

Dear Puget Sound Eye Care Patients,

We are in the middle of cold and flu season, and as a small healthcare facility, we are taking steps to protect our patients and staff from the flu. **By following standard precautions*, we all can help prevent the spread of these kinds of illnesses.**

To minimize your chances of contracting a cold and influenzas:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid close contact with people who are sick.

If you are not feeling well and believe you have a cold, influenza, or some other respiratory virus:

- Stay home except to get medical care.
- If you must come in for medical care, please wear a mask to protect others.
- Avoid public areas.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid sharing household items such as dishes, eating utensils, towels, and bedding.
- Monitor your symptoms and promptly seek medical care if things worsen or persist.
- Call ahead when seeking medical care.

Sincerely,

Puget Sound Eye Care

**adapted from the U.S. Center for Disease Control and Seattle & King County Public Health*