

# District Health Department #4

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Media Contact:

**For Immediate Release**  
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## **Health Officials Announce Two Influenza Related Deaths in NE Michigan**

District Health Department #4 has just received information that there are two influenza related deaths in Northeast Michigan. A 54 year-old with probable H1N1 and an infant confirmed to have H1N1 have died from complications related to the flu. Underlying health conditions put them at greater risk of complications from the flu.

"Sadly, we have learned that two NE Michigan residents have succumbed to illness associated with flu. We extend our deepest sympathy to the families, friends and other loved ones," said Joshua Meyerson, Medical Director of District Health Department #4. "While most cases of flu in Michigan and nationwide have been less severe, this news demonstrates how serious influenza can be," he said.

Since September 1, 2009, there have been 22 confirmed cases of H1N1 influenza related deaths in Michigan ranging from 6 months to 72 years of age.

Those that are at the highest risk of suffering severe complications from flu are:

- Less than 2 years of age
- 65 years and older
- pregnant women
- people with chronic health conditions

"We know that any type of influenza can cause serious illness and death, especially in people with certain underlying health conditions," added Meyerson. "It's important to remind everyone how important it is to take simple precautions that can reduce your chances of getting and spreading the flu."

These steps include:

- Wash your hands frequently with soap and warm water or use an alcohol-based hand sanitizer.

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- Cover your cough with a tissue or cough into your inner elbow and not into your hands.
- If you are sick stay home from work and if your child is sick keep them home from school 24 hours after the fever has gone away with out medicines.
- Get an H1N1 and seasonal flu vaccine as they become available.
- People that are at high risk of flu complications and get the flu should call their doctor and discuss the use of an antiviral such as Tamiflu.

District Health Department #4 is vaccinating the priority populations as they receive vaccine. Hospitals and Physicians are also receiving vaccine as soon as it is available. The health department is working to offer the vaccine to as many eligible people that want it.

For more information about the flu, visit [www.michigan.gov/flu](http://www.michigan.gov/flu) or [www.flu.gov](http://www.flu.gov). Please visit the health department's website at [dhd4.org](http://dhd4.org) for that latest on vaccine availability and clinics.

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