



STATE OF MARYLAND

DHMH PRESS RELEASE

Maryland Department of Health and Mental Hygiene
201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – John M. Colmers, Secretary

Office of Communications

*David Paulson
Karen Black
410-767-6490*

FOR IMMEDIATE RELEASE:

Maryland Reports Thirteenth H1N1 (Swine) Flu Related Death

Adult from Baltimore Metro Region with Underlying Health Conditions

Baltimore, MD (October 30, 2009) - The Maryland Department of Health and Mental Hygiene (DHMH) will report to the Centers for Disease Control and Prevention (CDC) Maryland's thirteenth death associated to the H1N1 (Swine) Flu virus. The latest report involves an adult with pre-existing health 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.**

"This is tragic for the family and friends of those who have died and every flu related death reminds us that flu should be taken seriously," said DHMH Secretary John M. Colmers. "While H1N1 (Swine) flu has proven to be a mild to moderate disease for most people, anyone with underlying health conditions should contact their health care providers when experiencing flu-like illness. Also, we can save lives if everyone is aware of the flu emergency warning signs which tell you when to seek medical care immediately."

Emergency warning signs can be found at www.flu.maryland.gov . They 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

"We monitor all H1N1 (Swine) flu activity in Maryland and the spread continues to rise in virtually every community," said Frances Phillips, DHMH Deputy Secretary for Public Health Services. "While we're pleased that vaccine shipments appear to have increased in recent days, we do not expect vaccine to be widely available to the general public until late November. In the meantime, check with your doctor or local health department for availability."

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 321 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 typically updates these numbers by late Friday). CDC and state health departments discontinued reporting of individual cases as of July 24th.*

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:

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.