



HEALTH SERVICES AGENCY

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FIRST INFLUENZA DEATH FOR 2019-2020 SEASON IN STANISLAUS COUNTY

Stanislaus County - Stanislaus County Health Services Agency has been notified that a person has tragically passed away because of influenza (flu). This is the first flu-related death of a person under the age of 65 in the County this season.

Every year flu spreads across the country from person-to-person, among families, and communities. Flu illnesses can range from mild to severe. Flu-related issues can lead to hospitalization and sometimes death. The symptoms of flu can come on suddenly, and may include:

- Fever, chills
- Headache
- Fatigue and/or body aches
- Dry cough
- Sore throat
- Runny or stuffy nose
- Sometimes diarrhea and vomiting

People experiencing flu-like symptoms should call their health care provider if their symptoms are serious or if there is trouble breathing, if they are pregnant, or have underlying medical conditions.

“This is a very sad reminder that flu can be a serious and sometimes deadly disease” said Dr. Thea Papasozomenos, Stanislaus County Assistant Public Health Officer. “We extend our sincerest condolences to the man’s family. Flu vaccination is the most effective protection against flu, and it's still not too late to get a flu shot.”

Stanislaus County Public Health encourages residents to **take the following actions to fight the flu:**

Take time to get a flu shot for yourself and your family. The Centers for Disease Control and Prevention (CDC) recommends the flu shot for everyone six months of age or older. Flu shots are still available at many places, including doctors' offices, local health department clinics, and community settings as well as most pharmacies. Check with your healthcare provider to decide which form of the shot is the best option for you.

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Take everyday actions to stop germs by:

- Avoiding close contact with sick people
- Washing your hands often
- Avoiding touching your eyes, nose or mouth
- Covering your coughs and sneezes
- Cleaning and disinfecting surfaces and objects that may have germs
- Limiting contact with others If you become sick

Take flu antiviral drugs if your doctor prescribes them. If you get the flu, antiviral drugs can treat your illness. Antiviral drugs can make your illness milder and shorten the time you are sick. They may also prevent serious flu complications, like pneumonia. It is very important that antiviral drugs be used early to treat people who are sick with the flu and have a greater chance of getting serious flu complications because of their age or a high-risk medical condition.

For more information about flu and flu shots, please visit

<http://schsa.org/publichealth/pages/flu/> and <https://vaccinefinder.org>, respectively.

Resources for Additional Information on flu are:

- StanEmergency flu website, <http://www.stanemergency.org/diseases/coldsflu/>
- California Department of Public Health flu website, <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Influenza.aspx>
- Centers for Disease Control and Prevention, <https://www.cdc.gov/flu/index.htm>

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