

Updated 5/4/2009

Swine Flu Information

Human cases of swine influenza have been identified in the United States, with a few possible cases being investigated in Michigan. While residents should be cautious and aware, this is not a pandemic and currently poses no significant threat to public health in our region.

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 questions regarding swine flu can be directed to the Manistee Health Department – District 10 at **(231) 723-3595**.

This is an evolving situation and these recommendations may change. For further or updated information, please continue to check this hotline at **(231) 398-1950** or visit the Center for Disease Control website at **cdc.gov/swineflu**.