

## Influenza Prevention

- Stay home and avoid contact with others to keep from spreading your illness to others.
- Cover your nose and mouth when coughing or sneezing. Use a tissue, handkerchief, or your sleeve. Dispose of used tissues immediately.
- Don't share anything that goes into the mouth, such as drinking cups, straws and water bottles.
- Clean anything that comes in contact with secretions from the nose or mouth.
- Wash hands after touching anything that could be contaminated. Your child may need your help with hand washing.
- Keep yourself generally healthy. Eat a diet rich in fruits and vegetables, and get at least 7-8 hours of sleep each night.

## START →



# Novel H1N1 Influenza (Swine Flu)



**Berrien County  
Health Department**

*Making our communities healthier  
for all people*

### Benton Harbor Offices

*Main Office:*

769 Pipestone

PO Box 706

Benton Harbor, MI 49022

269.926.7121

*Environmental Health:*

2106 S. M-139

PO Box 706

Benton Harbor, MI 49022

269.927.5623

**Niles Office**

1205 N. Front St

Niles, MI 49120

269.684.2800

**Three Oaks Office**

21 N. Elm St

Three Oaks, MI 49128

269.756.2008

## Vaccine Information

- A vaccine for Novel H1N1 influenza is being developed and could be available for use in the Fall.
- High risk groups will be targeted for vaccination when the vaccine first becomes available.
- Two doses of the vaccine may be required.
- Everyone is encouraged to receive the seasonal influenza vaccine as well.

**Stay informed by visiting these websites:**

[www.bchdmi.org](http://www.bchdmi.org)

[www.michigan.gov/flu](http://www.michigan.gov/flu)

[www.cdc.gov](http://www.cdc.gov)