

## NEWS

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### **Ada County Man Dies from Flu-related Illness**

**Ada County**— An Ada County man over the age of 50 has died from an influenza-related illness, making it the second flu-related death in Idaho this season. Last flu season, 23 Ada residents within Central District Health's (CDHD) jurisdiction of Ada, Boise, Elmore and Valley counties died of flu-related illness, and 72 people died statewide.

"In Idaho, we typically see flu peak in January or February, so it's still early in the season. If you haven't already gotten your flu shot, now is the time. With the upcoming holidays, people are traveling and spending time together, often in close quarters, so it's especially important to protect yourself and loved ones," said Sarah Correll, CDHD Epidemiologist.

Everyone over six months of age is recommended to get the flu vaccine. This season's vaccine has been updated to match viruses that are circulating and is proving to be a good match.

Influenza is a contagious respiratory illness that infects 5 to 20 percent of the population every year. Symptoms include fever, headache, fatigue, and sometimes a cough and sore throat. Most people who get influenza recover after a few days, but some people may develop serious complications and even die. Every year, the flu contributes to an estimated 36,000 deaths in the United States, along with more than 200,000 hospitalizations.

#### **People who are especially vulnerable to complications of the flu include:**

- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions, such as asthma, diabetes, heart or lung diseases
- People who live in nursing homes and other long-term care facilities

- People who live with or care for those at high risk for complications from flu.

In addition to getting vaccinated, people can protect themselves from the influenza virus and other respiratory illnesses by practicing good health hygiene habits. To avoid infection, you are urged to:

- Cover your mouth and nose with a tissue when coughing or sneezing to prevent infecting other people. Avoid people who appear sick.
- Stay home from work or school when sick,
- Wash your hands frequently, especially after being out in the public. Avoid touching your eyes, nose and mouth until you have washed your hands.
- Get plenty of rest, drink plenty of liquids, eat nutritious foods and take part in physical activity to stay healthy.

CDHD offers flu shots to children from six months through age 18 by appointment. Evening appointments are available. In Ada or Boise County, call 208-327-7400, in Valley County, call 208-630-8002, and in Elmore County, call 208-587-4407.

For information about influenza and how to stay healthy, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or <http://flu.idaho.gov>

For more information on CDHD's programs, services and initiatives, visit [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).

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