



FREQUENTLY ASKED QUESTIONS:

2025 -2026 FLU & RESPIRATORY SEASON AT PETERSON HEALTH

CHILDREN 14 YEARS OF AGE AND UNDER WILL NOT BE ALLOWED TO VISIT PATIENTS AT THIS TIME

1) Why is visitation restricted during respiratory season?

Answer: Visitation is **temporarily** restricted to children 14 and under and to those who currently have cold/flu-like symptoms to protect our patients and staff from getting sick.

- Children are very vulnerable to infections and can carry these viruses for longer periods of time, even without showing signs or symptoms of illness.
- We need to keep our staff healthy so they can care for your loved ones.
- Visitation restrictions are evaluated on a weekly basis according to community flu & respiratory virus rates.

2) Am I allowed to visit the hospital if I am having cold or flu-like symptoms?

Answer: We kindly ask you remain at home if you are currently experiencing fever (100.4 or greater), body aches, cough, congestion, or chills.

- This helps prevent the spread of respiratory viruses, especially to our vulnerable patient population.
- Respiratory viruses are highly contagious & can easily spread by coughing, sneezing or contact with patients.
- If you have symptoms on arrival to the Emergency Department, please wear a mask. Family members should also wear masks, as individuals can be contagious even without symptoms.

3) Can I (patient) receive a flu shot while in the hospital?

Answer: Yes! Your nurse will ask you about the flu shot on admission or during your hospital stay.

- The flu can cause severe symptoms & complications, including hospitalization & death. It is much more serious than the common cold.

4) Why do my caregivers and family members have to wear gowns and masks?

Answer: Gowns, masks & gloves are called personal protective equipment (PPE). We wear PPE to keep the flu & respiratory viruses from spreading from patient to patient and from patient to staff.

- We kindly ask that family and visitors protect themselves, our staff and community from flu & respiratory viruses by following our isolation standards of practice.

5) My loved one is in the hospital; what is the best way I can help protect them from infections and flu & respiratory viruses?

Answer: Perform hand hygiene before and after contact with the patient.

- Hand sanitizers are located throughout the hospital and are highly effective against flu & respiratory viruses.
- Hand washing for 15-20 seconds with soap and water is also an effective method to combat flu & other respiratory illnesses.