



Public Health Administration

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Public Health Announces First Flu Deaths, Urges Flu Vaccination

BUTTE COUNTY, Calif. – Butte County Public Health (BCPH) is reporting the first two flu-related deaths for the 2023 flu season. Both residents were over the age of 60 and died due to complications of influenza. BCPH expresses sincere condolences to friends and family for the loss of their loved ones. Residents, especially those at increased risk for flu complications, are urged to get vaccinated against the flu and take other actions to prevent respiratory illnesses.

People who haven't received their annual flu vaccine are still urged to get one, as flu season can last through late spring. This year's flu vaccines are still beneficial as vaccination reduces your risk of illness, hospitalization, and death.

Residents can get the annual flu vaccine from their healthcare provider or local pharmacy. To locate a flu vaccination clinic, visit: www.vaccines.gov or myturn.ca.gov/. Residents are encouraged to talk with their doctor about preventing respiratory illnesses and the importance of vaccinations.

Flu vaccination is recommended for everyone 6 months of age or older, but is particularly important for those at higher risk of severe influenza, including pregnant women, children under five years of age, older adults, and people with certain underlying medical conditions such as diabetes, obesity, asthma, and heart disease. Vaccination of pregnant women also helps to protect infants too young to be vaccinated.

While California guidance does not require masking except in [some specific situations](#), masking is an effective way to help protect against Flu, RSV and COVID-19.

In addition to getting a flu vaccine, BCPH recommends 5 tips to protect against winter viruses:

- **Get Vaccinated, Boosted (and Treated)**
Flu shots, COVID-19 vaccines and boosters continue to be your best defense to limit severe illness and death – and you can get both at the same time.
- **Stay Home if You're Sick, and Test for Flu & COVID-19**
Staying home when you're sick slows the spread of Flu, RSV and COVID-19. If you're sick, remember to test for Flu and COVID-19 and contact your doctor immediately if you're positive to discuss treatment options. Treatments work best when started right after symptoms begin. Keep sick children home from school according to the school's sick child policy (typically for 24 hours after your child no longer has symptoms, especially a fever).
- **Wear a Mask**
There is no vaccine for RSV, so wearing a mask can significantly slow the spread and protect babies and young children who do not yet have immunity and are too young to wear a mask themselves. Wearing a mask in indoor public places is a good way to limit the spread of germs.

- **Wash Your Hands**

Frequent handwashing, with soap and warm water – for at least 20 seconds, is an easy and effective way to prevent getting sick and spreading germs.

- **Cover Your Cough or Sneeze**

Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Just make sure to wash your hands or sanitize and dispose of your tissue after.

Those who have flu like symptoms should contact their health care provider right away. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. **If you are sick, stay home from work or school until your illness is over.**

For more information about the flu, visit: www.buttecounty.net/flu

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