



Otago
District Health Board
Pōari Hauora-ā-rohe ki Ōtāgo



Southland District
HEALTH BOARD
Te Pōari Hauora o te Rohe o Murihiku

Novel Influenza A (H1N1) 09

Media Update No. 20

13 August at 0945 hrs

We have introduced a new restriction on visiting at Southland Hospital, in the maternity unit, to protect some of our most vulnerable patients from nasty viruses.

And, we would like to remind people of the existing visiting restrictions at both Southland Hospital in Invercargill and Dunedin Hospital.

The maternity unit at Southland Hospital is now restricted 24-hours a day, instead of just at night, and instructions about how to access the ward are on the wall outside the unit.

Visiting to the unit is also limited to immediate family only, which includes the woman's partner or husband, the women's own children, and the parents of the woman or her partner only.

The other wards at Southland Hospital are still restricted except during the visiting hours of 2pm to 8pm, when we are also continuing to limit visiting to immediate family only and one person at a time.

At Dunedin Hospital, we are allowing only arranged visiting to wards 8C (cancer), 7A (respiratory), the children's ward and the Queen Mary Maternity Centre. Once again, the aim is to protect some of our most vulnerable patients. People wanting to visit those wards must report to Patient Enquiries in the main foyer.

The hospital has always limited visiting to the Intensive Care Unit and Neo-Natal Intensive Care Unit to arranged visits.

All visitors to other Dunedin Hospital wards and to other public hospitals across Otago and Southland are being asked to stick strictly to the visiting hours, to reduce the movement of people around the hospital and the opportunities for people to bring influenza-like-illness into the hospital.

We are also reminding the public that people who think they have the flu should:

- Stay at home
- Wash their hands frequently with soap and dry them thoroughly
- Cover coughs and sneezes with tissues. Dispose of them in a rubbish bin or plastic bag
- Take fluids, rest, and anti-fever medication
- Contact a doctor if they are also pregnant, or have other significant underlying health problems.
- Anyone who starts getting worse (for instance has problems breathing, a high temperature which can't be brought down, drowsiness) should contact a doctor

**For further information, please contact Communications Officer Gail Goodger
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