



NEWS RELEASE

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AnMed Health asks again for voluntary visitation restrictions for duration of flu season

(Anderson, S.C. – March 8, 2016) –AnMed Health is requesting that all children and anyone with symptoms of cold, flu or respiratory illness refrain from visiting hospitalized patients until the height of the current flu season passes. A mandatory visitation restriction is not currently in effect, but AnMed Health infection prevention experts urge visitors to take precautions to avoid spreading influenza and other respiratory illnesses.

Precautions include not exposing patients to visitors who are sick, or visitors to sick patients.

- **Please limit visitors to two adults per patient at any time.** Limiting the number of visitors per patient will help control the spread of the illness.
- **Please do not bring children on hospital visits.** Children are more likely to get sick and spread the flu.
- **Please wash your hands frequently.** Look for hand-washing stations around the hospital, and use them often. Please make sure to clean your hands when entering and leaving the hospital either by washing with soap or rubbing your hands together with hand sanitizer.
- **Please do not visit the hospital if you have symptoms of the flu.** Signs of the flu include fever, cough, sneezing, runny nose or sore throat.
- **If you haven't already, get the flu vaccine.** Getting the simple shot can help increase your chances of staying healthy and avoid getting others sick.

This flu season began quietly. AnMed Health confirmed only 28 cases in the last four months of 2015. In January, 21 were confirmed but that jumped to 194 in February.

The Centers for Disease Control estimates that between 5 percent and 20 percent of U.S. residents get the flu, and it is estimated that more than 200,000 people are hospitalized on average for flu-related complications each year.

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