



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*

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**Main Office**

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**Branch Offices:**

**Arenac County**  
3727 Deep River Rd.  
Standish, MI 48658  
989-846-6541  
FAX 989-846-0431

**Clare County**  
225 W. Main  
P.O. Box 237  
Harrison, MI 48625  
989-539-6731  
FAX 989-539-4449

**Gladwin County**  
103 N. Bowery  
Gladwin, MI 48624  
989-426-9431  
FAX 989-426-6952

**Isabella County**  
2012 E. Preston Ave.  
Mt. Pleasant, MI 48858  
989-773-5921  
FAX 989-773-4319

**Osceola County**  
4329 220th Avenue  
Reed City, MI 49677  
231-832-5532  
FAX 231-832-1020

**Marion Human Services**  
502 E. Main Street  
P.O. Box 39  
Marion, MI 49665  
231-743-9877  
FAX 231-743-2140

**Roscommon County**  
1015 Short Drive  
P.O. Box 739  
Prudenville, MI 48651  
989-366-9166  
FAX 989-366-8921

Date: May 20, 2009

To: Health Care Providers

From: Robert Graham, DO, MPH  
Medical Director

RE: Confirmed Case of H1N1 in Isabella County

The Michigan Department of Community Health (MDCH) has confirmed the presence of H1N1 in an elementary school student in Isabella County. The child is expected to make a complete recovery.

The symptoms of H1N1 are very similar to seasonal influenza. The most common symptoms are fever with sore throat, non-productive cough, and generalized achiness. Another way to characterize H1N1 illness is that it is no worse than seasonal influenza.

The MDCH's Bureau of Laboratories is only accepting samples for testing for H1N1 from hospitalized patients and patients at high risk for complications from H1N1 influenza. Persons considered at high risk for complications from influenza are people over 65 years of age and children under five years of age and people with chronic medical conditions such as diabetes or coronary artery disease.

The time frame for H1N1 viral shedding is thought to be in the range of one to nine days after the onset of symptoms. The incubation time frame is thought to be one to seven days with an average of three days. Students with influenza like illness should stay home from school for seven days after the onset of symptoms or until 24 hours after symptoms ended whichever is greater.

Treatment for H1N1 influenza can be considered for high-risk individuals. Treatment for people not at high risk for complications is left up to the discretion of the clinician. It is recommended that ill children not attend day care. The CDC has posted 'Dispensing Guidelines for Antiviral Medications for Swine Influenza (H1N1)' at <http://www.cdc.gov/swineflu/recommendations.htm>, to assist you in the case where you may need to give treatment for high risk individuals.

For assistance providing antivirals to your patients who may not have insurance for such medication, or when requesting MDCH testing for high risk individuals, contact your local CMDHD personal health supervisor at the following numbers:

**Arenac County:** 989-846-6541, extension 8128

**Clare County:** 989-539-6731, extension 8220

**Gladwin County:** 989-426-9431, extension 8328

**Isabella County:** 989-773-5921, extension 8434

**Osceola County:** 231-832-5532, extension 8512

**Roscommon County:** 989-366-9166, extension 8628

For more information visit the Central Michigan District Health Department's website at [www.cmdhd.org](http://www.cmdhd.org)