Cold and Flu Season Update: Return to Baseline

To: SCCA Patients, families, and caregivers  
From: Infection Prevention and Patient and Family Education  
Date: May 5, 2017

Since the numbers of cold and flu infections in our community have significantly decreased, the SCCA will be relaxing its cold and flu prevention efforts as of Friday, May 5th, 2017. Screening for cold and flu symptoms will no longer be required at appointment check-in and patients, visitors and staff will no longer be required to wear the “I’ve been screened” stickers in the clinics.

There are still cold and flu viruses at lower levels in the community, and it is still important to take precautions to prevent infection in yourself and others. Since colds and the flu can lead to much more serious symptoms in people being treated for cancer, those with a cough, runny nose, sore throat, fever, etc. will still be asked to follow the following infection prevention practices to protect others in the clinic:

- You may be asked to reschedule your visit if it is not urgent that you be seen in the clinic.
- If you remain in clinic, you will be asked to wear a mask, avoid busy clinic areas, and practice frequent hand hygiene (apply hand gel or wash hands with soap and water).
- Clinic staff will wear a mask, gown, and gloves while caring for you during your exam.

Infection Prevention for Families and Caregivers

- Families and caregivers with cold and flu symptoms should avoid coming into the clinic until their symptoms have significantly improved.

Our goal is to reduce the chances of catching a cold or the flu in the clinic, and to provide a safe environment for you, your family and your caregiver. We apologize for any inconvenience that these infection prevention steps may cause.

If you have any questions or concerns, please ask your doctor or nurse.

Helpful tips to keep yourself and others safe:

- Clean your hands often and avoid touching your face. Touching your nose, eyes and mouth with contaminated hands is one of the most common ways of becoming infected.
• **If you have cold or flu symptoms** (*runny nose, cough, sore throat, etc.*):
  - Please wear a mask while you are in a clinic. Masks are available near most elevators and at check-in desks. Masks should be changed at least once every hour, to remain effective. Cover your cough with your sleeve or a tissue.
  - **Clean your hands often.**
  - Do not enter a crowded elevator--ideally wait for an empty one. Avoid other crowded areas.
  - **Travel to the clinic in a private vehicle.** If you usually utilize a van from SCCA House or Pete Gross, you may request taxicab slips from your nurse. If you take a van from Hotel Nexxus, contact social work for taxi vouchers. These slips will be available only during the period you need to be isolated from others.
  - Tell your provider if you develop new symptoms or if your symptoms worsen.

**How do I clean my hands correctly?**

**Use Soap And Water:**
- Wet hands with warm water
- Dispense one measure of soap into palm.
- Lather up by rubbing hands together for 15 seconds, covering all surfaces of the hands and fingers.
- Rinse hands thoroughly
- Dry hands with paper towel.
- Use a towel to turn off faucet.
- Discard towel in the trash container.

**Use Alcohol Gel:**
- Dispense one or two pumps of gel into palm of one dry hand
- Rub hands together covering all surfaces of hands and fingers until dry, about 15 seconds.

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<th>CALL FOR PROBLEMS</th>
<th>6th Floor Patients</th>
<th>4th Floor Patients</th>
<th>3rd Floor Patients</th>
<th>Evergreen Halverson</th>
<th>Northwest Hospital</th>
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<tr>
<td>8am-10pm, M-F</td>
<td>(206) 288-7600 Adult &amp; Pediatric</td>
<td>(206) 288-7400</td>
<td>(206) 288-7300</td>
<td>(425) 899-3181</td>
<td>(206) 368-5800</td>
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<tr>
<td>8am-6pm, Sat, Sun</td>
<td>(206) 598-8902 Adult (206) 987-2032 Pediatrics</td>
<td>(206) 598-6190: Ask for the Fellow On-Call</td>
<td>(206) 598-6190: Ask for the Resident On-Call</td>
<td>(425) 899-3181</td>
<td>(206) 368-4800</td>
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<td>8am-5pm, Holidays</td>
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