

H1N1 at Cincinnati Hospitals: What You Need to Know

- Patients visiting Emergency Departments at Greater Cincinnati hospitals do not meet Centers for Disease Control (CDC) criteria to receive H1N1 tests.
- Only hospitalized patients with flu-like illness may be tested for H1N1.
- Local or state Health Departments may request H1N1 testing for individuals who are part of a group or cluster of influenza-like illness cases that are being investigated by a local health district.
- Those who have flu symptoms, coupled with other risk factors such as asthma or diabetes should contact their health care providers.
- Those exhibiting severe symptoms should go to the Emergency Department.
 - Severe symptoms in children:
 - Fast breathing or trouble breathing
 - Bluish or gray skin color and/or purple or blue discoloration of the lips
 - Signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when crying
 - Severe or persistent vomiting which may include being unable to keep liquids down
 - Inability to wake up or interact, is less responsive than normal and becomes confused
 - Irritability and lack of desire to be held
 - Flu-like symptoms that improve, but then return with a fever and worse cough
 - Seizures (such as uncontrolled convulsions)
 - Severe symptoms in adults:
 - Difficulty breathing or shortness of breath
 - Purple or blue discoloration of the lips
 - Pain or pressure in the chest or abdomen
 - Signs of dehydration such as dizziness when standing or absence of urination
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting, which may include being unable to keep liquids down
 - Flu-like symptoms that improve, but then return with fever and worse cough
 - Seizures

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- Due to the presence of H1N1 in the Tristate, most Greater Cincinnati hospitals throughout southwest Ohio, southeast Indiana and Northern Kentucky began restricting visitors on September 21, 2009. The limited visitation policies are a precautionary measure, designed to ensure the safety of patients and health care workers.
- Visitor restrictions:
 - No visitation by anyone who is ill with any respiratory symptoms including coughing or fever, etc.
 - No visitation by anyone under age 14
- Cincinnati Children's Hospital Medical Center restricts visitation to parents and guardians only.
- Hospitals will provide both seasonal and H1N1 (when it becomes available) vaccines to hospital staff.
- Hospitals have put "respiratory etiquette" practices in place, including making alcohol hand gel, tissues and face masks available to patients and visitors in the Emergency Department and waiting rooms.
- To keep from spreading respiratory illnesses, including H1N1 to others, the Centers for Disease Control (CDC) recommends hand-washing, coughing and sneezing into a sleeve or a tissue, and staying home from work or school at least 24 hours after fever free.

Visit the Centers for Disease Control Web site for more information at www.cdc.gov