

Influenza H1N1 Death at Middlemore Hospital

An H1N1-related death at Middlemore Hospital was confirmed today by Counties Manukau District Health Board. The patient was an 82-year-old man who died on September 12th. He had an underlying health condition.

Protecting yourself and others

For some people, influenza can be a very serious illness. The main measures to protect yourself and others are:

- Know the symptoms of influenza, which can include a high fever, headache, cough, sore throat, tiredness and generally aching all over.
- Phone for medical advice quickly (**call your GP or Healthline on 0800 611 116**) if you have influenza-like symptoms, including consideration of whether you need antiviral medicine treatment. Antiviral medication may lessen the severity and length of your illness, but is best started within the first 48 hours. Antiviral medication is currently available free of charge for people who are prescribed it for influenza treatment.
- Seeking early medical advice is especially important for women who are pregnant, severely overweight people and those with underlying medical conditions such as asthma, diabetes, cancer, heart and lung disease and other conditions including autoimmune diseases.
- Wash and dry hands frequently, cover coughs and sneezes and stay home if you are sick.