



365 West Street, Simcoe, Ontario N3Y 1T7
www.ngh.on.ca
519-426-0130 Ext.6977

MEDIA RELEASE:

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Making Ready for Flu Season

The coughing, the runny nose, the head and body aches, the fever. Are you ready for what could be a nasty influenza season? Norfolk General Hospital has some recommendations to prevent or lessen the chances of you and your family coming down with the flu.

“Hand washing is the simplest and most effective way to prevent the spread of disease” advises Dr. John Rosati Emergency Department Chief, “30 seconds with soap and water or hand sanitizer can make a difference. Cover your coughs and sneezes with your arm, not your hand. Above all else – get the shot.” Those at higher risk of complication from the flu (influenza) include the elderly, Children under age 5, pregnant women, First Nations Peoples, those with asthma, obesity, or other serious respiratory, cardiac and medical illness. Influenza immunization is strongly advised for those at high risk (including pregnant women or women who may become pregnant, and children) as well as any person who lives or works with those at high risk. Immunization can take a week or more to be effective, so is best done now. It is available free of charge through your family doctor, or at your local pharmacy.

NGH also advises, when you do visit loved ones, that you wash your hands. Alcohol based hand rub pumps are located at all entrances to the hospital. NGH encourages you to wash your hands after visiting to further prevent the spread! Help protect our patients and staff.

Gerry Hamill
Communication Specialist
519-426-0130 ext. 2454
ghamill@ngh.on.ca

“Our mission is to relieve illness and suffering, and help people live healthier lives.”



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Just Wash your Hands

