



NUMBER: 24-01
FOR RELEASE: IMMEDIATE

DATE: January 26, 2024

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FIRST INFLUENZA DEATH REPORTED IN STANISLAUS COUNTY

Stanislaus County - Stanislaus County Health Services Agency has been notified of an adult male dying from influenza (flu). This is the county's first flu-related death of an individual under age 65 this season. Due to patient privacy, further details about the individual will not be released.

Every year flu spreads across the country, from person-to-person and among families and communities. Flu illnesses can range from mild to severe. Milder flu symptoms can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Serious flu complications can lead to hospitalization and even death. While anyone can get sick with the flu and become severely ill, some people are more likely to experience severe flu illness. Young children, adults aged 65 years and older, pregnant women, and people with certain chronic medical conditions are among those groups who are at high risk of serious flu complications.

People experiencing flu-like symptoms should call their healthcare provider if they are at higher risk of severe flu illness. Their providers may prescribe antiviral medications that reduce the severity and duration of illness. Anti-viral medications are most effective when used early after symptoms start to treat people who are sick with the flu. **Antibiotics are not effective against the flu.**

“We extend our condolences to the family of the man who passed away from flu. Unfortunately, flu is unpredictable and can be deadly.” said Dr. Thea Papasozomenos, Stanislaus County Public Health Officer. “Flu vaccination is the most effective protection against flu and has been shown to reduce the risk of serious flu complications. It is not too late to get a flu shot.”

Along with the flu, the local hospitals also see high numbers of COVID-19, RSV, and other respiratory viruses. Public Health strongly recommends that everyone get vaccinated against the flu and COVID-19, wear a mask in crowded indoor public settings, wash hands frequently, and stay home if sick to help stop the spread of respiratory viruses. It is still not too late to get your flu vaccines. Vaccines are available at physicians’ offices, clinics, and pharmacies.

For more information about flu and flu shots, please visit schsa.org/publichealth/pages/flu/ and vaccinefinder.org.

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