



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

An Accredited Local Public Health Department

www.mmdhd.org

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H1N1 (Swine) Influenza Fact Sheet

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for talking with a health care provider. If you have any questions about H1N1 (Swine) Influenza A virus, please talk with your health care provider.

H1N1 (Swine) Influenza infections

- In late March and early April 2009, human cases of H1N1 (Swine) Influenza A infections were identified internationally and in the United States.
- Vaccines for human seasonal flu are not believed to provide protection from H1N1 (Swine) Influenza A.

How Does H1N1 (Swine) Flu Spread?

- Flu viruses are mainly spread from person to person when someone with the virus coughs or sneezes. H1N1 (Swine) Flu is **NOT** spread by eating pork or other pork related products.
- Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.

Staying Healthy

- Most Important: **WASH YOUR HANDS!**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.

Avoid Contact with Sick People

- If you get sick, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them.
- If you are arriving in Michigan from Mexico, California or Texas or have been exposed to the H1N1 (Swine) Flu, you should stay home from school and away from the public for 3 days.
- If after 3 days you do not have any flu symptoms, you should be allowed to go to school and out in the public.

H1N1 (Swine) Flu Signs and Symptoms

- High fever
- Cough
- Sore throat
- Body aches
- Headaches
- Chills
- Fatigue
- Some people have reported diarrhea and vomiting
- Like seasonal flu, H1N1 (Swine) Flu may cause a worsening of underlying chronic medical conditions.
- If you have these symptoms, call your Doctor or clinic. The Doctor will decide if you should be tested and or treated for H1N1 (Swine) Flu.

Warning Signs in Children that Need Urgent Medical Attention

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

Warning Signs in Adults that Need Urgent Medical Attention

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Are Medicines Available to Treat H1N1 (Swine) Flu?

- Yes. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping the flu viruses from reproducing in your body.
- If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
- For treatment, antiviral drugs work best if started soon after getting sick – within 2 days of the start of symptoms.

Medical Providers

Montcalm Area Health Center (Cherry Street), Greenville (616) 225-9650
Health Delivery Inc., Saginaw (989) 754-6111
Health Delivery Inc., Belding (616) 794-5221 (June –October)
Sparta Health Center (616) 913-1300

**Remember to
wash your hands often!**