***[Insert Facility Letterhead or Logo]****![C:\Documents and Settings\rkf66307\Local Settings\Temporary Internet Files\Content.IE5\UGABXWET\MC900411244[1].wmf]()*

**Limit the Spread of Influenza-like Illness**

*Residents of long-term care facilities often experience severe disease if they get the flu or other respiratory illnesses.*

*Please help us reduce the spread of illness by taking these steps:*

**Please do not visit this facility if you have had any symptoms of influenza-like illness within the last 24 hours, including:**

* Fever or feeling ‘feverish’,
* Sore throat, or
* Cough

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**Please return for a visit to the facility only after you have been healthy and fever-free for**

**at least 24 hours (without the use of a fever-reducing medicine).**

**If you are well and choose to visit at this time, please:**

* **Use the alcohol-based hand sanitizer that has been provided** (or soap and water) to clean your hands before *and* after the visit.
* **Visit only the resident you have come to see** and then leave after your visit is over.
* **Wear a mask** if the resident you are visiting is sick with influenza-like illness.
* **Practice good respiratory etiquette.** Always use a tissue or your sleeve when you sneeze or cough, and clean your hands immediately afterwards.

**Get vaccinated with the current seasonal influenza vaccine**.

Call your healthcare provider or your local health department to learn where you can receive the vaccine.

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**If you have questions or concerns, please call the [*Facility Administrator*] at [*phone number*].**

Thank you for your cooperation.

[*Insert Date*]