

## NEWS RELEASE

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### **Influenza Related Death in Kittitas County**

The Washington State Department of Health notified Kittitas County Public Health (KCPHD) of a possible influenza death. Sadly, KCPHD has confirmed that an individual has died from an influenza related death.

People who are the most at risk for severe illness or death from influenza are young children, older adults, and individuals who are immunocompromised. By staying home when you are sick, washing hands frequently, and getting a vaccine this year, you can help to prevent the spread of influenza in our county. Cases of influenza in Kittitas County are currently above usual levels, showing that the spread of flu remains high locally.

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.

Vaccine is the best prevention against influenza. 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.

More information can be found at [www.doh.wa.gov](http://www.doh.wa.gov) about symptoms and flu activity. If you have any additional questions or concerns, you can contact KCPHD at 509-962-7515.

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