

Cook County Department of Public Health

Cook County Health & Hospitals System

(formerly Cook County Bureau of Health Services)

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Cook County Department of Public Health (CCDPH) officials report two additional H1N1 Influenza-related deaths in suburban Cook County bringing the count to four.

Individuals should remain vigilant in preventing the spread of illness

CCDPH officials report the H1N1 influenza-related deaths of a 29 year old female resident of Western Springs and a 29 year old male resident of Mount Prospect. Both had underlying health conditions.

“Although we’ve expected to see more H1N1 influenza-related deaths, they are tragic and I cannot stress enough the importance of remaining vigilant in preventing the spread of illness,” CCDPH COO Stephen A. Martin, Jr., Ph.D., M.P.H. said. “You can reduce your risk of becoming infected and prevent spreading it to others by covering your cough, cleaning your hands and containing your germs by staying home when ill.”

As of today, there are 624 laboratory-confirmed, four probable cases and four H1N1 influenza-related deaths in suburban Cook County.

Typically, seasonal influenza activity has tapered at this point in the year. However, transmission of the H1N1 virus appears to be on-going. Most individuals infected with H1N1 have reported mild symptoms similar to those of seasonal influenza such as fever, cough, sore throat, body aches, headaches with several reporting diarrhea and vomiting.

Individuals experiencing influenza-like symptoms should stay home for seven days after symptoms begin or until they have been symptom-free for 24 hours, whichever is longer to prevent spreading the infection to others.

Individuals who are at a higher risk of serious flu-related complications include pregnant women, children younger than 5-years-old, people 65-years and older people and those chronic medical conditions. Examples of chronic medical conditions include asthma and other lung diseases, diabetes and heart disease. Individuals with underlying conditions should contact their physician at the onset of illness and not wait for severe illness.

Consistent with Centers for Disease Control and Prevention (CDC) and the Illinois Department of Public Health, CCDPH will begin reporting H1N1 influenza cases and deaths on its Web site, www.cookcountypublichealth.org, once a week on Fridays.

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