



**MARY BLACK**  
HEALTH SYSTEM

## **PRESS RELEASE**

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### **Mary Black Health System Offers Recommendations Regarding Flu Season**

**SPARTANBURG, SC** – Mary Black Health System, (MBHS), continues to closely monitor the progression of H1N1 influenza in our community. Like other hospitals across the nation, our team has taken steps to prepare for the possibility that we will be providing care for more people infected with this strain of flu. More individuals may need hospital level care.

MBHS team members are following the Center for Disease Control's, (CDC), guidelines, as well as our own infection control procedures to help protect our patients, employees and hospital visitors. These preparations include processes for identifying, isolating and caring for patients with the flu, securing supplies and anti-viral medications, and staffing considerations.

Most importantly, the hospital is working to educate our community about ways to prevent the spread of H1N1 influenza and other viruses. During this time of heightened concern, the MBHS is encouraging everyone to follow these steps to help protect your health and prevent further spread of the H1N1 influenza:

- Wash your hands frequently with soap and water.
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth, as germs spread this way.
- If you get sick with influenza, stay home from work or school and limit close contact with others to help prevent the spread of flu.
- If you are sick, stay home for at least 24 hours after your fever is gone.
- Get your seasonal flu shot as soon as possible and the H1N1 vaccination when it becomes available.

At this time Mary Black Health System has not seen a significant number of patients affected with the H1N1 virus. As such MBHS is not limiting patient visitors at this time. However, MBHS does recommend that those potentially susceptible to the virus seriously consider not visiting others in a hospital environment. Those with a greater probability of obtaining the virus include children, young adults under the age of 18, individuals with existing health conditions, the elderly and pregnant women.

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*Mary Black Health System LLC is an integrated health delivery system comprised of Mary Black Memorial Hospital, Mary Black Physicians Group, Mary Black Physician Services, and Mary Black HealthNetwork, Inc*