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## FIRST INFLUENZA DEATH REPORTED IN STANISLAUS COUNTY

**Stanislaus County** - Stanislaus County Health Services Agency – Public Health has been notified of an adult female dying from influenza (flu). This is the county's first flu-related death of an individual under age 65 this season. To protect patient privacy, no further details about the individual will be disclosed.

Influenza is a contagious virus that spreads easily from person to person, affecting families and communities nationwide each year. Flu symptoms can range from mild to severe. Common symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. In severe cases, flu complications may result in hospitalization or even death. While anyone can experience severe flu illness, certain groups are at higher risk, including young children, adults aged 65 and older, pregnant women, and individuals with chronic medical conditions.

People experiencing flu-like symptoms, especially those at higher risk, are urged to contact their healthcare provider promptly. Antiviral medications may be prescribed to reduce the severity and duration of illness. These medications are most effective when started early after symptoms appear. It is important to note that antibiotics do not treat the flu, as it is caused by a virus.

“We extend our condolences to the family of the woman who passed away from flu. This is a sobering reminder that flu is unpredictable and can be life-threatening,” 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.”

Local hospitals are currently managing many patients with respiratory illnesses, including COVID-19, RSV, and the flu. To help reduce the spread of these viruses, Public Health strongly encourages the following precautions:

- **Get vaccinated** against both the flu and COVID-19.
- **Wash hands frequently** with soap and water.
- **Stay home if you are sick** to prevent spreading illness to others.

Flu vaccines are widely available at doctors' offices, clinics, and pharmacies. Protect yourself and your community by getting vaccinated today. For more information about flu and flu shots, please visit [schsa.org/publichealth/pages/flu/](https://schsa.org/publichealth/pages/flu/) and [vaccinefinder.org](https://vaccinefinder.org).

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