



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

**FOR IMMEDIATE RELEASE**  
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## **ST. JOHN'S HOSPITAL ADJUSTS VISITING GUIDELINES DURING FLU SEASON**

SPRINGFIELD – With flu activity now classified as widespread in Illinois, visitors to St. John's Hospital are reminded of the important role everyone plays in guarding patient safety. St. John's is providing respiratory etiquette stations at hospital entrances, which have tissues, masks, and sanitizing hand gel for visitors. There also are posters at the entrances outlining hospital visitor guidelines.

During flu season, St. John's highly recommends the following visiting guidelines:

- **DO NOT** visit hospital patients if you:
  - Have a cold or any flu-like symptoms including fever or chills, sore throat, body or muscle aches, headache, cough or runny nose.
  - Are under age 18 years of age.
  - Are a pregnant woman.
- A limit of only two people should visit a patient at any one time.
- As always, soap and hand sanitizers should be used when entering and leaving a patient's room.

For more information about the flu, visit [flu.gov](http://flu.gov).

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### ABOUT ST. JOHN'S HOSPITAL

St. John's Hospital in Springfield, Illinois is a regional medical center offering a comprehensive array of health care services to Central and Southern Illinois. Founded in 1875, St. John's is the flagship hospital of Hospital Sisters Health System and is home to the Prairie Heart Institute, St. John's Children's Hospital, St. John's Women's Services, St. John's Neurosciences Institute, St. John's Cancer Institute, Center for Living, Orthopedic Services and AthletiCare. St. John's is designated as a Level I Trauma Center on a yearly rotating basis, has its own College of Nursing and is a teaching hospital for the Southern Illinois University School of Medicine. For more information about St. John's Hospital, visit [www.st-johns.org](http://www.st-johns.org).

### ABOUT HOSPITAL SISTERS HEALTH SYSTEM

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and in Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit [www.hshs.org](http://www.hshs.org).