

Dear Patients, Families and Visitors:

Due to the increased risk of cold and flu viruses this winter, we ask for your help to protect the health of our patients.

If you are experiencing a fever, cough, runny nose, sore throat, body aches or congestion, even if you have been vaccinated for the flu, we ask that you take the following actions:

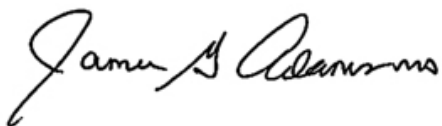
PATIENTS: If you are here for an appointment, let your healthcare provider know about your symptoms and wear a mask. Masks are available at provider offices, as well flu kiosks located throughout the hospital. Please ask a staff member if you need help finding a mask.

FAMILY and VISITORS: We ask that patients have no more than two visitors, and family or friends do not visit a patient in the hospital or accompany a patient to an appointment until you are symptom-free. While flu season is at its peak, we also ask that **VISITORS YOUNGER THAN AGE 18** do not visit patients in the hospital.

Finally, hand washing is one of the most effective means to prevent the spread of the cold and flu virus.

Questions? Please ask a staff member or visit flu.nm.org for more information.

Thank you!



James G. Adams, MD
Senior Vice President and Chief Medical Officer
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