



FOR IMMEDIATE RELEASE

News Release 2024-01

January 4, 2024

Influenza Deaths

East Wenatchee, WA – Two (2) Influenza (flu) confirmed deaths have been reported to the Chelan-Douglas Health District this 2023-2024 flu season. The first death, an adult, occurred at the end of November. The second death, a child, occurred in December.

“This is a heart-breaking reminder that influenza is a very serious illness. We want to express our condolences to the families of those affected and are deeply saddened by the loss of our community members.” Deputy Director, Dr. Kristen Hosey.

[CDC](#) recommends an annual flu vaccine for everyone over the age of six (6) months, as the first and most important step in protecting against flu viruses.

While an annual flu vaccine is the most important step in protecting against the flu, other preventative measures include:

- Wash your hands often, with soap and water
- Avoid close contact with anyone who is sick
- Cover your mouth and nose when sneezing or coughing
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect everyday surfaces
- Stay home if you have flu like symptoms
- Wear a mask when in crowded public places or when visiting [people at higher risk of flu complications](#)

Influenza (flu) can cause mild to severe illness. Symptoms often come on suddenly. People who have the flu can experience some or all of these symptoms:

- Fever/chills
- Cough, sore throat, runny or stuffy nose
- Headaches and muscle or body aches
- Fatigue
- Vomiting and diarrhea (more common in children than adults)

For local flu vaccine availability visit vaccines.gov. Influenza vaccine for children under the age of 18 should be available through their primary care provider. For more information on respiratory illness in Washington State visit the [DOH Respiratory Illness Data Dashboard](#).

Chelan-Douglas Health District wants to thank you for helping keep our community safe this respiratory virus season.

For more public health updates, visit www.cdhd.wa.gov and follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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