



Flu Facts

Temporary Visitor Rules for all U-M Health System Facilities

During the current flu season, and until further notice, the University of Michigan Health System has put in place **temporary visitor rules designed to reduce the spread of all types of flu.**

These new rules apply to all U-M hospitals, health centers and other treatment locations throughout Southeast Michigan. (For a complete list, see below.)

During this time, please help us protect our patients by cooperating with these rules:

- **No visitors with the flu:** People who are experiencing flu-like symptoms should not come to any UMHS facility for any reason, except to seek care. This includes not only patients' loved ones but those with business reasons for visiting these facilities. Flu-like symptoms are a fever over 100 degrees F, together with a cough, sore throat, or runny nose. Exceptions will be allowed only with the approval of the patient's care team.
- **Age limit on visitors:** No visitors under the age of 16 will be allowed to visit any patient who is hospitalized or in the Emergency Department, except in certain circumstances that must be cleared by the patient's care team. Visitors under the age of 16 are strongly discouraged in outpatient settings as well. This age group is most susceptible to the H1N1 flu virus, and high rates of illness are being seen in children and teens.
- **Limit on number of visitors:** No patient who has been admitted to any hospital or emergency department may have more than two visitors to their room at a time. Visitors should be limited to those who are essential to the emotional and physical support of the patient. Exceptions can be made by the patient's care team and should be approved in advance before visitors arrive at the hospital. We also discourage groups of visitors from coming to our facilities all at once, and instead encourage patients and their loved ones to establish rotating visiting schedules so that one or two people visit at a time.
- **Examples of situations that would warrant an exception to these rules:** If a person with flu-like symptoms or under the age of 16 is absolutely essential to support a patient, if a person under 16 is the parent of a patient, or if a patient is close to death. Visitors allowed under these exceptions will be asked to wear masks as appropriate.

Even if you can't visit, you can still show you care:

Anyone who wants to give a loved one or friend support while they are in our care should do so by phone, e-mail, mail, CarePages patient web pages or other means such as sending flowers, plants, balloons or gifts. Because of our temporary limits on in-person visitors, these other means of expressing good wishes to our patients are more important than ever, and we encourage their use.

Why we're doing this:

These rules are consistent with rules being put in place by other hospitals and health centers in our area. Hospitals across the country are implementing new visitor guidelines to slow the spread of flu, which has become widespread in Michigan. Patients who are hospitalized include many people who are much more likely than the general public to develop severe complications if they catch the flu.

Where do these rules apply?

These rules apply to: the inpatient and outpatient areas of University Hospital, C.S. Mott Children's Hospital, Women's Hospital Birthing Center, and Cardiovascular Center, as well as the Emergency Department, Comprehensive Cancer Center, Taubman Center, Kellogg Eye Center, East Ann Arbor and Livonia surgery centers, and all outpatient locations in Washtenaw, Wayne, Livingston and Oakland counties. Visitors to UMHS administrative offices are also asked to refrain from coming if they have flu-like symptoms.