



HOLY REDEEMER HOSPITAL AND MEDICAL CENTER

Attention Maternity Patient: H1N1 Flu Information

EFFECTIVE NOVEMBER 2, 2009

The flu season is here. Pregnant women, new mothers and their newborns are among the highest risk populations for *life threatening* complications from H1N1 virus (swine flu). We are taking extra precautions at Holy Redeemer to help prevent the spread of the flu, but we need your help. Here's how we can reduce the risk of flu exposure to our Maternity patients and their newborns:

VISITOR RESTRICTIONS

- **No sick visitors.** If a visitor has a fever, cough, sore throat, fatigue, nausea, vomiting, or diarrhea, ask them to please stay home.
- **No visitors under age 16** are permitted, including siblings of newborns.
- **Limit your maternity visitors** – we recommend limiting your visitors to your labor coach and only those *truly* necessary while you are admitted to the Maternity Center because a person can be contagious and not even have symptoms yet! Fewer visitors means less risk of flu exposure for both of you – here and after you go home with the baby!

GET VACCINATED

- Holy Redeemer will be offering H1N1 vaccines to pregnant and post partum patients while supplies last, both at the hospital and through our affiliated obstetricians.
- You may check with your obstetrician or with your local county health department for other ways to obtain the H1N1 Vaccine
 - Bucks County - 877-477-4492 or www.buckscounty.org
 - Montgomery County - 610-278-5117 or www.health.montcopa.org
 - Philadelphia County - 215-685-6458 or www.phila.gov/health

EXERCISE GENERAL FLU PREVENTION ETIQUETTE

For yourself and anyone coming near you and your newborn!

- Wash hands frequently with soap and water or hand sanitizer.
- Cover coughs and sneezes with tissue or your upper sleeve.
- Wear a mask if you have respiratory symptoms.

ONCE YOU DELIVER

- Holy Redeemer offers 24/7 rooming-in for our mothers and their newborns in our private suites for any new mother and her well newborn, if desired. This may limit exposure to you and your newborn by others who may unknowingly be carrying the flu virus.
- If you have flu-like symptoms or are diagnosed with the flu while you are hospitalized, Holy Redeemer will be following the Centers for Disease Control (CDC) Guidelines.

Help us fight the Flu!

The Staff of The Maternity Center

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