



Cheyenne Regional Medical Center

Cheyenne Regional's Flu Tips

As precautions against spreading or getting the flu, Cheyenne Regional Medical Center requests that you:

- Do not visit the hospital if you are showing signs of the flu (fever, cough, sneezing, runny nose). If you are seeking treatment, please enter through Cheyenne Regional's emergency department and put on a mask (located near all hospital entrances) to help prevent the flu from spreading to others.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer. This includes washing your hands before entering a patient's room and after leaving a patient's room. Sinks and soap are available in all patient rooms and in the restrooms on all patient floors. Hand sanitizers are available outside all patient rooms.
- Cover your nose and mouth with a tissue when you sneeze or cough and then throw the used tissue away. If you do not have a tissue, cough or sneeze into your elbow, **NOT INTO YOUR HANDS**. Coughing or sneezing into your hands promotes the spread of the flu virus.
- Avoid touching your eyes, nose or mouth.
- Get flu vaccinations -- for seasonal and swine (H1N1) flu. Vaccine for swine flu is expected to become available sometime in October. The vaccine for seasonal flu is available now in several area clinics and pharmacies