

To Our Patients:

Due to the increased incidence of **H1N1 (swine) flu** and risk to our obstetrical patients, we are asking for your cooperation in the following:

- All pregnant patients are strongly recommended to go to the Southwest Utah Public Health Department for a H1N1 vaccination. The vaccine will be available free of charge in October. The seasonal flu vaccine is also available, but there is a charge for that vaccine. The address for the health dept: 620 S. 400 E. Suite 400, St. George, UT. You can also contact them at (435) 673-3528.
- Please do not bring anyone with you to your appointment that is sick, especially with fever or cough. If you, or anyone accompanying you to your appointment, have signs of upper respiratory infection (cough, sneezing, etc), you may be asked to wear a mask in our waiting room.
- If you have a fever of greater than 100.4, cough, sore throat, or other symptoms of the flu, please do not come into the office or go to labor and delivery (unless you are experiencing pregnancy-related complications.) You may call our nurses line at (435) 628-4969, or go to the Instacare or ER for evaluation.
- We have installed germicide dispensers in the waiting room and in the check out area and encourage you to use them before and after your doctor's appointment.
- **In order to reduce the risk of exposure for our healthy patients, we ask that you do not bring more than one person with you to your doctor's appointments and that you try not to bring your children with you, even if they are well**
- Dixie Regional Medical Center has issued restrictions for visitors at the 400 E. Campus (labor and delivery, nursery, and post-partum). Please be aware that no children under 14 will be allowed to visit. This includes siblings and other family members. They are also restricting visitors to no more than two visitors at one time. There are dispensers for germicide at all entries to the hospital and any visitors are encouraged to use them. Please adhere to the restrictions at the hospital.
- If you get sick with flu-like symptoms, please stay home and avoid contact with other people. Cover coughs and sneezes with tissue. Wash your hands often. CDC recommends you stay home for at least 24 hours after your fever is gone. (Your fever should be gone without the use of fever-reducing medication, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events and public gatherings.

WHAT IS THE DIFFERENCE BETWEEN INFLUENZA AND COMMON COLD?

SYMPTOM	INFLUENZA	COMMON COLD
Fever	Usual, sudden onset greater than 100.4° F or 38° C and lasts 3-4 days	Rare
Headache	Usual and can be severe	Rare
Aches and pains	Usual and can be severe	Rare
Fatigue and weakness	Usual and can last 2-3 weeks or more after acute illness	Sometimes, but mild
Debilitating fatigue	Usual, early onset can be severe	Rare
Nausea, vomiting, diarrhea	In children < 5 years old	Rare
Watering of eyes	Rare	Usual
Runny, stuffy nose	Rare	Usual
Sneezing	Rare in early stages	Usual
Sore throat	Usual	Usual
Chest discomfort	Usual and can be severe	Sometimes, but mild to moderate
Complications	Respiratory failure; can worsen a current chronic condition; can be life-threatening	Congestion or earache
Fatalities	Well recognized	Not reported
Prevention	Influenza vaccine; frequent hand-washing; cover your cough	Frequent hand-washing; cover your cough

Source: "Planning Guide for Infrastructure Providers" New Zealand Ministry of Economic Development, Oct, 2005 pg 22.

Emergency Warning Signs requiring immediate medical attention:

Difficulty breathing or shortness of breath
Pain or pressure in chest or abdomen
Sudden dizziness
Confusion
Severe or persistent vomiting