

GBMC

H1N1 FAQ

- **Why has GBMC implemented a revised visitors policy?**
 - GBMC is taking a proactive approach to help protect the health of our community, patients, visitors and staff. Many hospitals nationwide and more than a dozen in Maryland are following the CDC guidelines and instituting modified visitor policies during this period of influenza outbreak.
- **How does the Flu spread?**
 - The H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with the flu. People may also get sick by touching something with the flu viruses on it and then touching their mouth, nose or eyes.
- **Why can't children under the age of 18 come into the hospital?**
 - The CDC has acknowledged that young people are more at risk as carriers and transmitters of the H1N1 flu. The CDC recommends the following measures to help prevent the spread of germs:
 - Cover Coughs and sneezes with a tissue.
 - Stay away from people who are sick.
 - Wash hands often with soap and water or an alcohol based hand rub.
 - Avoid touching your eyes, nose and mouth.
- **Why do visitors have to wear a mask in critical care areas?**
 - Visitors must wear a mask to assist in decreasing the potential spread of the seasonal flu and H1N1 flu to the patient and/or themselves. Patients admitted to critical care units are in a weakened condition and are more susceptible to contracting the flu.
- **How long can a sick person spread the flu to others?**
 - People infected with the seasonal flu or H1N1 flu shed virus and may be able to infect others from one day before getting sick to 5-7 days after. Some people can shed virus even longer, especially children and people with weakened immune systems and people infected with H1N1 flu.
- **How do I know if I have the flu?**
 - You may have the flu if you have some or all of these symptoms:
 - Fever
 - Cough
 - Runny nose/stuffy nose
 - Body aches
 - Headache
 - Chills
 - Fatigue
 - Sometime diarrhea and vomiting
- **What are the warning signs?**
 - Anyone exhibiting the following signs and symptoms should seek immediate medical care.
 - **Children**
 - Fast breathing or troubled breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Severe or persistent vomiting
 - Not waking up or interacting
 - Increased irritability
 - Flu-like symptoms improve but then return with fever and worse cough
 - Fever with rash
 - **Adults**
 - Difficulty breathing/shortness of breath
 - Pain or pressure in chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting

Thank you for helping GBMC to promote a healthy environment.
Go to www.gbmc.org for more information