



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

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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
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MODIFIED RECOMMENDATIONS FOR SCHOOLS REGARDING SWINE-ORIGIN INFLUENZA VIRUS H1N1 (SWINE FLU)

May 1, 2009

Dear Parents, School Administrators and Staff:

The Central Michigan District Health Department (CMDHD) is working with your local schools to help prevent the spread of Swine Flu. The outbreak of the H1N1 influenza virus is now 8 days old in the United States. The information regarding the outbreak is rapidly accumulating. Changes in recommendations from State and Federal health officials are occurring as often as twice a day.

The current swine flu virus of interest had not circulated among humans before this time. This means the entire world population can potentially become ill from the virus. How sick someone will be if they are infected with the virus is not entirely clear. Hopefully the virus is weak.

With only a few days to gather information on the behavior of the swine flu virus, public health officials had to rely on past experience when confronting the present challenge. In the past, epidemics caused by new influenza viruses have caused illness and deaths. The incubation period for this type of swine flu is 3 days. A person infected with swine flu will shed the virus for 7 days after the onset of their illness. The virus might be shed for longer periods of time in the very young and in people with weak immune systems.

Acting on current information, the CMDHD recommendation for the length of time a student or staff member should stay home from school is as follows:

- A student or staff member with influenza-like illness should stay home from school. Influenza-like illness symptoms include headache, fever, sore throat, body aches, and non-productive cough.
- If there are no confirmed or probable cases of swine flu in the school district, then a student or staff member should stay home until 24 hours after all the symptoms are gone. For example, a student with a cough that ends on a Tuesday can return to school on a Thursday.
- If there are confirmed or probable cases of swine flu in a school district, then the sick student or staff member should stay home until 24 hours after all the symptoms have ended or 7 days whichever is greater.

Please visit us at our website www.cmdhd.org

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- Students or staff members with allergies and a runny nose and a cough can attend school if their doctor provides a statement stating the student or staff member does not have a contagious illness.
- Students or staff members that have been exposed to a confirmed case of swine flu should not attend school for 3 days. If the student or staff member have not developed symptoms after 3 days they may return to school.

If you have questions about swine flu you can call the Central Michigan District Health Department at:

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

You can also go to these websites for more information: www.cdc.gov/swineflu or www.cmdhd.org.

Sincerely,

Mary L. Kushion, M.S.A.

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Health Officer



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