

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 has been developed and will be available in the coming weeks.
- 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.vbcassdhd.org

www.michigan.gov/flu

www.cdc.gov

Novel H1N1 Influenza (Swine Flu)

The Van Buren/Cass District
Health Department



Hartford

57418 CR 681
Hartford, MI 49057
(269) 621-3143

Paw Paw

801 Hazen Street
Paw Paw, MI 49079
(269) 657-5596

Cassopolis

201 M-62 North
Cassopolis, MI 49031
(269) 445-5280

Dowagiac

520 Main St.
Dowagiac, MI 49047
(269) 782-0064

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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 and/or chest pain
- Is less responsive than usual
- Is vomiting and unable to keep liquids down or is showing signs of dehydration.
- Has flu-like symptoms that improve but return with a fever and worse