



## Huron County Health Department

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**September 18, 2009**

### **Novel H1N1 Flu Shot Greeting**

Novel H1N1 is a new influenza virus causing illness in people. The symptoms of the virus include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Illnesses with the new virus have ranged from mild to severe. While most people who have been sick have recovered without needing medical treatments, hospitalizations and deaths from infections with this virus have occurred.

There is no vaccine right now to protect against the H1N1 virus. However a H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza.

Everyday steps to protect your health include:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
2. Wash your hands often with soap and water, especially after you sneeze.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. If you are sick with flu-like illness the CDC recommends you stay home 24 hours after your fever is gone, except to get medical care or other necessities. Stay away from others as much as possible to keep from making others sick.

If you have severe flu-like illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

For further information about the Novel H1N1 virus you can search [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu) or [www.huron.localhealth.net](http://www.huron.localhealth.net)