



HEALTH SERVICES AGENCY

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FIRST AND SECOND INFLUENZA DEATHS REPORTED IN STANISLAUS COUNTY

Stanislaus County - Stanislaus County Public Health has been notified of two adult males dying from influenza (flu). These are the county's first flu-related deaths under age 65 this season. Due to medical privacy laws, further details about the individuals will not be released.

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, possibly requiring hospitalization and sometimes resulting in death. Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue.

People who suspect they are sick with the flu, particularly those with underlying health conditions, can now get tested at the OptumServe COVID-19 testing sites. Their providers may prescribe antiviral medications that reduce the severity and duration of illness. Anti-viral medications, such as Tamiflu, must 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. **Antibiotics are not effective against the flu.**

Along with the flu, the local hospitals are also seeing 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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