



**Valley Health System**  
*A California Local Health Care District*

## NEWS

### FOR IMMEDIATE RELEASE

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### TEMPORARY VISITING RULES REMAIN AT HEMET AND MENIFEE VALLEY MEDICAL CENTERS



*The hospitals posted signs at entrances to remind patients and visitors of precautions as well as temporary rules.*

HEMET / MENIFEE, CA – Temporary visiting rules remain in effect at both Hemet and Menifee Valley Medical Centers. The hospitals adopted recommendations from the H1N1 Flu Task Force and government officials that went into effect in early November of last year.

Late last week, the Centers for Disease Control and Prevention (CDC) issued an open letter to the American people advising that the traditional flu season is just beginning and typically lasts until May. According to the letter “History tells us to prepare for another serious wave of illness. With H1N1 flu declining in many areas, we have a window of opportunity to help prevent the flu from spreading further and causing even more illness, hospitalization, and death.”

The hospitals require visitors to be 18 years of age or older due to the large number of cases that have affected young people. The hospitals are also limiting the number of visitors to two (2) per patient in order to minimize the risk of exposure and spread of the virus. Exceptions are considered on an individual basis by consulting the Charge Nurse of the unit where a patient is currently under care.

According to the CDC, fighting the flu is a shared responsibility. When you get vaccinated, you don't just help yourself; you help your community by preventing the spread of the flu virus.

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For a copy of the Open Letter from CDC, visit [www.cdc.gov/h1n1flu/open\\_letter\\_h1n1\\_vaccine.htm](http://www.cdc.gov/h1n1flu/open_letter_h1n1_vaccine.htm) .

*Valley Health System is a California local health care district comprised of two acute care hospitals, Hemet Valley Medical Center and Menifee Valley Medical Center, and a chemical dependency program, Hemet Valley Recovery Center & Sage Retreat. For more information, visit [www.ValleyHealthSystem.com](http://www.ValleyHealthSystem.com).*