

NEWS RELEASE



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For Immediate Release

Halifax Regional Implements Flu Season Visitation Restrictions

Guidelines will help protect patients, visitors, and Medical Center staff

ROANOKE RAPIDS, NC (January 7, 2014)—The flu season is underway and to curb its effects on patients, visitors, residents, and Medical Center staff, Halifax Regional is implementing immediate visitation restrictions and guidelines in response to the recent spike in influenza activity.

“The safety of our patients, visitors, and staff is a high priority, said Karen Daniels, RN, Vice President of Nursing. It is extremely important that all precautions are taken to keep patients protected. Implementation of our visitation guidelines is to protect everyone in the community especially those at great risk during influenza season.”

Effective immediately, Halifax Regional will implement the following visitation restrictions:

- Children age five and under are not permitted in the Medical Center unless the child has an appointment or needs medical treatment;
- Teens and older children are asked not to visit due to the high rate of influenza among those age groups;
- Pregnant women and adults age 65 and older are discouraged from visiting the Medical Center;
- Visitors with any flu-like symptoms (fever, cough, sore throat, fatigue, nausea, vomiting, or diarrhea) will not be permitted in the Medical Center;
- Only one adult will be allowed to accompany a patient in the Emergency Care Center; and
- Visitors should wash their hands before entering a patient room and upon leaving the room. Hand sanitizer is available throughout the hospital in convenient dispensers.

The flu is a respiratory virus that poses a serious public health risk. The flu can lead to hospitalization and in some cases death. While the flu can make anyone sick, certain people are at greater risk of flu-associated complications. Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue. A person may also have vomiting and diarrhea.

Flu season is underway and affecting residents across North Carolina. Basic precautionary measures can be taken and are encouraged. Proper hygiene remains the best defense to prevent common viral respiratory diseases. Good personal hygiene to prevent getting sick and spreading germs includes:

- Covering the mouth when coughing and sneezing;
- Sanitary disposal of discharges from mouth and nose; and
- Frequent hand-washing with soap and water.

Vaccination is still strongly recommended as the best measure to decrease the risk of influenza.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.