



WASH YOUR HANDS!

JFK Medical Center Wants Our Employees To Remain Healthy During This Flu Season

TAKING SIMPLE PRECAUTIONS MAY PREVENT YOU AND YOUR FAMILY FROM GETTING SICK.

- Wash your hands often with soap and water.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.
- Try to avoid close contact with people who are sick.
- You may have the flu if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue and sometimes diarrhea and vomiting.
- If you have flu-like symptoms, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- While sick, limit contact with others as much as possible.
- Follow public health advice regarding school closures, avoiding crowds and other measures to keep your distance from each other to lessen the spread of flu.

JFK VISITOR POLICY DURING THE COLD AND FLU SEASON

In order to avoid spreading the flu within the hospital, individuals presenting with flu or cold symptoms and minors under the age of 18 will be restricted from entering patient care areas.

We apologize for any inconvenience and appreciate your cooperation to insure the safety of our patients and families.

For additional information about the flu go to www.cdc.gov/flu



Hackensack
Meridian *Health*
JFK Medical Center

www.jfkmc.org