

KEEP HEALTHY & STOP THE SPREAD OF SEASONAL & H1N1 FLU



At Christ Hospital, we are dedicated to caring for the communities we serve, just as we've done for nearly 140 years. While we have been entrusted with the lives of many patients since we first opened our doors in the 1870's, maintaining a healthy lifestyle goes way beyond our hospital's walls. It starts at home.

As we enter flu season, and with the recent emergence of the 2009 H1N1 virus, Christ Hospital reminds you and your loved ones to practice proper health and wellness techniques to stay healthy and prevent the spread of influenza to others. First and foremost, we encourage you to get vaccinated against seasonal flu.

Here are some simple steps to protect you, your family, and our community this flu season.

- Wash your hands frequently and thoroughly
- Cover your mouth and nose when coughing or sneezing and avoid touching your face
- Get a balanced diet with fresh fruits and vegetables, whole grains, and lean protein
- Exercise regularly, try to get a full night's sleep, and drink plenty of water to boost your immune system
- Avoid crowded areas
- Stay home from work/school if you feel sick to prevent the spread to others
- Find healthy ways to deal with stress and anxiety
- Refrain from contact with others who have flu-like symptoms

Please note: H1N1 symptoms are like regular seasonal flu symptoms and include the following: fever, chills, cough, fatigue, sore throat, runny nose, body aches, and headaches. In some cases, diarrhea and vomiting have been reported.

Please contact your physician if you have flu-like symptoms.

**To locate a flu clinic, and for the most current information available, please visit:
www.nj.gov/health or www.cdc.gov/h1n1flu**

Stay informed and be well.

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For flu prevention tips, call Christ Hospital's automated H1N1 Information Hotline: (201) 795-8141