

Updated 5/6/2009

## Influenza A (H1N1) Information

Human cases of influenza A (H1N1) continue to be confirmed in the United States and Michigan. While northern Michigan residents should be cautious and aware of flu symptoms, the Centers for Disease Control report that this strain appears to affect people much like the seasonal flu.

The following are recommendations to reduce the spread of this and other respiratory illness:

- Avoid close contact with people who are coughing or otherwise appear ill.
- Wash your hands frequently or use an antibacterial gel.
- If you have a respiratory illness, stay home from work or school to avoid spreading the infection. If you have to be out in public, you should wear a surgical mask.
- People experiencing severe symptoms including cough, fever, fatigue, sore throat, chills, headaches, body aches, possibly along with diarrhea and vomiting, should contact their physician or an urgent care provider.

Additional information on regarding this influenza can be found at:

- Grand Traverse Health Department: **(231) 922-4631**  
[www.co.grand-traverse.mi.us/departments/health](http://www.co.grand-traverse.mi.us/departments/health)
- [Michigan.gov/swineflu](http://Michigan.gov/swineflu)
- [cdc.gov/h1n1flu](http://cdc.gov/h1n1flu)