



Flu Season Information for our Community

New York Hospital Queens is experiencing an increase in patients due to the serious flu (influenza) season affecting New York City, and the entire U.S.

Help Prevent Influenza – Get Vaccinated!

The best protection against the flu is vaccination. According to the Centers for Disease Control and Prevention (CDC), the current seasonal flu vaccine is a good match to strains (types) of the flu virus now circulating. There is still time to get vaccinated! Contact your physician or visit a pharmacy that offers vaccine. If you need a doctor visit: www.nyhq.org and click on the “Find a Doctor” tab.

NYHQ Flu Information

We will provide updates on how to prepare for and manage this flu season on our website, www.nyhq.org.

If you feel sick or think you have the flu

- Contact your doctor. Do not go to the hospital emergency room unless you are feeling seriously ill or cannot see a personal doctor.
- If you need a doctor, visit: www.nyhq.org and click on the “Find a Doctor” tab
- If you feel it is an emergency, come to the hospital or call 911
- Here are some signs that you may need medical treatment:

Adults:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Severe vomiting that won't stop

Children

- Fast breathing or trouble breathing
- Bluish skin color
- Fever with a rash
- Refusing to drink fluids
- Vomiting or diarrhea that won't stop
- Not waking up or not interacting
- Being too irritable to be held
- Having flu symptoms return with fever and worse cough after starting to get better

Visitor Policy

Visitors can be exposed to illnesses, or can bring illness into contact with patients. At this time, in the best interests of our patients, we ask visitors not to come into the hospital. Sibling visitation in the maternity and pediatric units is suspended until further notice. To protect our patients, employees, medical staff and the community, we are closely monitoring our visitor policy and on short notice may need to further restrict visitation policies.

Flu Information Resources

- NYHQ – www.nyhq.org
- CDC – www.cdc.gov/flu
- NYC Department of Health and Mental Hygiene – www.nyc.gov/flu