flu. We need your help to reduce the risk of flu exposure to you, your family, and our staff.

### **Please practice the following to help prevent the spread of the flu:**

- Please limit the number of family members visiting the Hospital. Children under the age of 15 will not be allowed to visit the Hospital, unless seeking medical attention.
- In place of visiting, please go to our website at [www.BlessingHealthSystem.org](http://www.BlessingHealthSystem.org) to Email a Patient greeting to your loved one.
- Practice the three C's for Prevention:
  - 1) **CLEAN:** Wash hands frequently and use alcohol-based cleaners (hand sanitizer) available throughout Hospital.
  - 2) **COVER:** Cough or sneeze into your sleeve instead of your hands. This keeps you from spreading germs to door handles, phones, etc.
  - 3) **CONTAIN:** Contain your germs. When you're sick stay home until 24 hours after fever is gone without use of fever-reducing medicines.

Thank you for your cooperation in following these guidelines for your safety and the safety of others.



Maureen A. Kahn,  
President/CEO,  
Blessing Hospital



## Mom and Newborn Seasonal/H1N1 Information

Blessed Beginnings Birth Center is concerned about the seasonal and H1N1 flu and the health of you and your newborn. *You continue to be at higher risk for flu related complications up to two weeks after giving birth and the flu vaccine is not approved for use in children under 6 months old.* Please read and follow these tips:

### Prevention:

- Please limit the number of visitors into your home.
- Use caution allowing your baby to be around children under the age of 15, other than siblings.
- Avoid crowds.
- Avoid touching your face, nose, and mouth.
- Don't allow sharing of toys and other items in the house that your newborn comes in contact with (wash all items with soap and water routinely).
- Get vaccinated (seasonal and H1N1) as soon as possible. Parents, caregivers of infants under 6 months of age, and other siblings in the house should receive the vaccines to prevent illness. Practice the three C's for Prevention:

**CLEAN:** Wash hands frequently and use alcohol-based cleaners (hand sanitizer).

**COVER:** Cough or sneeze into your sleeve instead of your hands.

**CONTAIN:** Contain germs. Anyone sick should stay home until 24 hours after fever (100.4° F) is gone without use of fever-reducing medicines.

### If you become sick:

1. Call your doctor to see if you need treatment with antiviral medicines.
2. Stay at home except to get medical care.
3. Treat a fever (100.4° F) with acetaminophen (Tylenol®).
4. Drink plenty of fluids.
5. Continue breastfeeding. The flu virus is **NOT** transmitted through breast milk. Breastfeeding provides protection by passing antibodies from you to the baby to help fight off infection. Breastfed babies do not get as sick and are sick less often from the flu than do babies who are not breastfed.
6. If you are too sick to breastfeed, pump and have someone give the breast milk to your baby.
7. Treatment with antiviral medications is OK with breastfeeding.
8. Wash hands before feeding your newborn.
9. Use clean burp cloths.
10. Consider wearing a mask during close contact with your newborn.
11. Be careful not to sneeze or cough in your baby's face.

### If your baby becomes sick:

1. Call your baby's doctor:
  - If the baby is having trouble breathing
  - Temperature over 100° F (under the arm or ear method)
  - If the baby is very sleepy and cannot awaken for feedings
  - If the baby has several loose watery stools in a 24 hour period
  - If your baby does not have enough wet diapers in a 24 hour period (check your baby's feeding record)

2. Continue breastfeeding.
3. Keep your sick baby (or other children) in a separate room in the house as much as possible to limit contact with other household members who are not sick.
4. Consider having just one person be the main caregiver for the sick baby/child.

### Seek Emergency Care

Self	Baby
<ul style="list-style-type: none"> <li>• difficulty breathing or shortness of breath</li> <li>• turning blue</li> <li>• bloody or colored sputum</li> <li>• pain or pressure in chest</li> <li>• dizziness upon standing</li> <li>• unable to keep liquids down</li> </ul>	<ul style="list-style-type: none"> <li>• fast breathing or trouble breathing</li> <li>• bluish or gray skin color</li> <li>• not drinking enough fluids</li> <li>• severe or persistent vomiting</li> <li>• not urinating or no tears when crying</li> <li>• not waking up or not interacting</li> <li>• being so irritable that the child does not want to be held</li> <li>• flu-like symptoms improve but then return with fever and worse cough</li> </ul>