

**At this time, visitors must be 12 years or older.**  
Special circumstances will be at the discretion of the nurse manager.

***En este momento, los visitantes deben tener 12 años o más.***  
***Las circunstancias especiales quedarán a discreción del gerente de enfermería.***

**HELP PROTECT**



**OUR PATIENTS**

**Please DO NOT visit if you have a fever or cough**  
***Por favor, NO visite si tiene fiebre o tos.***

**All healthy visitors please:**  
***A todos los visitantes saludables, por favor:***



- **Clean your hands after arriving and before leaving.**
- ***Lávese las manos al llegar y antes de irse.***



- **Always cover your cough.**
- ***Siempre cúbrase la boca al toser.***
- **Use a tissue or your sleeve when you cough or sneeze.**
- ***Cúbrase con pañuelos de papel o la manga de la camisa al toser o estornudar.***



- **Clean your hands after coughing or sneezing.**
- ***Límpiese las manos después de toser o estornudar.***



- **If you are ill and must visit, please ask for a mask.**
- ***Si está enfermo y tiene que visitar, por favor, pida una mascarilla.***





Hackensack  
Meridian Health  
Hackensack University  
Medical Center

## **Frequently Asked Questions About Visitation Restrictions**

### **Why are there visitation restrictions?**

We have changed visitation guidelines as a precaution against the spread of seasonal flu. This safety measure was put in place to prevent the spread of illness.

### **Why can't my children come to visit?**

We understand that this may cause some difficulty for you and your family. Our first priority is to ensure the safest possible environment for our patients and visitors. Frequently, children are contagious before they begin showing signs of illness and are highly susceptible. Allowing this age group to visit could potentially be putting patients, visitors and children at risk.

### **Our family is preparing for the death of a family member and would like our child to visit this individual in the hospital to say good bye. Can there be an exception made?**

We will work with patients and their families to ensure the final stages of a patient's life are treated with respect and sensitivity. Please speak to the nurse manager to discuss having a child visit a family member in the hospital for the last time. Please be aware that if your child has flu like symptoms, we may need to make alternate accommodations (i.e., mask) to protect the health and safety of our patients and their families.

### **My significant other just had a baby and we promised our kids they could see the new baby.**

Our first priority is for the safety of your significant other, the new baby and all of our patients. Pregnant women and babies have been identified as high risk for the flu. We also recognize that this is a special time for your family. Please discuss your request with the nurse manager, and we will make every effort to accommodate a special visit for your kids.

### **I have the flu and should not visit, but I need to hear the discharge instructions so I can care for my significant other or family member at home.**

Thank you for letting us know you are having flu symptoms, and understand the importance of not visiting. We will speak with your significant other or family member and ask if it is okay with him/her to discuss his/her condition, and plans for discharge with you. Once we get his/her okay to do so, and then we can explain them to you over the phone so you will have the information needed to assist him/her once discharged.

### **My children have had the seasonal flu vaccine. Can they visit a family member in the hospital?**

At this time we are limiting visitors under the age of 12, even if they have had the flu vaccine, as this does not guarantee complete protection. As a community of caregivers, we want to provide the safest environment for patients and visitors.