



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

**FOR IMMEDIATE RELEASE**

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### **First Flu-Related Death in SLO County**

San Luis Obispo, CA—The County of San Luis Obispo Public Health Department confirmed today that a male resident over the age of 60 has died of complications related to influenza infection. This is the first death associated with influenza in SLO County this flu season. It is not known if this patient had been vaccinated against the flu this season or if he previously had any underlying health risks.

Influenza activity is widespread in San Luis Obispo County and in every county across the state. The California Department of Public Health reports there have been 70 deaths across the state from the flu since October, and that flu activity continues to increase. While influenza type B is the most common flu strain detected across the state, type A is also circulating. The San Luis Obispo County resident was infected with type A.

“This is a sad reminder that flu can be very serious,” said Dr. Penny Borenstein, Health Officer of the County of San Luis Obispo. “We extend our sincere sympathy to this patient’s family and ask everyone to help play a part in reducing the spread of flu in our county. We can all take steps to protect ourselves and our most vulnerable neighbors.”

- Get a flu shot (everyone over six months of age)
- Wash hands often
- Cover coughs and sneezes
- Stay home when sick

You can get your flu shot from your healthcare provider, at many local pharmacies, or at [Public Health Department clinics](#).

More information about this flu season in California is available here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Influenza.aspx>

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