



Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
286 Water Street  
11 State House Station  
Augusta, Maine 04333-0011  
Tel: (207) 287-8016; Fax (207) 287-9058  
TTY Users: Dial 711 (Maine Relay)

---

## Maine Health Alert Network (HAN) System

### PUBLIC HEALTH ADVISORY

**To:** Health Care Providers  
**From:** Dr. Isaac Benowitz, State Epidemiologist  
**Subject:** **Influenza-Associated Pediatric Death**  
**Date / Time:** Tuesday, March 25, 2025, at 3:30PM  
**Pages:** 2  
**Priority:** Normal  
**Message ID:** 2025PHADV008

---

## Influenza-Associated Pediatric Death

### Summary:

The Maine CDC received notification of an influenza-associated pediatric death on Wednesday, March 19, 2025. The child tested positive for influenza B. This is the first influenza-associated pediatric death in Maine during the 2024–2025 influenza season.

Influenza activity remains elevated nationally and in Maine. The influenza vaccine is still available, and clinicians should continue to suspect influenza, educate patients on general respiratory hygiene strategies that help prevent influenza infection, and offer seasonal influenza vaccine to people who have not yet received it for the 2024–2025 influenza season.

### Background:

Influenza activity in Maine remains elevated with laboratory-confirmed influenza reported in all sixteen counties. Influenza A/H3 and Influenza A/H1N1 have been the predominate strains in Maine this influenza season. As of Tuesday, March 25, 2025, the Maine CDC has identified 146 outbreaks of influenza and health care facilities have reported over 1,200 individuals hospitalized with laboratory-confirmed influenza. Influenza can be a serious illness.

### Recommendations:

- **Prevention:** The Maine CDC recommends following the “No Flu 4 You” guidelines which include:
  - **Get vaccinated:** The Maine CDC recommends annual influenza vaccination for everyone aged 6 months and older, especially for those people who are at high risk of serious complications from influenza. Influenza vaccine is provided at no cost by the State of Maine for children under the

age of 19 years. For questions about vaccination please contact the Maine Immunization Program at 800-867-4775 or at [immunizeme@maine.gov](mailto:immunizeme@maine.gov).

- **Wash your hands:** Both the public and healthcare providers should remember to wash their hands frequently to prevent transmission of influenza
- **Cover your cough:** Use tissues, or cough into your sleeve
- **Stay home when you are sick:** Symptomatic individuals should remain home until 24 hours after fever resolves without the use of medications
- **Treatment:** Clinicians are reminded to treat suspected influenza in high-risk outpatients, those with progressive disease, and all hospitalized patients with antiviral medications **as soon as possible**, regardless of negative rapid influenza diagnostic test results and without waiting for RT-PCR testing results. Early antiviral treatment works best, but treatment may offer benefit when started up to 4-5 days after symptom onset in hospitalized patients. Early antiviral treatment can reduce influenza morbidity and mortality.

Tamiflu (oseltamivir), Relenza (zanamivir), Rapivab (peramivir), and Xofluza (baloxavir) are approved antivirals for influenza. Treatment should begin as soon as possible. Guidance for use of Antivirals for the Treatment and Chemoprophylaxis of Influenza are available at <https://www.cdc.gov/flu/hcp/antivirals/summary-clinicians.html>

**For more information:**

- Maine CDC: Influenza: [www.maine.gov](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/influenza/influenza-surveillance-weekly-updates.shtml)
- U.S. CDC: Influenza: [www.cdc.gov/flu](http://www.cdc.gov/flu)
- Maine's weekly surveillance reports: <http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/influenza/influenza-surveillance-weekly-updates.shtml>