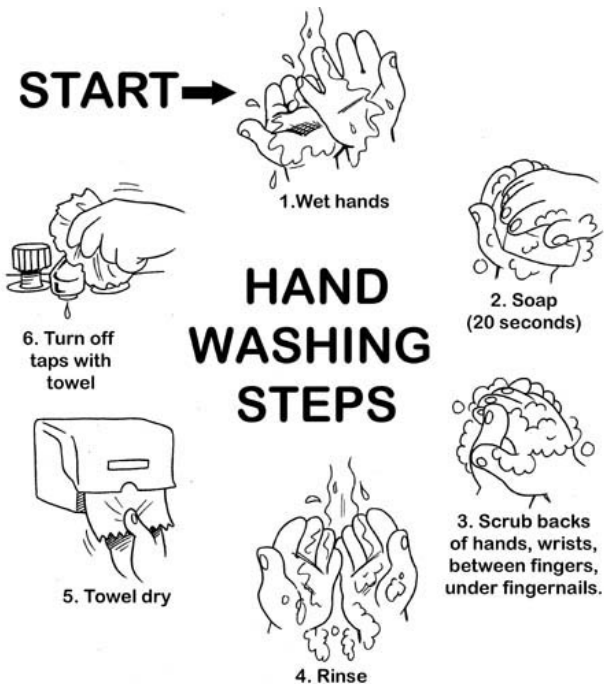


## Influenza Prevention

- Stay home and avoid contact with others to keep from spreading your illness to others.
- Cover your nose and mouth when coughing or sneezing. Use a tissue, handkerchief, or your sleeve. Dispose of used tissues immediately.
- Don't share anything that goes into the mouth, such as drinking cups, straws and water bottles.
- Clean anything that comes in contact with secretions from the nose or mouth.
- Wash hands after touching anything that could be contaminated. Your child may need your help with hand washing.
- Keep yourself generally healthy. Eat a diet rich in fruits and vegetables, and get at least 7-8 hours of sleep each night.



## Vaccine Information

- A vaccine for Novel H1N1 influenza is being developed and could be available for use in the Fall.
- High risk groups will be targeted for vaccination when the vaccine first becomes available.
- Two doses of the vaccine may be required.
- Everyone is encouraged to receive the seasonal influenza vaccine as well.

Stay informed by visiting these websites:

[www.bchdmi.org](http://www.bchdmi.org)  
[www.michigan.gov/flu](http://www.michigan.gov/flu)  
[www.cdc.gov](http://www.cdc.gov)

## Novel H1N1 Influenza (Swine Flu)



*Making our communities healthier  
for all people*

### Benton Harbor Offices

*Main Office:*  
769 Pipestone  
PO Box 706  
Benton Harbor, MI 49022  
269.926.7121

*Environmental Health:*  
2106 S. M-139  
PO Box 706  
Benton Harbor, MI 49022  
269.927.5623

### Niles Office

1205 N. Front St  
Niles, MI 49120  
269.684.2800

### Three Oaks Office

21 N. Elm St  
Three Oaks, MI 49128  
269.756.2008

# Novel H1N1 Influenza (Swine Flu)

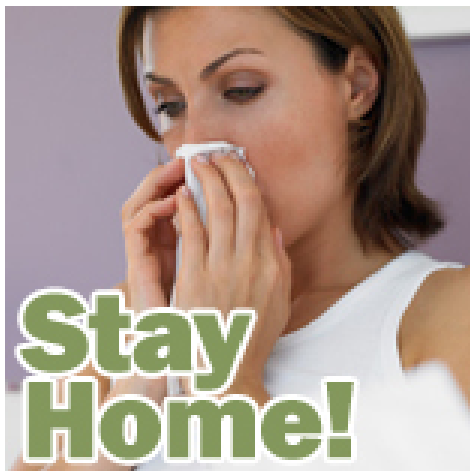
## Spread

- By coughing and sneezing
- By touching your own eyes, nose, and mouth without washing your hands first



## Contagious Period

During the 24 hours before symptoms start *through* at least 24 hours after a fever is gone (without the use of fever-reducing medicine). **All people with influenza-like illness should stay home during this contagious period.**



## Symptoms

- Fever (100°F or greater)
  - Cough or sore throat
  - Often, muscle aches, chills, and headache
  - In some cases, vomiting and/or diarrhea
- Symptoms may begin a few days after exposure to the virus, and could last 7 days. Individuals who have influenza-like illness should plan on staying home from work and school until 24 hours after their fever has resolved without the use of fever-reducing medicine.

## If you think your child has the flu

- Call your childcare provider, school, camp, or other activities to make them aware of your child's absence
- Your child should not return to childcare, school, camp, or other activities until at least 24 hours after his/her fever has resolved on its own.
- Contact your child's healthcare provider if they experience difficulty breathing, a higher fever, prolonged diarrhea/vomiting, or if they have an underlying condition that increases their risk.
- DO NOT give aspirin or salicylate-containing medicines to anyone under the age of 19.

## Antivirals (i.e. Tamiflu, Relenza)

- These medications can be used to treat influenza and require a prescription
- *Not all people who are sick need antivirals. Many people will get better on their own.*
- Antivirals are most effective if taken within the first 48 hours of symptom onset. If you are high risk of complications (i.e. pregnant, having underlying medical conditions), contact your healthcare provider as soon as you become ill.



## Call your Healthcare Provider

If anyone in your home has:

- Difficulty breathing
- High fever
- Vomiting or diarrhea that lasts more than a couple of days
- Been exposed to influenza and has underlying health conditions that put them at risk (including asthma and pregnancy).