



Protecting You and Your Child during Flu Season

Pregnant women and young children are at high risk for serious flu complications.

How to Protect Yourself and Your Child

Flu vaccinations are the single most effective prevention against flu. Please speak with your provider about vaccination.

You can also prevent the flu from affecting you or your child by asking visitors to wash their hands before visiting your child and – if they have cold- or flu-like symptoms – to postpone their visit until they are well.

Visitor Guidelines

If flu cases reach high levels in our communities, we follow these guidelines at all Oregon Providence hospitals:

- Visitors must be 12 years of age or older. Exceptions are made for well siblings of the child.
- Visitors, family members and siblings with cold- or flu-like symptoms are asked to stay home because they are a risk to our pregnant mothers' and children's health. Exceptions are made for parents of the child.
- Visitors not essential to the child's emotional well-being and care are asked not to visit during this period. This prevents accidentally spreading the flu to our patients and families.
- The neonatal intensive care unit (NICU) may have additional guidelines.

Visitors should postpone their visit if they have cold- or flu-like symptoms, including:

- Cough
- Sore throat
- Vomiting
- Diarrhea
- Rash
- Fever above 100° Fahrenheit

For more details on visitor guidelines, speak with your provider or nurse. Thank you for helping us fight the flu.