FOR IMMEDIATE RELEASE
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Panhandle Health District Reports
First Flu Death of the Season

HAYDEN, ID – Panhandle Health District (PHD) is reporting North Idaho’s first influenza-related death for the 2016-17 flu season. An adult woman from Kootenai County died due to complications from an influenza infection. It is the eighth flu-related death in Idaho this season.

"This tragedy emphasizes that the flu is a serious illness and shouldn’t be taken lightly," said Jeff Lee, PHD Staff Epidemiologist. “Since the New Year, we have seen a significant spike in confirmed influenza cases, so we are urging people to get vaccinated to reduce the spread of flu to their family, friends and community.”

The flu vaccine is recommended for everyone age 6 months and older and is especially important for high-risk populations, such as infants, older adults and pregnant women. The shot is the best method to reduce your chances of getting the flu.

Both those vaccinated and unvaccinated, who are at higher risk for severe influenza, should seek medical evaluation if they experience a flu-like illness so they can be considered for treatment with antivirals. These medications are most effective when they are started soon after symptoms begin.

Vaccinations are currently available at PHD, physician offices, and many pharmacies and grocery stores. To make an appointment, call the Panhandle Health District at (208) 415-5270.

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