



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8433
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: Local News Media Outlets

From: Dr. Robert Graham, Medical Director

RE: Confirmed Case of H1N1 in Roscommon County

Release Date: May 22, 2009 at 12:15 p.m.

Confirmed Case of H1N1 Found in Roscommon County

PRUDENVILLE – The Central Michigan District Health Department has been informed by the Michigan Department of Community Health's Bureau of Laboratories that a one year old resident of Roscommon County has tested positive for H1N1 influenza. We are happy to report that the child has recovered.

This is the first confirmed case of H1N1 in a resident of Roscommon County.

"It is not surprising that a case of H1N1 influenza was found this week in Roscommon County," said Dr. Robert Graham, Medical Director for the Central Michigan District Health Department. "H1N1 is most likely present in every Michigan County," Graham added.

H1N1 is easily spread from person to person. The symptoms are usually mild and last two to seven days. "This form of influenza is no worse than seasonal influenza," Dr. Graham stated.

The illness caused by H1N1 is not to be ignored, especially by people at risk for complications from influenza. People that are at increased risk from complications are: people over 65 years of age, children under the age of five years, and people with chronic medical conditions.

People at risk for complications should consult with their health care provider if they become ill. Symptoms of H1N1 are: fever with sore throat, non-productive cough, headache, and body aches.

People diagnosed with H1N1 should stay out of the public until 24 hours after their symptoms end or seven days whichever is longer.

Hand washing is encouraged for everyone. Wash your hands before eating, before preparing food and after going to the bathroom.

For information regarding H1N1 visit the Central Michigan District Health Department's website at www.cmdhd.org or call 989-366-9166 extension 8674.

Central Michigan District Health Department serves the local residents of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties.

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Editorial Note: No further information will be released on the case in an ongoing effort to protect patient confidentiality and comply with federal laws that protect individually identifiable health information.