



News Release

For Immediate Release
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UDOH Update on H1N1 Outbreak

(Salt Lake City) – The Utah Department of Health (UDOH) is today reporting 210 Utahns have been hospitalized due to illnesses associated with the novel H1N1 influenza virus and 10 have died (an increase of two since last week).

The Utah County Health Department says one of the newly reported deaths is a female resident of that county between the ages of 18 and 39. The Davis County Health Department reports the second death is a male resident of that county between the ages of 5 and 17. Both victims had underlying medical issues. Out of respect for patient privacy, no other information on either victim will be released.

Public health officials throughout the state continue to track the outbreak and are focusing their efforts on monitoring any changes in the severity of illness people are experiencing.

The most important steps people can take to protect themselves and others from becoming ill are to:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.
- Stay home if you are sick until you have been symptom-free for 24 hours. This is to keep from infecting others and spreading the virus further.

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“The public remains our most important partner as we respond to this developing pandemic,” said UDOH Executive Director Dr. David Sundwall. “One thing we can be sure of is that this virus will continue to change over time and we want to make sure Utahns don’t let their guard down in terms of protecting themselves and others.”

Should the virus become more virulent in the fall, public health officials may ask Utahns to take additional steps in order to limit its spread. Families should begin preparing for what they would need if they are asked to spend a week away from school, work or other activities. Now is the time to update, or create, your emergency stockpile. Items like food, water, tissue, sanitizers, over-the-counter medications and prescription medications are all useful items to have on hand in the event you become ill and are confined to your home.

Public health officials encourage Utahns to be ready for their role in limiting the spread of illness by visiting www.slvhealth.org, www.health.utah.gov/h1n1, or www.cdc.gov for the latest information.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.