Here at MHH, we are beginning to see signs of the approaching flu season. To protect the health of our community and be proactive as we enter the flu season, we are limiting non-essential visitors at this time (i.e., extended family members and friends). We will reevaluate this on a daily basis.

**Special instructions for OB visitors:**
Effective Saturday 10/17/09 in order to protect our mothers and their new babies during the flu season, visitors are being strictly limited to the following:

- one support person
- grandparents of the newborn
- siblings of the newborn over the age of twelve

If you are unable to visit due to the possibility of exposing our new families to the flu and would like to view the newborn you came to visit, please return to the waiting room. From there you may call the patient’s room directly or the nurse’s station @ ext. 1448 to request the newborn be brought to the nursery for you to view through the window.

**There are everyday actions you can take to stay healthy.**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are effective if you aren’t near soap and water.

- Avoid touching your eyes, nose or mouth. Germs spread that way.

- Avoid contact with sick people.

*Thank you for your cooperation!*