In response to the rising number of reported flu cases in North Carolina, and the increasing number of patients being seen in the hospital with flu-like symptoms, the Infection Prevention Division and medical leaders have made the decision to implement visitor restrictions at the hospital. The restrictions will be shared with the public and media outlets beginning today and will be effective at 7:00 a.m. on Friday, January 2.

**Restrictions include:** No visitors under the age of 13 will be permitted in the hospital. Additionally, guests who have compromised immune systems or are experiencing flu-like symptoms such as fever, coughing, sore throat, vomiting, diarrhea, body aches or any sign of respiratory or other illnesses will be instructed not to visit the hospital. These restrictions also include visitors to The Birthplace.

Any employees experiencing flu-like symptoms should not report to work. If you are experiencing symptoms, please properly report any absence to your immediate supervisor in compliance with the CaroMont Health attendance policy (500-1). Employees diagnosed with the flu must be free of symptoms including fever, cough, headache, and body aches for 24 hours, and must be seen by Employee Health for clearance prior to returning to work. Additionally, employees are not allowed to return to work until seven days after their initial onset of symptoms.

Receiving the flu shot is the best way to protect yourself and our patients from the flu. If you have not gotten your flu shot, Employee Health offers the shot from 7:30 a.m. to 3:00 p.m., Monday through Friday. You can also get your flu shot anytime by seeing the flu champions on each nursing unit.

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