

Keeping you safe

Preventing colds and the flu

Patient safety is our top priority at Fred Hutchinson Cancer Center (Fred Hutch). As part of this commitment, we are dedicated to preventing the spread of colds and the flu in our clinic.

To protect the safety and well-being of all Fred Hutch patients, please read these guidelines before your first visit.

- If you have cold or flu symptoms, such as a runny nose, cough, or sore throat, please:
 - Clean your hands often.
 - Wear a mask.
 - Avoid crowded areas while in the clinic.
 - Avoid Fred Hutch-operated shuttles.
- If you have a caregiver or family member with cold or flu symptoms, please ask them to avoid coming to the Fred Hutch clinic until they feel better.
- When possible, limit the number of family members and caregivers who come with you to your appointment.
- Avoid bringing children under the age of 12 into the clinic (unless they are Fred Hutch patients).

During cold and flu season, you'll be asked to participate in a screening process when you arrive at the clinic. You'll receive information about the process when it goes into effect.

Tips to protect yourself from colds and the flu

- **Wash your hands** frequently and thoroughly with soap and water.
- **Use hand sanitizer** when soap and water are not available. Hand sanitizer is available throughout the Fred Hutch clinic.
- **Get a yearly flu shot** to protect yourself and others. Fred Hutch provides flu vaccines to patients, family members and caregivers each year. Ask your care team for details.
- **Avoid touching your eyes, nose, and mouth.** This is one of the most common ways to catch a cold or the flu.
- **Cover your nose and mouth** with your sleeve or a tissue when coughing or sneezing.
- **Tell your care team if you develop new symptoms** or if your symptoms worsen.