



DEPARTMENT OF HEALTH

**News Release**

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GOVERNOR

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**DOH CONFIRMS TWO ADDITIONAL DEATHS INVOLVING H1N1 FLU**

HONOLULU – The Hawai'i State Department of Health (DOH) has confirmed novel H1N1 influenza infection in an adult male in his early 20's who died on July 21 at home on O'ahu, and an adult male in his early 30's who died on July 22 shortly after being transported to an area hospital on O'ahu. Both individuals had underlying medical conditions that contributed to their decline and death. No further information about patient medical conditions before death or identification will be released due to patient privacy considerations and federal law.

"We are very concerned that neither had contacted a physician about their illness," said Health Director Dr. Chiyome Fukino. "Anyone who has flu-like symptoms such as high fever, cough, and sore throat and is experiencing difficulty breathing or has other concerning symptoms such as mental confusion or lethargy should seek emergency medical care and consult a physician."

Similar to what has been observed nationally, underlying conditions such as obesity, smoking, asthma, heart disease, diabetes, and respiratory difficulties have been contributing factors in novel H1N1-related hospitalizations and deaths in Hawai'i. The U.S. Centers for Disease Control and Prevention has information at [cdc.gov/h1n1flu/pregnancy/](http://cdc.gov/h1n1flu/pregnancy/) for pregnant women, who may also be at increased risk for complications from H1N1 influenza infection.

"Influenza can be a serious and fatal illness for those with chronic conditions and weakened immune systems," said Dr. Fukino. "Taking care of your health with good nutrition, regular

**(more)**

physical activity, regular health check-ups, and plenty of rest can reduce your risk for complications from the flu. It is also always a good time to quit smoking.”

Current data collected by the DOH suggests that influenza activity in Hawai'i has increased and is at higher levels this year. Similar to the mainland U.S., most of the influenza virus circulating in Hawai'i at this time is the novel influenza A (H1N1); with occasional seasonal influenza A (H3N2).

Flu symptoms include:

- Fever (Temperature > 100° F, OR 37.8° C)

AND any one of the following,

- Cough
- Sore throat
- Runny nose
- Headache
- Muscle aches
- Joint pain

If you have any of the symptoms below, seek emergency medical care right away or call 911:

- Shortness of breath or increasing trouble breathing
- Purplish or bluish lip color
- Vomiting and unable to keep fluids down
- Mental confusion
- Lethargy (not alert or responsive to voice or touch)

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For more information, contact:

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# What to do in Hawai'i if you think you have the flu

❖ Flu symptoms include:

❖ **Fever (Temperature > 100°F, OR 37.8°C)**

**AND any one of the following,**

❖ **Cough**

❖ **Sore throat**

❖ **Runny nose**

❖ **Headache**

❖ **Muscle aches**

❖ **Joint pain**



❖ If you are sick, **contact your medical provider** to discuss your illness

❖ To prevent spreading disease make sure to:

❖ **Stay home from work or school when ill; avoid public places and gatherings**

❖ **Wash hands frequently or use alcohol-based hand sanitizer**



❖ **Cover your sneeze or cough with tissue and throw out the tissue after use; then wash your hands**

❖ If you have any of the symptoms below, seek **emergency** medical care right away or call **911**:

❖ **Shortness of breath or increasing trouble breathing**

❖ **Purplish or bluish lip color**

❖ **Vomiting and unable to keep any fluids down**

❖ **Mental confusion**

❖ **Lethargy (not alert or responsive to voice or touch)**

❖ **Mahalo for your kokua!**

Together we can keep Hawai'i a safe and healthy place for our families, friends, and visitors

❖ If you have questions about flu, please call **Aloha United Way at 211**



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