

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 when entering Gateway Community Health Centre are:

1. Everyone must STOP and take the time to read the important information posted at the Centre regarding FLU.
2. Everyone must **CLEAN YOUR HANDS** with the hand sanitizer provided.
3. If you have a New cough or one that has become WORSE, experience SHORTNESS OF BREATH, or feel FEVERISH - **PUT ON A MASK.**
4. If you have returned from Mexico within the last 7 days or have been in contact with someone who has had symptoms of the flu in the last 7 days, **PUT ON A MASK.**

If you have answered YES to any of these TELL THE RECEPTIONIST IMMEDIATELY

**If you have symptoms of the FLU you may call the Centre and speak to a nurse regarding your symptoms, prior to coming to the Centre. **

For more information and recent updates regarding influenza please visit the Hastings & Prince Edward County Health Unit website at www.hpechu.on.ca.