

# Keeping you safe

## Preventing colds and the flu

Patient safety is our top priority at Fred Hutch Cancer Center. As part of this commitment, we are dedicated to preventing the spread of colds and the flu in our clinic.

**To protect the safety and well-being of all Fred Hutch patients, please read these guidelines before your first visit.**

- If you have cold or flu symptoms, such as a cough, fever or sore throat, please:
  - Wear a mask.
  - Avoid crowded areas while in the clinic.
  - Clean your hands often.
  - Avoid Fred Hutch-operated shuttles.
- If you have a caregiver or family member with cold or flu symptoms, please ask them to avoid coming to the Fred Hutch clinic until they feel better.
- When possible, limit the number of family members and caregivers who come with you to your appointment.

During cold and flu season, you may be asked about symptoms when you arrive at the clinic.

### **Tips to protect yourself from colds and the flu**

- **Clean your hands** frequently with soap and water or hand sanitizer.
- **Get a yearly flu shot** to protect yourself and others. Fred Hutch provides flu vaccines to patients, family members and caregivers each year. Ask your care team for details.
- **Avoid touching your eyes, nose, and mouth.** This is one of the most common ways to catch a cold or the flu.
- **Cover your nose and mouth** with your sleeve or a tissue when coughing or sneezing.
- **Tell your care team if you develop new symptoms** or if your symptoms worsen.