

NEWS RELEASE

Date: March 14, 2025

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Kittitas County Public Health Notified of Influenza Related Death

The Kittitas County Public Health Department (KCPHD) received notice of a death related to influenza in Kittitas County. “We realize that Kittitas County is still a small community; we want to acknowledge the loss of this individual and provide the appropriate information to the community,” states Health Officer Dr. Mark Larson.

Individual cases of influenza are not notifiable conditions to health jurisdictions. KCPHD is only notified of influenza related incidents when there is an outbreak or a death. In this case, the death was caused by influenza A.

Influenza is best prevented by an annual vaccine. If individuals are interested, you can still get a vaccine to protect against this year’s strains. Other ways to prevent influenza are staying home when you are sick, frequently washing your hands, good hygiene around covering your cough, and properly disposing of tissue.

If you are sick with influenza like symptoms (fever, cough, sore throat, muscle aches, headaches, fatigue) you should contact your provider. By contacting your provider, you can prevent a severe infection and there may be antiviral medication available.

People who are the most at risk for severe illness or death from influenza are young children and older adults or individuals who are immunocompromised. By staying home when you are sick, washing hands frequently, and considering getting a vaccine this year and next year, you can help to prevent the spread of influenza in our county.

More information can be found at www.doh.wa.gov about symptoms and flu activity. Currently, KCPHD has influenza vaccines available for anyone 18 and under. There is no fee associated and parents or caregivers just need to call KCPHD to schedule an appointment at 509-962-7515. Anyone 19 and over can contact their pharmacy or ask their provider for a flu vaccine.

If you have any additional questions or concerns, you can contact KCPHD at 509-962-7515.

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