



STATE OF MARYLAND

DHMH PRESS RELEASE

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FOR IMMEDIATE RELEASE:

Maryland Reports Two H1N1 (Swine) Flu Related Deaths

*Two Adults from Baltimore Metro Area are State's 11th and 12th
H1N1 (Swine) Flu Associated Deaths*

Baltimore, MD (October 28, 2009) - The Maryland Department of Health and Mental Hygiene (DHMH) will report to the Centers for Disease Control and Prevention (CDC) Maryland's eleventh and twelfth deaths associated to the H1N1 (Swine) Flu virus. The latest report involves two unrelated adults with no apparent underlying medical conditions from the Baltimore Metro Region. **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 regret to report two more deaths associated with the novel H1N1 influenza,” said DHMH Secretary John M. Colmers. “We know how serious influenza can be and, unfortunately, expect more flu-related deaths as we head into the heart of the flu season. “We continue to urge everyone to adopt preventive practices such as to stay home if you are sick, wash your hands frequently, cover your coughs and sneezes and take advantage of H1N1 vaccine as immunizations are available.”

Maryland is one of 46 states reporting geographically widespread influenza activity as virtually every indicator reveals the spread of H1N1 (Swine) flu is on the rise across the state. Since June 1, 2009, DHMH has reported 279 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 17, that 2,416 people nationwide have died from influenza and pneumonia-associated illness and 21,823 have been hospitalized. CDC and state health departments discontinued reporting of individual cases as of July 24th.*

"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 continue to order all available doses of H1N1 vaccine for our residents, a total of approximately 420,000 doses so far. While vaccine remains in limited supply, we remind people that 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
- Fever with a rash
- Flu-like symptoms improve but then return with fever and worse cough

In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

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.