

## *When should I call my doctor?*

**It is important to treat yourself and your family at home as much as possible.**

**Call your doctor if any of the following symptoms develop:**

- > shortness of breath while resting.
- > difficult or painful breathing.
- > coughing up bloody sputum.
- > wheezing.
- > a fever greater than 39°C that lasts more than two to three days or if it is getting worse.
- > you start to feel better and suddenly get a fever over 39°C and start to feel sick again.
- > drowsiness, disorientation or confusion.
- > extreme pain in your ear.

**For children, call the doctor if the child:**

- > has a heart or lung disease or any chronic illness which requires regular medical care.
- > has a disease or is taking drugs or treatments that affect the immune system.
- > has trouble breathing.
- > is less than six months old and has a temperature greater than 38.5°C.
- > is irritable and cannot be calmed down.
- > is listless and doesn't play with toys.
- > drinks little fluid and does not urinate at least every six hours when awake.
- > has severe vomiting or diarrhea.

**For children, call 911 if the child:**

- > has severe trouble breathing.
- > has blue lips.
- > is limp or unable to move.
- > has a stiff neck.
- > seems confused.
- > has a seizure.



**For more information  
call your local hospital or visit:**

*[www.saskatoonhealthregion.ca](http://www.saskatoonhealthregion.ca)*

***Humboldt District Hospital***  
**(306) 682-2603**

***Wakaw Hospital***  
**(306) 233-4611**

***Wynyard Integrated Hospital***  
**(306) 554-2586**

***Rosthern Hospital***  
**(306) 232-4811**

***Watrous Hospital***  
**(306) 946-1200**

***Lanigan Hospital***  
**(306) 365-1400**

***Wadena Hospital***  
**(306) 338-2515**

***Royal University Hospital***  
**(306) 655-1000**

***Saskatoon City Hospital***  
**(306) 655-8000**

***St. Paul's Hospital***  
**(306) 655-5000**

# *Influenza*

*Stop the Spread!*



For those in or  
visiting the Hospital



## Understanding Influenza

Influenza can be spread when an infected person coughs or sneezes. It is also possible to become infected by touching surfaces contaminated with the virus, and then touching your own nose or mouth.

## In Hospital

At this time we are seeing more patients than usual with influenza or influenza-like-illnesses.

This year's influenza season is affecting our staffing levels therefore you may see health-care workers coming from other units to care for you. It may also take us a little longer to answer your questions. We will continue to provide the best care possible to you or your loved one.

We appreciate and thank you for your patience and understanding.

## Do you have any of the following symptoms?

- > A NEW cough.
- > A fever and/or chills.
- > Other signs of influenza (sore throat, aching muscles or joints, extreme fatigue).

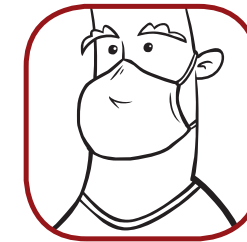
### If so,

- > Use hand sanitizer to clean your hands.
- > Put on a mask covering your nose and mouth.
- > Tell the nurse or receptionist.
- > Cover coughs and sneezes with a tissue or your sleeve.
- > Put tissues in the garbage.
- > Sit apart from others.
- > Stay home from work or school.

## Limit Visiting

Influenza is contagious. Please refrain from visiting patients in hospital if you are ill with influenza-like-illness, or limit your number of visitors if you are in hospital.

## Personal Protective Equipment



You may be asked to wear a mask or additional personal protective supplies like a gown or gloves. This is to protect you from being

infected and also from carrying germs to other people.

Please follow staff instructions on how to safely put on and remove personal protective equipment.

**Please follow these five simple ways to help reduce the spread of influenza:**



**Wash your hands often. Use warm water and soap, lather for 20 seconds and rinse. Use your own towel.**



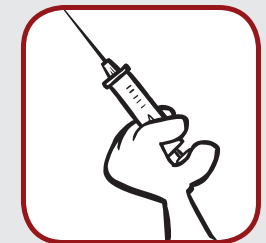
**Cough and sneeze into your sleeve or shoulder or use a tissue once and throw it in the garbage.**



**Stay at home or indoors if you are sick. Drink plenty of fluids and rest.**



**Clean surfaces often. Avoid commonly touched surfaces such as doorknobs, railings and telephones.**



**Get immunized. It's free for everyone.**