



Fend Off The Flu

How to stay healthy and avoid the flu:

1. **Get vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.
2. **Avoid close contact with people who are sick.**
3. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. **Avoid treating children and teenagers who have influenza with aspirin (acetylsalicylic acid).**
5. **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
6. **Wash your hands often with soap and water, especially after coughing or sneezing.** Alcohol-based hand cleaners are also effective.
7. **Avoid touching your eyes, nose, or mouth.**
8. **Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.**



Source: <http://www.flu.gov/plan/school/toolkit.html>

Mission

We take action to assure the health and well-being of our community and the environment by responding to public health needs and providing a broad spectrum of prevention and educational services.

Vision

Your public health experts, connecting with the community and exceeding expectations.

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For additional information, please visit our website at www.mmdhd.org.



Steps to Protect You and Your Family from the Flu





2009 Novel Influenza A (H1N1) Flu



What is Novel Influenza A (H1N1) flu?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway.

Novel H1N1 Flu in Humans

1. Are there human infections with novel H1N1 virus in the U.S.?

Yes. Human infections with the new H1N1 virus are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment.

2. How does novel H1N1 virus spread?

Spread of H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person-to-person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something—such as a surface or object—with flu viruses on it and then touching their mouth or nose.

3. What are the signs and symptoms of this virus in people?

The symptoms of H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

4. How severe is illness associated with novel H1N1 flu virus?

Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.



Vaccination Strategy to Control Influenza



You will need two vaccines to be fully protected against influenza this year—the seasonal flu vaccine and the H1N1 vaccine.

The seasonal vaccine is not expected to protect against the H1N1 flu nor is the H1N1 vaccine intended to replace the seasonal vaccine. Each vaccine protects against a different virus.

The Mid-Michigan District Health Department would like to remind residents that:

- All priority group restrictions related to the H1N1 vaccine have been lifted; all residents are now eligible to receive the H1N1 vaccine.
- Children ages nine and younger will need two doses of H1N1 vaccine approximately four weeks apart while persons 10 and older will need only one dose.

At this time, Mid-Michigan District Health Department is not offering any H1N1 vaccination clinics, but please visit www.mmdhd.org for updates. You may also contact your local pharmacy or primary care physician to see if they are offering the vaccine. Many primary physicians, such as OB/GYNs, family physicians and pediatricians are offering the vaccine to established patients only and may charge an administrative fee. Health insurance often covers these fees, but be sure to check with your insurance provider directly. For your convenience, a complete list of H1N1 participating providers in Clinton, Gratiot and Montcalm counties can be found at www.mmdhd.org.