

CITY OF BALTIMORE

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HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Three Cases of H1N1 Influenza Confirmed in Baltimore City

BALTIMORE, MD (May 24, 2009) — The Baltimore City Health Department has received notice of three confirmed cases of novel H1N1 influenza (formerly referred to as swine flu) in Baltimore City.

None of the three affected individuals were school-age children. One of the cases is currently hospitalized. Due to confidentiality considerations, no further information about the patients will be released.

Novel H1N1 influenza (“flu”) infection in humans has been reported in the U.S. and around the world. To date, only 46 confirmed cases have been reported in Maryland, according to state officials. There have been no deaths in Maryland.

“We continue to closely monitor these cases and the spread of H1N1 flu here in the city,” said Interim Commissioner Farrow. “The outbreak of H1N1 in Maryland continues to involve generally mild symptoms similar to ordinary seasonal flu.”

The Health Department is working closely with the Maryland Department of Health & Mental Hygiene and with each City agency, area hospitals and health care providers to carry out a coordinated and comprehensive H1N1 flu plan.

The public is encouraged to exercise precautionary measures to avoid becoming infected or spreading an illness to others by following some simple steps:

- o Wash your hands often and well with soap and warm water for a minimum of 20 seconds OR use portable, alcohol-based hand wash solutions.
- o Practice good cough hygiene: cover your cough or sneeze with a clean tissue; throw the used tissue away and wash your hands or direct your cough/sneeze into your arm;.
- o Avoid touching your mouth, nose or eyes since this can pass infection.

If you are sick with the symptoms of flu (fever, chills, cough, sore throat and muscle aches):

- o Stay home and rest - don’t go to school, work, or social events.
- o Drink lots of fluids.
- o Rather than going to the emergency room, please contact your doctor if you have

any concerns.

If you do not have a primary care doctor, call the Baltimore City information number – 311.

The current H1N1 situation is a top priority of the Mayor's administration and the Baltimore City Health Department. Additional information is available on the Baltimore City Health Department's Web site at www.baltimorehealth.org and the CDC Web site at www.cdc.gov/H1N1.

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