



HENRY MAYO NEWHALL
Memorial Hospital
caring. commitment. community.

IMPORTANT FLU INFORMATION FOR MATERNITY PATIENTS

The 2009 Flu season is here and this year the H1N1 strain (swine flu) puts pregnant patients at an increased risk for complications. The Centers for Disease Control recommends that pregnant women receive both the seasonal flu vaccine **and** the H1N1 vaccine. Please make sure you talk to your obstetrician about getting both vaccines **before** you deliver your baby. These vaccines will not only protect you, but will protect your new baby as well.

Hospital Visiting Policies

Henry Mayo Newhall Memorial Hospital is committed to ensuring the health and well-being of our patients, visitors, and staff. In response to concerns about risk and infection during the flu season, and to help keep patients and staff safe from flu exposure, Henry Mayo Newhall Memorial Hospital will be implementing new visitor policies:

Due to the large number of children affected by the H1N1 flu, children under 14 will not be permitted to visit patients or permitted in patient care areas. This is for their protection as well as for the protection of our patients. With supervision, children may wait in the hospital's main lobby or the hospital cafeteria. Please do not leave children unaccompanied.

Persons with symptoms of respiratory infections, fever, illness or any sign of communicable infection will not be permitted to visit patients.

We understand that having a baby is a joyous time and that many friends and relatives will be anxious to visit you and your new baby. For your baby's health, please ask your visitors and family members to stay home if they are not feeling well.

We recommend that once you are home from the hospital, you continue to discourage visitors who may be sick. Frequent hand washing and covering a cough are essential activities your family should undertake so as not to spread germs. Breastfeeding is another excellent way to help protect your baby from the flu. The immunities your baby receives while breastfeeding can make a huge impact on his or her health--especially during flu season.

In the event you develop flu symptoms before you receive the recommended vaccinations, it is very important that you call your doctor immediately so he or she can prescribe appropriate treatment. There are antiviral medications that are available and are safe to take during pregnancy.

Thank you for your support and cooperation.
OB Medical Staff, Henry Mayo Newhall Memorial Hospital