



**COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT**

FOR IMMEDIATE RELEASE

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Influenza-Related Death in 30 Year Old Male Resident

The County of San Luis Obispo Public Health Department (SLO PHD) confirmed today that a male resident in his thirties has died of complications related to Type A H3 influenza infection. This is the first reportable death associated with influenza in SLO County this season.

Healthcare providers are required to report cases of influenza in patients hospitalized in the Intensive Care Unit (ICU) or deaths associated with influenza among persons less than 65 years of age. This patient had not received a flu vaccine, and had at least one underlying risk factor that predisposed him to severe disease.

The SLO PHD wants to remind residents that flu is a highly contagious disease which can cause serious illness or death, and that everyone aged 6 months or older should be immunized. "Like the State of California and elsewhere, SLO County is seeing a more severe flu season than usual", said Dr. Penny Borenstein, County Health Officer. "Hospitals are feeling the demand and we have received reports of several outbreaks in long-term care facilities, more than in previous years."

It is not too late to vaccinate! The flu season is expected to continue for weeks to months. Flu vaccine this year contains the H3 strain component that is circulating widely and is known to cause more severe illness than some other influenza strains.

Individuals are encouraged to contact their private medical provider for vaccine, or locate a pharmacy nearby that administers vaccine. The SLO PHD also has vaccine available by appointment for a fee, as well as vaccine for eligible children at no cost.

Flu vaccine is the best way to prevent infection, while frequent hand washing may help limit exposure.

Further information regarding influenza can be found at: <http://cdc.gov/flu>

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