



Public Health Brief

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Flu Season Is In Full Swing!

Seasonal flu activity is elevated and continues to increase in most parts of the country, including California and Nevada – see the map on the next page.

Since the beginning of the flu season in October 2023, as of December 30, 2023, there have been at least 10 million illnesses, 110,000 hospitalizations, and 6,500 deaths from flu so far this season.

The most affected are seniors over the age of 50, especially those >65 years of age, and the young 0-4 years of age. So far, there have been 27 deaths from flu in children.

There is an ample supply of flu vaccine, although uptake has been pretty low. So far evidence points to this year's vaccine being a good match for the strains that are circulating.

It is not too late to get your flu vaccine, especially since flu typically continues to circulate into the spring. We have flu vaccine in our Alpine County Health Clinic in Woodfords, including the high dose for seniors. There is no charge! Most pharmacies also have the vaccine.

Call Becky Thornburg at 530-694-2146, Option 2 to arrange to get your vaccine.



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

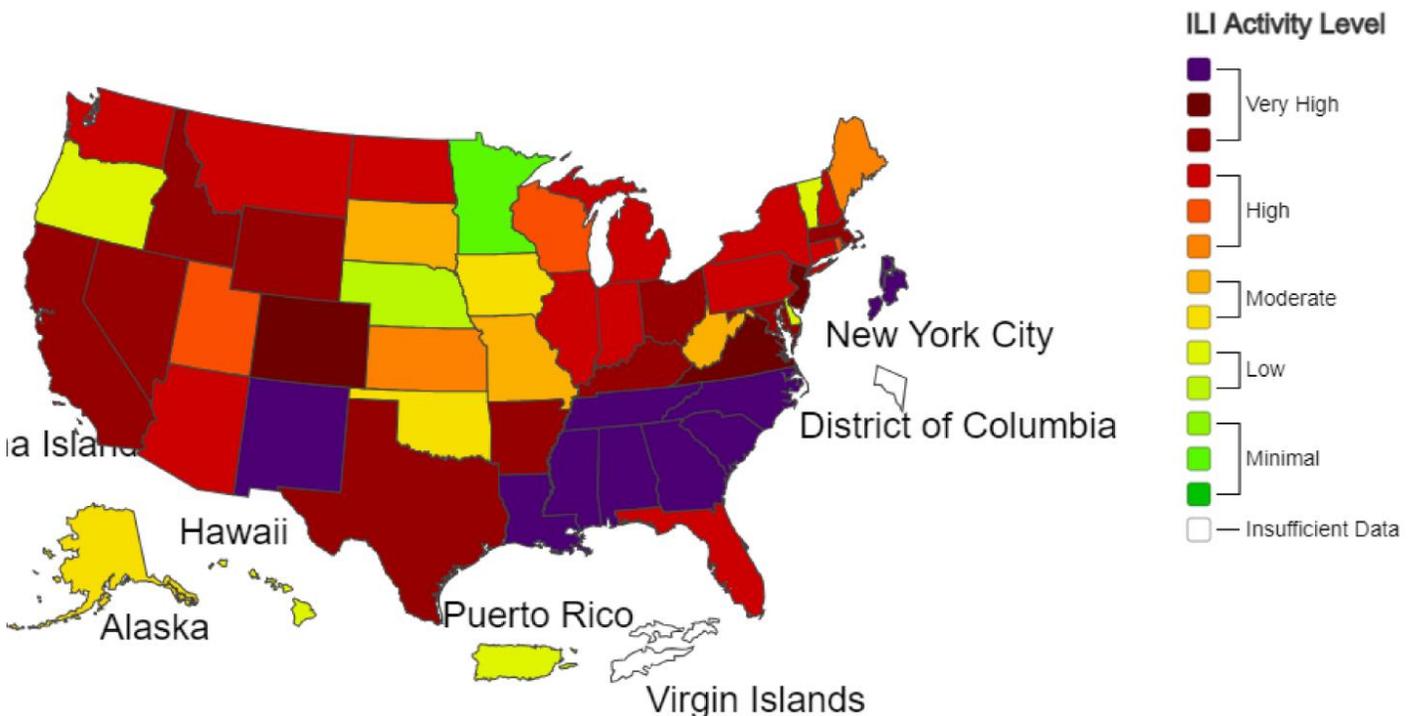
District 1: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

Here are the CDC's recommendations to protect yourself, your household, and your community:

- **First:** Take time to be up to date on your recommended [immunizations](#) (flu vaccine, COVID-19 vaccine, and RSV vaccine or immunization) to be ready for this fall and winter.
- **Second:** In addition, you can take other CDC-recommended [preventive](#) actions like covering coughs and sneezes, frequent handwashing and staying home when sick to help protect yourself and reduce the spread of respiratory illness such as flu, COVID-19, and RSV. You might also consider wearing a well-fitted mask and increasing indoor ventilation, (by opening windows, for example) as part of these everyday [preventive actions](#).
- **Third:** If you have symptoms of a respiratory virus, talk to your health care provider and consider getting tested. There are [treatments](#) for some respiratory illnesses, including flu and COVID-19. If you are at higher risk of developing severe complications from flu, COVID-19, or RSV, talk to a health care provider sooner rather than later and follow their treatment advice.

2023-24 Influenza Season Week 52 ending Dec 30, 2023



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