

FOR IMMEDIATE RELEASE

December 26, 2017

South Central Public Health District Reports First Influenza related death in district

TWIN FALLS, ID – An influenza related death was reported last week; the person was over the age of 50. IDHW reports that statewide there have been seven deaths.

Tanis Maxwell, Epidemiologist for South Central Public Health District, stated, “ "We are seeing increasing rates of influenza-like illness and have had outbreaks reported."

According to Idaho Bureau of Laboratories (IBL) sample testing has been predominantly Influenza A (H3N2) with some Influenza B (Yamagata), both included in the influenza vaccine this season.

South Central Public Health District wants to remind residents the easiest way to avoid Influenza is to:

- Get immunized. Adults over 65 should receive the ‘high dose’ vaccine.
- Wash your hands often.
- Cover your cough or sneeze.
- Stay home if you are sick and keep your children home if they are ill.

Typical symptoms of the flu are:

- Sudden fever or feeling feverish/chills
- Cough and/or sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches and fatigue (tiredness)

Cold symptoms are usually milder. It is not too late to get an influenza vaccine. The influenza season usually continues through March. Influenza vaccines are still available at South Central Public Health District or your local healthcare provider.

For more information about the flu, please visit: Flu.Idaho.gov

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For more information, contact Yvonne Humphrey at 208-737-5917