



STATE OF MARYLAND

DHMH PRESS RELEASE

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FOR IMMEDIATE RELEASE:

Maryland Reports Tenth H1N1 (Swine) Flu Related Death

Western Maryland Adult had Serious Underlying Medical Conditions

Baltimore, MD (October 13, 2009) - The Maryland Department of Health and Mental Hygiene (DHMH) will report to the Centers for Disease Control and Prevention (CDC) Maryland's tenth death related to the H1N1 (Swine) Flu virus. The latest report involves an adult with serious underlying medical conditions from Western Maryland. **As with the release of each previous flu death, personal details about the case, including age, gender and specific jurisdiction of residence, will not be released to protect the privacy of the resident and the resident's family.**

"We cannot emphasize enough that people with serious underlying health conditions should contact their health care providers as soon as they experience flu-like illness regardless of whether it is H1N1 (Swine) flu or seasonal flu" said DHMH Secretary John M. Colmers. "As with seasonal flu, we know H1N1 (Swine) flu is on the rise as we move further into the normal flu season. As a result, we do expect to see more hospitalizations and deaths as the season progresses. We wish to express our condolences to the family and friends of this latest resident to die as a result of illness related to H1N1 (Swine) flu. "

Maryland is one of 37 states reporting geographically widespread influenza activity as virtually every indicator reveals the spread of H1N1 (Swine) flu is on the rise across the state. Additionally, the presence of regular seasonal flu in Maryland has been confirmed by laboratory tests. Since June 1, 2009, DHMH has reported 217 hospitalizations due to H1N1 (Swine) Flu-related illness to the CDC.

The CDC reports that since August 30 (the beginning of the 2009-2010 flu season) through October 3, that 1,544 people nationwide have died from influenza and pneumonia-associated illness and 12,384 have been hospitalized. CDC and state health departments discontinued reporting of individual cases as of July 24th.*

"Every indicator tells us that H1N1 (Swine) Flu continues to spread in the community and remains the dominant factor in flu-like illness statewide," said Frances Phillips, DHMH Deputy Secretary for Public Health Services. "We have seen the first few shipments of the H1N1 (Swine) flu vaccine arrive in Maryland and while we are ordering every dose available for our residents, vaccine remains at a trickle at doctor's offices, clinics, hospital and local health departments. Remember, vaccination is the best prevention against the flu, but basic measures like hand washing and covering your cough can help. "

Symptoms of influenza include fever, cough, and sore throat. Additional symptoms may include chills, headache, fatigue, vomiting, diarrhea or shortness of breath.

Good personal hygiene can reduce the risk of illness:

- Wash your hands often
- Cover your mouth when coughing or sneezing
- If you have flu symptoms, stay home

Complications and death from flu-related illness are more common among those with serious underlying health conditions. If you have a flu-like illness and begin to experience emergency warning signs, contact your health care provider as soon as possible. Emergency warning signs include:

In Children

- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Additional Information

Maryland DHMH H1N1 Influenza information:

www.flu.maryland.gov

Updated CDC Guidance for Schools, Colleges and Universities, Employers and more:

<http://www.flu.gov/>

The Weekly CDC Novel H1N1 Flu Situation Update: <http://www.cdc.gov/h1n1flu/update.htm>

CDC Interim Patient Treatment and Risk Guidance:

<http://www.cdc.gov/h1n1flu/identifyingpatients.htm>

***Editor's Note:** CDC discontinued reporting of individual confirmed and probable cases of H1N1 infection on July 24, 2009. CDC will report the total number of hospitalizations and deaths weekly, and continue to use its traditional surveillance systems to track the progress of the H1N1 flu outbreak. For more information about CDC's H1N1 influenza surveillance system, see Questions & Answers About CDC's H1N1 Influenza Surveillance.