

Patient and Visitor Guidelines During Flu Season

Due to the increased risk of cold and flu viruses this winter, we ask for your help to protect the health of our patients. If you are experiencing a fever, cough, runny nose, sore throat, body aches, nausea, vomiting, diarrhea or congestion, even if you have been vaccinated for the flu, we ask that you take the following actions:

All family members and visitors: We ask that you do not visit a patient in the hospital or accompany a patient to an appointment until you are symptom-free.

Inpatient hospital visitors: While flu season is at its peak, we ask that patients have no more than two visitors at once. We also ask that **VISITORS YOUNGER THAN AGE 18 do not visit patients in the hospital.**

Outpatients: Call to cancel your appointment (you will not be charged if canceling due to illness.)

Please remember frequent hand-washing is one of the most effective means to prevent the spread of the cold and flu virus.

Questions? Please ask a staff member or visit flu.nm.org for more information.