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**COUNTY OF MIDDLESEX  
PUBLIC HEALTH DEPARTMENT**  
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**For immediate release by:**  
**David A. Papi, Director-Health Officer**  
**Middlesex County Public Health Department**  
**July 1, 2009**

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**Middlesex County Public Health Department Announces  
First Middlesex County Death from Novel H1N1 Influenza A**

According to David A. Papi, Director-Health Officer of The Middlesex County Public Health Department (MCPHD), the department has been notified by the New Jersey Department of Health and Senior Services of the first death from complications of novel H1N1 Influenza A (swine flu) in Middlesex County. The patient was a 44-year-old man from Piscataway. He died in JFK hospital in Edison on Saturday. The patient had multiple underlying medical conditions.

Director Papi stated, "It is with great sorrow that we report that Middlesex County has lost its first resident due to complications from the novel H1N1 virus. Our thoughts and prayers are with the resident's family."

Freeholder Ronald G. Rios, Chairperson of Middlesex County's Public Health and Education Committee said, "On behalf of myself and the Board of Chosen Freeholders our sympathies go out to this individual's family and friends during this difficult time."

"I was greatly saddened by this news and I send my heartfelt sympathy to the family," said Piscataway Mayor Brian C. Wahler. "I hope they can find some small comfort in the many family members and friends who love them and share their grief." Mayor Wahler urges Piscataway residents as well as all New Jersey residents not to take this new strain of influenza lightly."

"Influenza is a serious illness and residents need to continue to take proper precautions to protect themselves and their families", stated Papi.

Director Papi states that the best defense for residents, without an available H1N1 vaccine, is to use preventative measures from getting sick. These include:

- Covering coughs and sneezes with tissues and disposing of tissues properly, or by coughing and sneezing into you upper sleeve.
- Washing your hands with soap and water often.

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- Using an alcohol-based hand sanitizer when soap and water are not available.
- Staying home if you are sick.

Other healthy habits residents can practice to help prevent getting the flu include: eating a well balanced diet, drinking plenty of water, and getting rest.

-More-

The symptoms of H1N1 flu are similar to seasonal flu and include fever, lack of appetite, muscle aches, chills, coughing and fatigue. Some people have also reported having a sore throat, nausea, vomiting, and diarrhea. Contact your doctor if you have symptoms of the flu.

Information can be obtained by visiting the Middlesex County Public Health Department web site at <http://co.middlesex.nj.us/publichealth/> .

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