



HEALTH ADVISORY

Public Health

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First confirmed flu-related death in San Bernardino County



The Department of Public Health has confirmed a child with underlying medical conditions has become the first flu-related death for San Bernardino County. This flu season has seen widespread influenza activity that is more severe than last year. The California Department of Public Health has confirmed a total of 14 reportable flu related deaths statewide as of January 14.

“The family has our sincerest condolences. The death of a child is always tragic, but this fatality is a reminder that the flu can be serious and often deadly,” said Dr. Maxwell Ohikhuare, Health Officer, “Flu shots are the most effective protection from the flu, and it’s not too late to get one.”

A seasonal flu shot is recommended every year to all persons age 6 months and older, to help protect you, your family and the community.

The flu is caused by influenza viruses and is easily spread from one person to another. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Those at highest risk of severe flu (the elderly, pregnant women, infants, or people with other health conditions) should contact their medical provider at the first sign of symptoms in order to get the most effective treatment.

In addition to getting the flu vaccine, prevent the spread of illness by following these steps:

- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues
- Avoid touching your eyes, nose or mouth
- Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand sanitizers may be used if soap and water are not available
- Avoid close contact with sick people
- Stay home when you are sick to avoid spreading illness to others
- Contact your medical provider for treatment options

To find a flu shot clinic nearest you visit <http://flushot.healthmap.org>. For more information on flu activity please visit the San Bernardino County Department of Public Health website at www.sbcounty.gov/dph, or contact the Communicable Disease Section at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m.