



March 24, 2016

PUBLIC SERVICE ANNOUNCEMENT

Visitor Precautions in Effect at the Labrador Health Centre and the Long-Term Care Facility, Happy Valley-Goose Bay

The public is reminded that visitor precautions continue to be in place at the Labrador Health Centre and the Long-Term Care Facility, Happy Valley-Goose Bay, due to the presence of influenza-like illness in the area.

The public can assist in limiting the spread of illness by doing the following:

- Do not visit family members and friends in the hospital or the long-term care facility if you feel ill, or if you have symptoms such as fever, chills, muscle aches, shortness of breath, coughing and headaches;
- Restrict your visitation to immediate family members only; and
- Avoid moving around the hospital or the long-term care facility.

The public can also assist in stopping the spread of germs in the home, the workplace and during social activities. Good health habits include:

- Washing your hands frequently;
- Covering coughs or sneezes with a tissue or the crook of your arm;
- Avoid touching your eyes, nose or mouth.
- Staying home from work if you are sick.

If you are ill and feel you need medical attention, please call the Newfoundland and Labrador HealthLine at 8-1-1. The HealthLine is a confidential and free telephone service and staffed by experienced Registered Nurses around the clock.

For more information, visit the Labrador-Grenfell Health website at www.lghealth.ca and click on the 'It's Flu Season' link.

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