



**FOR IMMEDIATE RELEASE**

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**YRMC modifies visitor restrictions for flu season**  
*Changes implemented today at the main hospital location*

**YUMA, AZ –November 23, 2022–** Cases of influenza are rising in our community, indicating an earlier than usual start to the flu season. To help protect the health of our patients, visitors and staff, YRMC will modify visitor restrictions at the hospital beginning Wednesday, November 23.

Starting on Wednesday, minimum visitor age at the hospital will change from 13 years to 16 years of age or older. An exception will be made for anyone 16 years old or younger who is a patient or the parent of a patient. All visitors and staff are still required to wear a mask in patient care areas.

YRMC is also asking individuals to refrain from visiting the hospital if they are experiencing fever, cough, aches and pains, nausea, vomiting, diarrhea, chills, runny or stuffy nose or flu-like symptoms.

The best ways to prevent the flu and COVID-19 are to receive your vaccination, practice good cough etiquette and hand hygiene. If you already have a respiratory illness, please stay home to prevent spreading it to others.

We understand this will be challenging, but we are committed to taking the necessary precautions to protect you, your family, our healthcare workers and the community.

Families, friends and the community in general are also encouraged to use YRMC's website to send Cheer Cards to patients. By visiting [YumaRegional.org/CheerCards](https://YumaRegional.org/CheerCards), cards aimed at brightening someone's day can be sent to a specific patient or to an anonymous patient in need. To send a card to the latter, simply fill out "Any Patient" in the name field.

YRMC is grateful for the dedication of its committed staff. Their number-one and selfless concern is always for the quality and compassionate care of our patients.

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**Yuma Regional Medical Center** is a 406-bed, not-for-profit hospital dedicated to providing outstanding medical care to the residents of Yuma and the surrounding communities in southwestern Arizona. The YRMC team includes more than 2,000 employees, 300 medical providers and hundreds of volunteers who work closely together to create a welcoming, caring and compassionate environment for patients and their families.