

## Influenza (Flu) Outbreak Instructions

During this time of influenza outbreak, it is crucial for all members of the community to take precautions to protect themselves, the community and the staff at Gateway Community Health Centre.

Respiratory Illnesses like the FLU can spread easily.

### Important steps to follow are:

1. When entering Gateway Community Health Centre. Everyone must **STOP** and take the time to read the important information posted at the Centre regarding FLU.
2. Everyone **“must” CLEAN YOUR HANDS**, prior to reporting to the receptionist
3. If you have a **new** COUGH or one that has become WORSE experience SHORTNESS OF BREATH, or feel FEVERISH, **do not come to the Centre**. Call us and one of our Nurse Practitioners will talk to you on the telephone to determine your care needs.
4. If you have been out of the country within the last 7 days or been in contact with someone who has had symptoms of the flu in the last 7 days, **do not come to the Centre**. Call us and one of our Nurse Practitioners will talk to you on the telephone to determine your care needs

For more information and recent updates regarding influenza please visit the Hastings & Prince Edward County Health Unit website at [www.hpechu.on.ca](http://www.hpechu.on.ca) .

Community Flu clinics at the Gateway Community Health Centre have completed for 2011