



# County of Santa Cruz

## HEALTH SERVICES AGENCY

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PUBLIC HEALTH DIVISION

### PUBLIC HEALTH ADVISORY

<b>Communicable Disease:</b>	<b>Influenza</b>
<b>Principle Investigator:</b>	<b>Lisa B. Hernandez, MD, MPH, Health Officer County of Santa Cruz</b>
<b>Date:</b>	<b>Jan. 13, 2014</b>
<b>Release #:</b>	<b>2014FLU1-1</b>

### SITUATION

The first confirmed death due to influenza infection has occurred in Santa Cruz County in a male under the age of 50. Two suspect influenza deaths, in two males under the age of 50, have not yet been confirmed by the California Department of Public Health (CDPH). The Public Health Department has received official reports of five patients under the age of 65 admitted to the ICU with confirmed influenza. One of these five is the first confirmed death due to influenza. There are five additional suspect influenza cases in ICU under investigation.

### INFORMATION

- CDPH has reported seven confirmed influenza deaths statewide in persons under the age of 65. Twenty-eight more deaths are under investigation. Influenza deaths in persons over the age of 65 are not reportable in California.
- The H1N1 strain appears to be the predominant strain so far this flu season and is contained in this year's flu vaccine.
- There is no shortage of vaccine and it is not too late to get vaccinated.

### RECOMMENDATIONS

- Get vaccinated.
- If you do get sick, limit contact with others.
- Cover your nose and mouth when coughing or sneezing, wash hands thoroughly with soap and water, or use an alcohol-based rub and avoid touching your eyes, nose and mouth.
- Those at high risk (the elderly, pregnant women, infants or those with other health conditions) who show flu symptoms should contact their physician immediately in order to get the most effective treatment. Symptoms include the sudden onset of fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

### ADDITIONAL RESOURCES

- For more information on the flu, visit [www.flu.gov](http://www.flu.gov) .

**Health Alert:** conveys the highest level of importance; warrants immediate action or attention.

**Health Advisory:** provides important information for a specific incident or situation; may not require immediate action.

**Health Update:** provides updated information regarding an incident or situation; unlikely to require immediate action.

