

Important Notice

It's flu season - help us fight the spread of infection.

Dear Residents, Families and Visitors,

This year's strain of influenza is more severe and more virulent than last year's strain. Recent reports show that seasonal flu activity in Canada is 10 times higher than the same period last year. The flu is highly contagious and an infected person can start spreading the flu to others even before symptoms develop. While most people recover from the flu after 7 to 10 days, frail and older adults are at the greatest risk of influenza-related complications.

As a health sciences centre that cares for older adults, we need to do everything we can to stop the spread of influenza. We also need your support to ensure that our patients and residents are as safe as possible from transmission of the flu virus.

We ask that family and visitors please take the necessary precautions to help us stop the spread of the flu.

- **Clean your hands often** – Wash your hands or use an alcohol-based hand sanitizer.
- **Get the flu shot** – The flu shot is the best way to prevent the spread of the flu.
- **No flu shot?** – Please wear a mask when visiting friends or loved ones if not yet vaccinated.
- **Stay home if you're sick** – Please do not come to Baycrest if you have a cough, sore throat, fever or runny/stuffy nose. If you need assistance arranging a telephone or Skype call with your loved one while you are unable to visit, please speak to a member of your care team.

Where to get the flu shot

The flu shot is now available at the Rexall Pharmacy, located on the ground floor of the Baycrest hospital building – no appointment necessary. If you have any questions, please see a health care provider on your floor.

If you would kindly share this message with family members, it would be greatly appreciated. This message, as well as other Apotex updates, can be found on the Baycrest website at www.baycrest.org/apotex.

Protect yourself, protect your loved ones.

Sincerely,

Sue Calabrese, RN, MN
Director of Residential Care and Experience, Apotex