Dear Residents,

Thank you so much for your patience and consideration during this influenza outbreak.

Many of you have been asking what can be done to reduce the risk of getting the flu if you haven’t already had it and what to do if you become ill. Here are some recommendations I have received from the Public Health – Seattle & King County (PHSKC) in accordance with the Centers for Disease Control and Prevention (CDC).

If you become ill with symptoms of flu (cough, sore throat, increased fatigue, body aches and chills) you should:

* Contact your physician.
* Ask your physician about a medication called oseltamivir (also known as Tamiflu). This medication, if taken within the first 48 hours after symptoms start, may lessen the length and severity of the illness.
* Consider testing for COVID-19 as co-infections may occur.
* Avoid contact with other residents until you have been without fever for at least 24 hours without the use of fever reducing medications.
* Be sure to wash your hands with soap and water frequently.
* Cover your cough with your sleeve or a tissue.

If you are not ill and there is influenza in the facility you should:

* Let your physician know that there is an outbreak of influenza in your facility. In certain settings antiviral medication may be prescribed to prevent influenza infection.
* Talk to your physician about getting a flu shot if you have not received one this year.
* Wash your hands frequently with soap and water.
* Avoid contact with other ill residents.
* Contact \_\_\_\_\_\_\_if you become ill and stay in your room to avoid contact with other residents.

Your patience and cooperation is very much appreciated. Please rest assured that we are doing everything we can to get our community back to normal.

Get well soon!

Warmest Regards,