

H1N1 AND SEASONAL FLU ADMISSIONS/REFERRAL GUIDELINES FOR PHYSICIANS

CHILDREN'S HOSPITAL OAKLAND respects the clinical judgment of physicians and health centers in our community. We offer these guidelines to help you determine when you might refer a patient with flu-like illness to our Emergency Department.

- **Age:** Younger than 2 years of age even without underlying conditions
- **Underlying conditions:**
 - Pregnancy
 - Compromised immune system because of
 - HIV/AIDS
 - Congenital immunodeficiency disorders
 - Immunosuppressive medications (such as steroids, cyclosporine, oncology treatment, etc.)
 - Pulmonary conditions (CF, asthma, BPD)
 - Diabetes
 - Congenital heart disease
 - Kidney disease
 - Sickle cell disease
 - Neuromuscular disorders
 - Neurological conditions
 - Shunts when presenting with headaches
 - Genetic disorders
 - Long-term aspirin therapy
- **Severe symptoms:**
 - Fever AND cough, congestion, or sore throat PLUS any of the following:
 - Marked lethargy (difficult to arouse)
 - Petechiae: Non-blanching purple dots or red patches
 - Respiratory distress
 - Increased respiratory rate for age
 - Stiff neck
 - Chest pain with shortness of breath
 - Dehydration (no urine output x 12 hours, dry mouth, dry eyes)
 - Inability to take fluids
 - Cyanosis (blue or purple lips) or mottled skin
 - Persistent irritability (not consolable despite fever control)
 - No return to normal activity despite fever control
 - Wheezing

PROCEDURES FOR PHYSICIANS REFERRING PATIENTS TO THE HOSPITAL:

Children's Emergency Department (Phone: 510-428-3240 and Fax: 510-450-5822) provides 24 hour access to referring physicians who need to connect with a Children's ED attending physician.

Physicians who wish to bypass the ED and direct admit their patients—between 8 a.m. and 8 p.m.—should call 510-428-3601.

WHAT PARENTS CAN EXPECT IF THEY COME TO CHILDREN'S HOSPITAL OAKLAND:

- Patients with flu symptoms will be assessed.
- Patients/families with possible flu will be cohorted in designated waiting areas and will be expected to wear a mask.
- Patients will have a
 - Medical assessment and will be sent home with a prescription if deemed appropriate
 - or
 - Admitted and cohorted with other flu patients.



Visit www.childrenshospitaloakland.org
or call 510-428-3080

The health information presented in this fact sheet is intended for information purposes only and is not a substitute for consultation with a medical professional. If you have questions or concerns, please ask a trained healthcare provider.

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